



Finland

Forests, lakes and saunas, the midnight sun and the northern lights, in the far north of Europe.

AT A GLANCE

Facts to know

CAPITAL

Helsinki

POPULATION

About 5.65 million (Statistics Finland, end of June 2026: 5,652,948)

OFFICIAL LANGUAGE

Finnish and Swedish, the two national languages under the Constitution. Three Sámi languages also have official status in the Sámi homeland in the far north

CURRENCY

Euro, since 1999 (notes and coins since 2002); before that, the Finnish markka

AREA

About 338,000 km², of which about a tenth is lakes, rivers and ponds

GOVERNMENT

Parliamentary republic (constitution of 2000). The President is head of state and the Prime Minister leads the government

HIGHEST MOUNTAIN

Halti fell, 1,324 m at the highest point on the Finnish side, on the border with Norway (the fell's summit is just across the border)

LONGEST RIVER

The Kemijoki, about 550 km, which flows through Rovaniemi to the Gulf of Bothnia

NEIGHBOURS

Sweden, Norway and Russia by land. Estonia lies across the Gulf of Finland, about 80 km south of Helsinki, and Sweden also across the Gulf of Bothnia

DRIVES ON THE

Right

CALLING CODE

+358

A 45-minute trip to Finland

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Finland together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: 9000 BC: First settlers after the Ice Age; 1906: Women win the vote; 2023: Finland joins NATO. |
| 15 to 25 min | At the table: talk about Karelian pasties and Salmon soup. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Hyvää huomenta" (Good morning), "Hyvää päivää" (Good day, hello), "Hyvää iltaa" (Good evening). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://preview.worldstroll.com/countries/finland/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Finland and its cities



- Helsinki (Uusimaa): Senate Square and Helsinki Cathedral, The sea fortress of Suomenlinna, Design and architecture, including Finlandia Hall, Market Square by the harbour
- Turku (Southwest Finland): Turku Cathedral, consecrated in 1300, Turku Castle, The Aura River, The archipelago off its coast
- Tampere (Pirkanmaa): The Tammerkoski rapids, Old red-brick factories such as Finlayson, The Moomin Museum, Many public saunas
- Oulu (North Ostrobothnia): European Capital of Culture 2026, The Air Guitar World Championships, every August since 1996, Information technology, The Oulu River
- Rovaniemi (Lapland): Santa Claus Village, The Arctic Circle, Northern lights in winter, The Kemijoki and Ounasjoki rivers

- Porvoo (Uusimaa): The Old Town of wooden houses, Porvoo Cathedral, The home of the poet J. L. Runeberg, Runeberg tortes
- Savonlinna (South Savo): Olavinlinna Castle, The Savonlinna Opera Festival, first held in 1912, Lake Saimaa, Its nickname, the Capital of Saimaa
- Kuopio (North Savo): Kalakukko, the fish-in-a-loaf pie, Lake Kallavesi, Puijo hill, Many kalakukko bakeries
- Jyväskylä (Central Finland): Buildings by Alvar Aalto, The university, Rally Finland, The Jyväskylä Arts Festival
- Rauma (Satakunta): Old Rauma, Bobbin lace and the yearly Lace Week, A seafaring past, The Bronze Age burial site of Sammallahdenmäki nearby
- Inari (Lapland): Siida, the Sámi Museum, Sajos, the Sámi cultural centre, Lake Inari, Wilderness and national parks

A short history of Finland

Finland's story runs from Stone Age hunters who followed the melting ice, through more than five centuries under Sweden and a century as a Grand Duchy of Russia, to independence, two hard wars and a modern European democracy.

9000 BC **First settlers after the Ice Age**

As the great ice sheet of the last Ice Age melted, people moved into the land around 9000 BC. For thousands of years they lived by hunting, fishing and gathering, and later by farming and trade around the Baltic Sea.

1323 **The Treaty of Nöteborg**

From the mid-1200s Sweden gradually took control of Finland. In 1323 Sweden and Novgorod made peace at Nöteborg and drew a border across Karelia. For centuries it separated the Catholic, later Lutheran, west from the Orthodox east.

1548 **Agricola's New Testament**

Mikael Agricola, later Bishop of Turku, completed the first Finnish translation of the New Testament in 1548. There was no standard written Finnish at the time, so his books laid the foundations of Finnish spelling, and he is called the father of literary Finnish.

1640 **The Royal Academy of Turku is founded**

In 1640 Queen Christina of Sweden founded the Royal Academy of Turku, Finland's first university, at the proposal of the governor-general Per Brahe. After a great fire in Turku in 1827 it moved to Helsinki, where it is today the University of Helsinki.

