



A SOCIAL MEDIA GUIDELINE FOR THE EXCHANGE STUDENT

Internet is a big place known for its good memory. We guess you already know that, but just in case, we put together some basic guidelines to help you in doubt!

WHAT I CAN DO:

- Share my life in social media or blogs
- **Post about a positive or a negative experience.** The exchange year is a rollercoaster of emotions – it's made of good and bad experiences. When posting about a negative thing you can think *Is there a way to say this in a reflective touch, not judging* (for example: what did I learn from this experience though it was uncomfortable or stressing). When life gives you lemons – learn to make lemonade out of them!
- Be respectful, considerate and accurate – use your common sense

WHAT I CAN'T DO:

- **Share photos or content of my host family, friends etc. without their permission** – Delete content related to them if they request so.
- **Insult or mock someone on your or someone else's post:** We all get upset sometimes, but take a moment before publishing a post – once done, there is no return – Internet will know (even if your profile would be “private”).
- **In Finland, an insult at worst is a civil offence and results in a fine or a defamation suit**

PLEASE REMEMBER:

- The AFS rules prohibit hitchhiking, drugs, alcohol, school negligence and driving any vehicle. Please remember that on your posts.
- You are participating in a school based program, so posting about “slacking” at school is not cool

Also, feel free to use these #hashtags in your posts! That way more people can find and check out your experience!

#AFSfinland #AFSfiilis #AFSvaihtari #AFSeffect