

MENTAL HEALTH

BALANCE BETWEEN STUDENT & SOCIAL LIFE

MARIA HELENA VIEIRA


BORN IN 1994 IN PORTUGAL, MARIA HELENA STARTED FROM A YOUNG AGE LEARNING MUSIC. SHE STUDIED IN A PROFESSIONAL SCHOOL OF MUSIC – ARTAVE THAT ALLOWED HER TO CONTINUE HER MUSIC CAREER IN THE PORTO UNIVERSITY OF MUSIC AND PERFORMING ARTS. IN 2016 HELENA STARTED A MASTER DEGREE IN SIBELIUS ACADEMY – FINLAND. HELENA WORKED WITH VARIOUS ORCHESTRAS AROUND FINLAND: OULU SINFONIA, TURKU CITY ORCHESTRA AND VAASA CITY ORCHESTRA. DURING THE YEAR OF 2019 HELENA WAS AWARDED WITH THE 1ST PRIZE OF “FINNISH YAMAHA MUSIC FOUNDATION OF EUROPE”. IN 2020 SHE BECAME A TUTOR FOR THE SOCIAL PROJECT “SUNSHINE ORCHESTRA” IN INDIA. CURRENTLY HELENA IS STUDYING NURSING IN LAUREA UNIVERSITY OF APPLIED SCIENCES.

MARIA HELENA VIEIRA

INTERNATIONAL NURSING STUDENT

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 **15 NOVEMBER 2023**

 **CET 09:00-10:00**
EET 10:00-11:00

LAUREA UAS, LEPPÄVAARA CAMPUS
ROOM 232A

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