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DESTINATION:

Finland





# DESTINATION: Finland

## FINLAND QUICK FACTS

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FULL NAME: Finland

POPULATION: about 5.5 million people

CAPITAL: Helsinki

LANGUAGE: Finnish and Swedish

RELIGION: Lutheran and Finnish Orthodox

HISTORY: The 1952 Summer Olympics were held in Finland after a circuitous journey. After Japan was unable to host the 1940 Summer Olympics as originally planned, the multi-sport competition was awarded to Finland, only to be canceled due to World War II.

INDEPENDENCE DAY: December 6th

NATIONAL SYMBOLS: Brown bear (national animal),  
Lily-of-the valley (national flower), and Silver birch  
(national tree)

# Finland's Natural Beauty

Finland is one of the world's northernmost countries. In fact, Reykjavík, Iceland is the only capital city that lies further north. With over 168,000 lakes and 179,000 islands, Finland is truly unique. When it comes to Finland's climate classification, one factor rules them all: the country's geographical position between the 60th and 70th northern parallels in the Eurasian coastal zone. The whole of Finland is characterized by warm summers and freezing winters. In northern Finland, one will see more extreme climate conditions, with long and cold winters and short (but pleasant) summers. In a region of the country where it is winter for about 200 days, the most severe winter weather can bring temperatures as low as  $-49^{\circ}\text{F}$ .





# What is Finland Known for?



Considered the world's happiest nation according to leading metrics, Finland is viewed as a stable, safe and socially progressive country.

Finland has consistently ranked near the top globally when it comes to measuring education, economic competitiveness, civil liberties, quality of life and human development.



Physical activity and sports are integral aspects of Finnish life, with the sauna at the core of the country's identity.

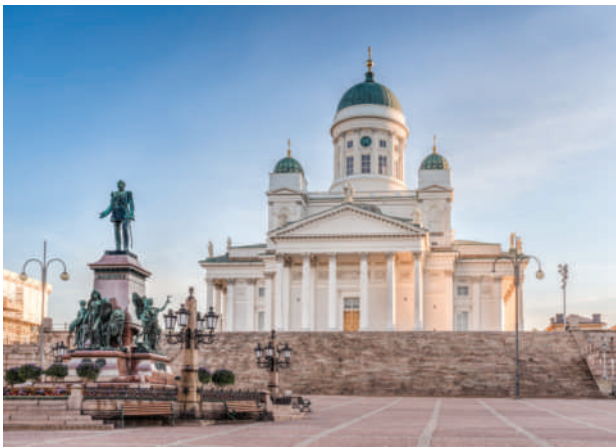
The largest and northernmost region of Finland is known as Lapland, a densely forested area crossed by the Arctic Circle.





# Sights to See in Finland

Finland's largest lake, Saimaa, is the fourth largest in Europe. Despite having such an incredible amount of lakes and islands, only 10% of Finland's total area is lakes, rivers, and ponds, with a whopping 78% forest. Some other popular destinations in Finland include Helsinki Cathedral, Uspenski Cathedral and Suomenlinna Fortress.



Helsinki Cathedral



Uspenski Cathedral



Suomenlinna Fortress



# Finland Trivia

1. Finland is one of the Nordics, a group of countries located in Northern Europe and the North Atlantic. Which of these is another Nordic country?
  - A. England
  - B. Iceland
  - C. France
2. Finland is famous for what?
  - A. Lakes
  - B. Islands
  - C. Both A and B
3. Helsinki Cathedral is one of \_\_\_\_ buildings that encompass Helsinki's Senate Square.
  - A. 2
  - B. 7
  - C. 4
4. Which sport is popular in Finland but played by very few other countries?
  - A. Floorball
  - B. Football
  - C. Rugby
5. Much like all countries, Finland has a fairytale character with significant cultural importance. Denmark, Sweden, Belgium and Finland are connected to the following characters. Which one is Finland's?
  - A. Little Mermaid
  - B. Moomins
  - C. Tintin
6. Which languages are mandatory subjects in Finland?
  - A. Finnish and Swedish
  - B. Swedish and English
  - C. Finnish and Danish
7. The sauna is a very significant element of Finnish culture, with the majority of detached households having one. It is a common ritual to have a Sauna Night on what night of the week?
  - A. Saturday
  - B. Friday
  - C. Monday
8. Considered a safe travel destination, it's routine for lost wallets to be returned to their owners. On average, how many make their way back to their owners?
  - A. 3 out of 11
  - B. 5 out of 10
  - C. 11 out of 12
9. Finland can lay claim to being the first European country to allow women to vote. This right was ratified in what year?
  - A. 1925
  - B. 1917
  - C. 1906
10. Finland gained full independence from the Russian Empire in what year?
  - A. 1906
  - B. 1917
  - C. 1942





# Famous Finnish Phrases



## HÄTÄ KEINOT KEKSII -

"Needs invents the measures." A reminder to not stress too much; after all, things tend to work out in the end

## JOKA VANHOJA MUISTELEE, SITÄ TIKULLA SILMÄÄNÄ -

Those who dwell in the past get poked in the eye." With Finland being a happy and positive nation, it's not at all surprising that they would have a saying that reflects the pointlessness of holding on to grudges and past negativity. So, let the past go.