1809 **Finland becomes a Grand Duchy**

In the Finnish War of 1808 to 1809 Russia conquered Finland from Sweden. At the Diet of Porvoo in 1809, Emperor Alexander I promised to uphold Finland's laws and Lutheran faith. Finland became an autonomous Grand Duchy within the Russian Empire, and in 1860 it got its own currency, the markka.

1812

Helsinki becomes the capital

On 8 April 1812 Emperor Alexander I moved the capital from Turku to Helsinki, closer to St Petersburg. Helsinki had been founded in 1550 by King Gustav I of Sweden as a small trading town, and was now rebuilt with grand buildings around Senate Square.

1835

The Kalevala is published

On 28 February 1835 Elias Lönnrot published the Kalevala, a national epic he compiled from folk poems collected in Karelia and elsewhere. A longer version of 50 poems followed in 1849. It inspired Finnish artists and the growing national movement, and 28 February is Kalevala Day.

1906

Women win the vote

In 1906 a new one-chamber parliament was created, and all adult women and men gained the right to vote and to stand for election. Finland, then still a Grand Duchy, was the first place in Europe where all adult women could vote and stand for parliament, and in 1907 nineteen women were elected.

1917

Finland declares independence

After the Russian Revolution, the Finnish Parliament approved the Declaration of Independence on 6 December 1917. Soviet Russia recognised it on 31 December 1917. 6 December is Finland's Independence Day.

1918

The Civil War

From January to May 1918 a short but bitter civil war was fought between the socialist Reds and the conservative Whites, who won. About 38,000 people died, many of them in prison camps after the fighting. The wounds took decades to heal. In 1919 Finland became a republic.

1939

The Winter War begins

On 30 November 1939 the Soviet Union invaded Finland. Finnish soldiers held out through the depths of winter until the Moscow Peace Treaty of 13 March 1940. Finland kept its independence but gave up about 9 percent of its territory, and about 420,000 people from the lost areas, mostly in Karelia, had to be resettled.

1941

The Continuation War begins

In June 1941, after Germany attacked the Soviet Union, war between Finland and the Soviet Union broke out again, with Finland fighting alongside Germany. It ended with the Moscow Armistice on 19 September 1944. Finland lost land again and paid war reparations, then fought the Lapland War of 1944 to 1945 to drive German troops out of the north.

1952

The Helsinki Olympic Games

From 19 July to 3 August 1952 Helsinki hosted the Summer Olympic Games. Helsinki had agreed to take over the 1940 Games after Tokyo withdrew, but they were cancelled because of the war. Helsinki is still the most northerly city ever to host the Summer Olympics.

1995

Finland joins the EU

After a referendum in 1994 in which about 57 percent voted yes, Finland joined the European Union on 1 January 1995, on the same day as Austria and Sweden. It adopted the euro in 1999, and euro notes and coins replaced the markka in 2002.

2023

Finland joins NATO

For decades Finland stayed militarily non-aligned. After Russia's full-scale invasion of Ukraine in 2022, public opinion changed quickly, and on 4 April 2023 Finland became the 31st member of NATO.

What people eat in Finland

Finnish food is simple and fresh, built on rye, potatoes, fish from the lakes and the sea, milk and butter, and wild berries and mushrooms from the forests. Breakfast is traditionally porridge, dark rye bread is on the table at almost every meal, and coffee, often with a sweet cardamom bun, is drunk several times a day. Many traditional dishes are cooked slowly in the oven.

Karelian pasties (Karjalanpiirakka)

Karelia, in the east, now eaten all over Finland

Small open pasties with a thin, crinkled rye crust around a filling of creamy rice porridge. They are served warm with egg butter, a spread of butter mixed with chopped hard-boiled egg.

Salmon soup (Lohikeitto)

All of Finland

A creamy soup of salmon, potatoes, carrots and leeks, seasoned with allspice and finished with plenty of fresh dill. It is served hot with rye bread and butter.

Sautéed reindeer (Poronkärstys)

Lapland

Thin shavings of reindeer meat, fried in butter and then simmered until tender, served with mashed potatoes and lingonberries. It is perhaps the best-known traditional meal of Lapland.

Karelian hot pot (Karjalanpaisti)

Karelia, now eaten all over Finland

Chunks of beef and pork, and sometimes lamb, slowly cooked in the oven with onions, black peppercorns, allspice and bay leaves until very tender. It is served with potatoes and lingonberry jam.

Rye bread (Ruisleipä)

All of Finland

Dark, dense and slightly sour bread made from rye flour, water and salt with a sourdough starter. