

# PROGRAM

**17.00 Welcome / Tips for coping the darkness and cold of the winter season**

Mira Pihlaja, Coordinator, Welfare Services, City of Vaasa

**17.10 Ways to promote your own well-being with nutrition and exercise.**

Katrina Mäkynen, Wellbeing Services County

**17.35 Boost your mental health.**

Pia Kokko, Brief therapist, Ruuhkaretriitti

**18.00 Personal experiences from internationals with tips for the winter.**

Collins O. Ajagbe and Arunima Samarasinghe, Vaasa International Talents -program

**18.25 Closing words,**

Petra Winberg, Service Adviser, Welcome Office, City of Vaasa

**The webinar will end at 18.30**



How to manage the dark season,  
Tips for Coping in the Cold and Dark

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11/2024

MIRA PIHLAJA  
Coordinator, Well-being services



# Diminishing light

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, even those who have lived here all our lives.

**We will manage!**

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# Smart Winter Dressing Tips for Finnish Winter

**1. Layer Up** – Base, insulating middle layer (such as fleece or wool), and waterproof outer layers.

\*Thermal long underwear when temperature begins dropping well below 0° celcius.

**2. Quality Materials** – Wool for warmth and breathability.

\* Merino wool clothing is a good insulator

**3. Invest in a Good Coat** – Insulated, weatherproof with a hood.

**4. Cover Extremities** – Wool/fleece scarf, hat, and gloves.

\*Mittens are better than finger gloves. Hat that covers your ears!

**5. Thermal Socks & Insulated Boots** – Waterproof, with good traction.

\*Keep your feet dry! Proper socks, bring extra socks in your bag.  
Hand & Foot Warmers – Great for extra cold days.

**6. Sunglasses** – Reduce glare from snow.

**7. Stay Active** – Movement keeps you warm.

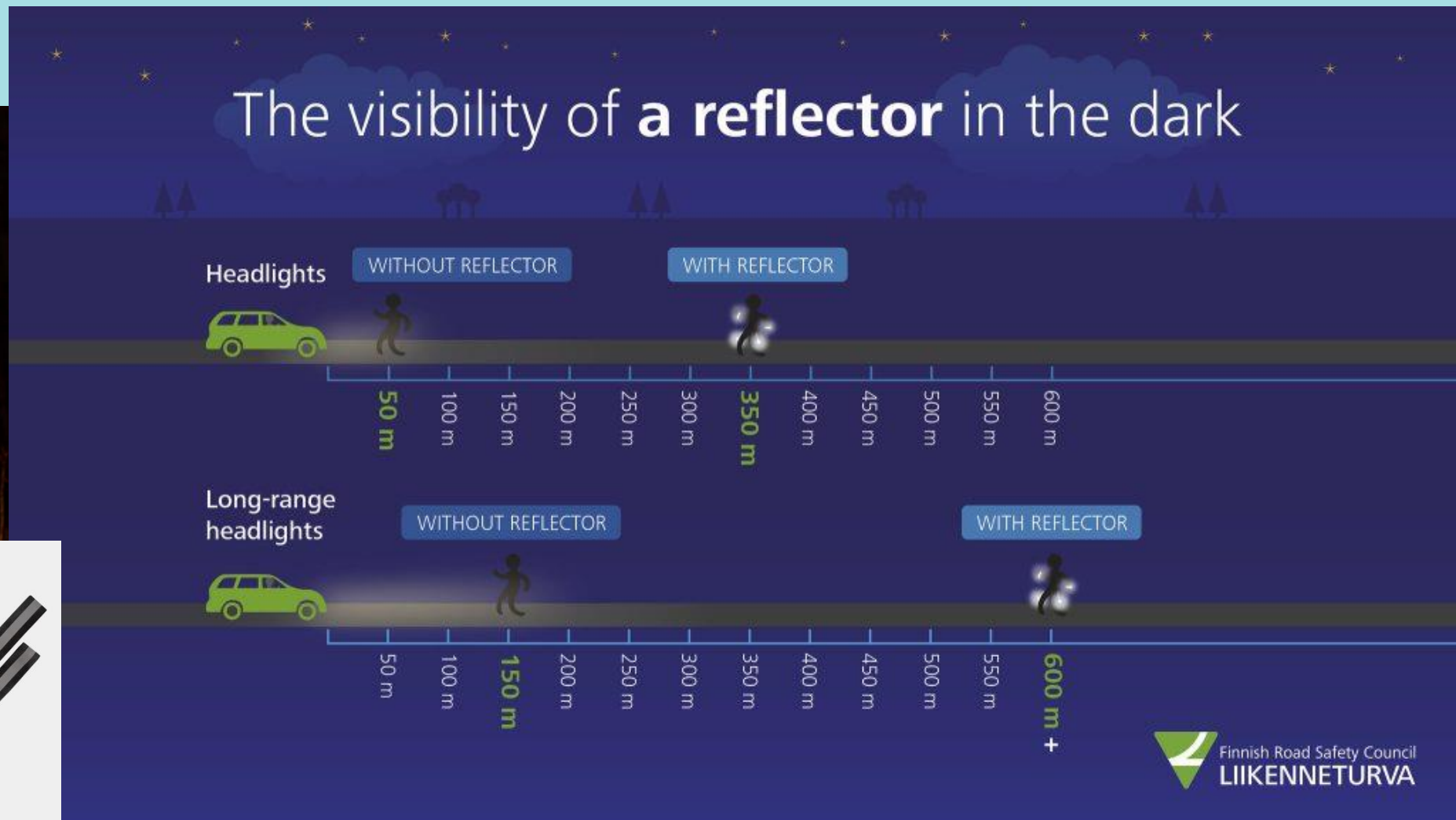
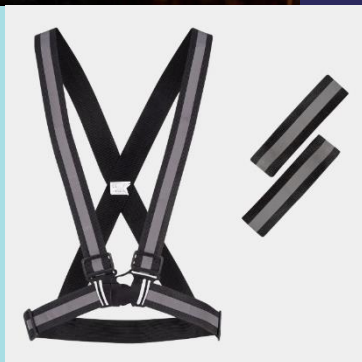
Dressing wisely for winter in Finland helps keep you comfortable, warm, and ready to enjoy the season!