## TYVESTÄ PUUHUN NOUSTAAN -

Did you know that with 74% of the nation covered in forest, there are enough trees for every Finn to have 4,500 to themselves? Finns know their trees. While the Finnish version of this saying is "you must learn to walk before learning to run," the direct translation means "a tree is climbed from the base."

## EI OLE KOIRAA KARVOIHIN KATSOMINEN -

The Finns do things their own, unique and charming way. While America might be familiar with the classic adage "don't judge a book by its cover", in Finland they know "don't choose a dog by its hair."

## EI SE PELAA, JOKA PELKÄÄ -

Life is full of opportunities, moments when fear can be the deciding factor of whether or not that first step is taken. There is a risk whether one chooses yes or no. This Finnish saying roughly translates to "the one who fears won't play."



# Finnish Words



## Kvass

A Finnish home-made light beer beverage made of rye.

## Niksi

Finnish for 'tiny life hacks,' with the main goal of saving time or money, or better yet, both.

## Risteilijä

A cup or bowl used for collecting dinner scraps; playfully called 'the cruise ship'.

## Pesäpallo

The national sport of the country, Pesäpallo is essentially the Finnish version of baseball.

## Moomin

A fictional fairytale creature popular in Finnish culture; pastel-colored hippo-like creatures living in a valley with peculiar friends.

## Lapland

The Region of Lapland in Northern Finland encompasses 21 municipalities.

## Fells

A high and barren landscape feature, such as a mountain or moor-covered hill.

## Nordics

Nordic countries are a geographical and cultural region in Northern Europe and the North Atlantic, and include Denmark, Finland, Iceland, Norway, and Sweden.

## Floorball

Finland is one of the only three countries to play this game, which is very similar to floor hockey.

## Marimekko

Marimekko Oyj is a famous Finnish textiles, clothing, and home furnishings company.

## Lohikeitto

Finland is famous for its salmon soup, known as lohikeitto.

## Joik

Highly-spiritual songs of the Sami, the people of northern Finland, Sweden, and Norway.

## Suomirock

Also known as Finnsrock, Finnrock or Finrock, Suomirock can refer to Finnish rock music in general or more specifically to rock music sung in the Finnish language.

## Maamme

The unofficial national anthem of Finland, known as Maamme, was composed by the German immigrant Fredrik Pacius, and first performed in May 1848.

## Kalsarikännit

Also known as päntsdrunk, the Finnish self-care custom of drinking alone in one's skivvies. Finns are very comfortable with solitude as a whole. z





# Word Search



L	M	A	R	I	M	E	K	K	O	Q	A	A	A
O	V	N	I	K	S	I	V	A	J	Z	O	T	Q
H	H	O	S	E	O	O	A	O	R	Q	D	L	N
I	J	A	T	M	F	O	S	I	O	T	E	L	F
K	F	O	E	S	N	V	S	O	K	K	L	M	L
E	S	E	I	N	S	X	L	A	L	A	G	L	O
I	K	A	L	K	P	L	G	M	M	L	O	N	O
T	A	N	I	L	A	P	L	A	N	D	I	K	R
T	M	A	J	P	S	M	A	A	M	M	E	Z	B
O	R	A	A	L	L	L	M	I	O	I	A	Y	A
N	A	S	U	O	M	I	R	O	C	K	K	I	L
J	E	O	L	O	F	O	M	V	U	M	M	I	L
P	O	D	S	L	Y	C	Y	D	N	S	O	R	M
L	L	L	A	S	N	O	R	D	I	C	S	F	X

Kvass

Niksi

Risteilija

Pesapallo

Moomin

Lapland

Fells

Nordics

Floorball

Marimekko

Lohikeitto

Joik

Suomirock

Maamme

Kalsarikannit



# SOLUTIONS



## Trivia Answers

1. B) Iceland
2. C) Both A and B
3. C) 4
4. A) Floorball
5. B) Moomins
6. A) Finnish and Swedish
7. A) Saturday
8. C) 11 out of 12
9. C) 1906
10. B) 1917

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## Word Search Solution

