Beat the Blues! Wellbeing Event for International Students at Aalto on the 6th of March 2019

• Feel lonely sometimes despite having new friends?
• Miss friends, family, favourite foods and everything familiar back home?
• Confused about the different academic culture?
• Feeling blue for no particular reason?
Sounds like culture shock!

Learn ways to manage possible winter blues symptoms, make some new friends, share experiences and learn to enjoy the Finnish culture and cycle of seasons.

Please register from a link sent to your Aalto mail or Enroll here by 5.3.2019!

Place: Otakaari 5 / A Grid / Mordor

Time: 6.3.2019 at 15:30-17:30

Light snacks and refreshments are served as part of the event.

Questions? Please contact allwell@aalto.fi