Photos from Mira's personal album

# Use reflectors!

In the dark season, a cheap life insurance is wearing reflectors!  
It is required by law that pedestrians wear reflectors after dark.





# Stay social!

**Spend time with friends!** E.g. make food together, play board games, go for walks...

**Vaasa residents voted last year for an open-air ice swimming area in the Inner Harbour!**

”The health benefits of open water are indisputable! And the psychological benefits reach therapeutic levels!”

”Anyone could swim for free all year round!”

”They say open-air ice swimming helps with everything, including mental health challenges!”

**Alma language café** (Next one 15.12.2023)

**City library**

**Event Calendar** [www.vaasa.fi/en/events/](http://www.vaasa.fi/en/events/)



# A few more tips

## Volunteering

- City of Vaasa –cultural events [www.vaasa.fi/en/culture-services/voluntary-work-in-cultural-activities/](http://www.vaasa.fi/en/culture-services/voluntary-work-in-cultural-activities/)
- Red Cross
- Ruoka-apu (Food Aid)
- Church (also job shadowing possibility) [www.vaasaevl.fi/english/activities/voluntary-work-for-immigrants](http://www.vaasaevl.fi/english/activities/voluntary-work-for-immigrants)
- Culture venue Ritz
- [Vapaaehtoistyö.fi](http://Vapaaehtoistyö.fi)

## Freetime and finding friends in Vaasa

- [www.vaasa.fi/en/living/freetime/meeting-places/](http://www.vaasa.fi/en/living/freetime/meeting-places/)
- Sunday walking: 10 km 10 a.m. every Sunday. Starts from the Vaasa market square (Statue of Freedom). [vaasa.fi/events/sunday-walking](http://vaasa.fi/events/sunday-walking)





## Other tips:

**Move outside during the day. Exercise is important and you need all the sunlight, you can get!**

**Light candles! Get cozy under a blanket!**

**Remember to sleep! Turn off screens 1-2 hours before bed.**

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WE CAN DO IT! ❤️

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