

21.11.2018

Dear AFS students,

Mitä kuuluu? Congratulations on surviving most of November already! It has been an exceptionally gray November and I know the lack of sunlight can take a toll on anyone (Finns too) physically and emotionally. You are really experiencing something quite unique, the darkest time of the year in the most northern country of the world! Most likely you will experience November in Finland only once, and many people never will. If you are having a tough time now, hang in there! Soon it is Christmas and the days will start getting longer again.

To brighten up the kaamos (=darkness) time, we decided to put together a little challenge for you. Below there are also instructions on how to suggest a volunteer action of the year, so please keep reading.

Kaamos Challenge

Do something you have never done before. Try something you have been wanting to try or learn a new skill. This could be something you do alone, with a friend from school or with your host family. Why not try ice skating or salmiakki, if you haven't yet? We want to hear your stories! Please share what you have tried or learned on social media **#afskaamos** and tag **@afsfinland** and get reposted by Monday 10.12. Three lucky participants will receive a prize!

Suggest: Volunteer action of the year 2018

We are now collecting suggestions for volunteer actions of the year so that we can reward the best ones on International Volunteers day 5.12. Reveal to us a volunteer action that has impressed you, happily surprised you, or changed someone's life significantly. Even a small action can be big!

You can leave a suggestion by 30.11.2018 in two ways:

- Anonymously with a form <http://tinyurl.com/afskiitos>
- On Instagram or Facebook, make your suggestion public and tag #AFSrockstars #kehuvapaaehtoista #AFSvapaaehtoisteko

Looking forward to your posts,

Eeva and Susanna