

# Finland



## STARTER KIT



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# TRAVEL 101

## Weather

Enjoy the coolness all year long!

5°F (-20°C) is typical winter weather in Lapland

15°F (-10°C) is typical winter weather in Southern Finland

Finnish summer weather is anywhere

between 60-75°F (15-25°C)

## Tips for Northern Lights

Head very north, between October and March

Best places: Kilpisjärvi, Utsjoki and Saariselkä areas

Most beautiful Auroras: usually in October & March

Best time: Around midnight (+/- z. one hour)

Must: clear weather and darkness

## Sauna Instructions

Undress & shower

Go to sauna naked or with a towel (usually swimsuit is not allowed)

Throw water on the stove

Cool off outside/in the shower/swimming

Repeat as many times as you want



# TRAVEL 101

## Things to Say

Finns speak English well.

If a Finn is mute, rephrase using easy words and speak slower.

Hi=Hei Byebye=Heihei Thanks=Kiitos

Yes=Joo No=Ei Sorry=Anteeksi

## Eat and Drink

Finland has the cleanest food in EU.

Finns are the biggest milk and coffee drinkers in the world.

Try Campfire sausage, Cinnamon buns, Karelian pies, Leipäjuusto cheese with Cloudberry jam.

Most alcohol is sold in a specific store only (Alko).

## Getting Ready

Check your country's passport and visa requirements:

[CLICK HERE](#)

Airport Security is tight; 1 l bag for all liquids.

Take an adapter; the wall plug is different in Finland than in UK and US



# TRAVEL 101

## Family

Feel free to let kids play with phones and pads.  
Kids are given space, Finns avoid touching.  
Baby changing stations can be found everywhere.  
Finnish baby food is excellent and sold in small shops too.

Breastfeeding can be done in private or in public.  
Baby essentials can be taken through the airport  
safety control without using the 1-liter plastic bag.

## General

No tipping in Finland!  
Be on time.  
Greet with a handshake, nod or smile.  
Credit cards work very well in all places.

Finland is the world's safest country;  
regarding both natural and human risks.  
The emergency number is 112. This number works  
with your phone.



# LIFESTYLE 101

## Vital Stats

86% of land area is forests

There are 187 888 lakes

5,5 million people

Democracy

Euros

## Famous Finns

Santa Claus, Kimi Räikkönen (Formula1), Teemu Selänne (ice hockey), Jari Litmanen (football), Saara (vlogger), Eero Saarinen (architect), Alvar Aalto (designer), Tove Jansson (creator of Moomins), Renny Harlin (movie director), Jean Sibelius (composer), Linus Torvalds (creator of Linux)

## Things Famous for

Angry birds (the video game)

Education (#1 ranking in the world)

Nokia (the era before iPhone)

Finnish shipyards (cruise ship building)



# LIFESTYLE 101

## Work

Annual wealth and income info are public record,  
easily asked or checked online.

5 weeks of annual holiday

Average workday is 8 hours

Finns leave work latest at 5 PM

## Housing

45% of Finns live in apartment buildings,

55% in detached and row houses.

Over 70% of Finns own their home.

Houses are never cold, thanks to great insulation.

There are 502 900 summer cottages in Finland.

## Most Common Names

Women: Maria, Helena, Johanna

Men: Juhani, Johannes, Olavi

Last names: Korhonen, Virtanen, Mäkinen



# LIFESTYLE 101

## Serious Conversation Topics

Food export (insects & oat products)  
SLUSH (world's leading startup event)  
Education export (monetizing our expertise)

## Finnish Culture

WorldWar2 for Finland: Unknown soldier -movie  
Finnish Hits: In Spotify #vainsuomihitit and press play  
Accurate portrait of Finnish humor:  
Facebook-site called Very Finnish Problems

## Resources (clickable)

[Northern lights](#)

[Forrests](#)

[Coffee & Milk Consumption](#)

[Coffee & Milk Consumption #2](#)

[Education](#)

[Safety](#)

[Safety #2](#)

[Housing](#)

[Housing #2](#)

[Names](#)

[Names #2](#)

# REFERENCES

## Resources Used for This PDF

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Forests: <https://www.luke.fi/en/news/recent-information-forest-resources-available-lukes-statistical-services/>

Coffee and Milk consumption: <http://www.ico.org/coffee-trade-statistics-infographics.asp?section=Statistics>

<http://www.maitojaterveys.fi/maitotietoa/maitovalmisteiden-kulutus/maidon-kulutus-maailmalla-2015.html>

Education: <http://reports.weforum.org/global-competitiveness-index-2017-2018/competitiveness-rankings/#series=GCI.A.04.02>

Safety: <http://www.inform-index.org/Portals/0/InfoRM/INFORM%20Global%20Results%20Report%202017%20FINAL%20WEB.pdf?ver=2016-11-21-164053-717>

[http://www3.weforum.org/docs/WEF\\_TTCR\\_2017\\_web\\_0401.pdf](http://www3.weforum.org/docs/WEF_TTCR_2017_web_0401.pdf)

Housing: <https://yle.fi/uutiset/3-9248905>

[https://tilastokeskus.fi/til/rakke/2016/rakke\\_2016\\_2017-05-24\\_kat\\_001\\_fi.html](https://tilastokeskus.fi/til/rakke/2016/rakke_2016_2017-05-24_kat_001_fi.html)

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