

# Talent Coastline Employment

[www.talentcoastlineemployment.fi](http://www.talentcoastlineemployment.fi)



Vipuvoimaa  
EU:lta  
2014–2020



*Tips on How to Manage the Dark Season*

November 4, 2021 at 16.30

16.30 Welcome, Minna Hermanson, TCE project

16.35 The impact of nutrition and exercise, Katarina Mäkynen  
Nutrition therapist, Department of Health Promotion

17.00 My personal tips, Pablo Cisneros Chavira & Quan Huang

17.30 Relaxation exercise, Pauliina Haavisto  
HR planner, City of Vaasa

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WELCOME OFFICE

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# Autumn & winter in Finland

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After a summer full of daylight, the days are getting shorter with darker mornings and evenings. This is something all of us have to adjust to every year, also we who have lived here all our lives.

**How to cope?** If possible, go outside during the day to benefit from the natural daylight

Try a bright light lamp

Keep up hobbies you have or find new interesting things to do; eg. your local library (book clubs) or adult education center (many kinds of evening courses) are usually good places to start; different sports clubs for physical exercise

Continue meeting friends; spend time together preparing meals etc

Make sure you have everything you need for a cosy night at home; it's quite ok not to be very active all the time so get relaxed with the help of candles, warm socks and blankets, something warm to drink (glögi), board games etc.

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# Autumn & winter in Finland

**What to wear?** Use many layers of clothing: with falling temperatures, you can add more layers of clothing. That way, when coming inside to your work place or place of study, it's easy to remove layers and be appropriately clothed for inside temperatures.

The layer closest to your body, a shirt with short or long sleeves and thin pants, can be of wool or some other natural material. There are also many technical undergarments that work well as the first layer. In colder weather, add a layer in between or on top, eg. use an outdoor trouser over your normal trousers.

Invest in a good jacket and proper winter shoes. Keep in mind that if it's windy, the weather will feel many degrees colder than the thermometer indicates. So if possible, find a jacket that is wind and waterproof and shoes that are waterproof.

Use gloves or mittens and some kind of headwear.

Please remember to **use a reflector!** There are many kinds of small reflectors to attach to your bag etc, but a reflective vest is perhaps the best option when walking or cycling in the dark.



Winter clothes can be found in different price levels, in most of the bigger stores and also second hand.



## More tips...

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***Sunday walking*** – every Sunday at 10 a 10 km walk from the market place in Vaasa, arranged by Vaasan kävelyklubi

Relaxation exercises ***Virtual Forest Walks for each Season*** by MIELI, Mental Health Finland  
[www.mieli.fi/vahvista-mielenterveyttasi/harjoitukset/hyvan-mielen-metsakavelyt/](http://www.mieli.fi/vahvista-mielenterveyttasi/harjoitukset/hyvan-mielen-metsakavelyt/)  
Also exercises on Mindfulness and Relaxation (in Finnish).

***Course for Volunteer Friends, Finnish Red Cross, Vaasa*** - Nov 25, 2021 at 17-20; registration [kirsi.wik@sprvaasa.fi](mailto:kirsi.wik@sprvaasa.fi) by Nov 23. The course is conducted in Finnish, but you don't need to have a full knowledge of the language. More info: <https://www.redcross.fi/become-a-volunteer/friend-activities/>

Information on things to do in the Ostrobothnia region:

[events.osterbotten.fi/en/events](http://events.osterbotten.fi/en/events)

[vaasa.fi/en/events](http://vaasa.fi/en/events)

Please join the ***Vaasa Welcome Office Newsletter*** mailing list for info in English on events and happenings in and around Vaasa! <https://link.webropol.com/s/vaasawelcomeofficenewsletter>

Visit low threshold service points for questions concerning your day to day living  
- Welcome Offices in Vaasa, Närpes, Korsholm, Kokkola, Integrationsporten Jakobstad

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## Contact us at the TCE project !

Ideas and wishes for themes you would like us to highlight

### *Planned*

Spouse group – you who have moved to Finland with your husband/wife who is working, but you are not yet employed and may wish to find a network with others in the same situation  
Possibilities to do charity work

### *Follow us*

website [www.talentcoastlineemployment.fi](http://www.talentcoastlineemployment.fi)  
Facebook @TalentCoastEmpl

Have a safe and enjoyable autumn & winter!



KIITOS  
TACK  
THANK YOU

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Euroopan unioni  
Euroopan sosiaalirahasto

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**vamia**

  
**Kokkola  
Karleby**

**YAI!**

Yrkesakademin  
i Österbotten



Vaasan yliopisto  
UNIVERSITY OF VAASA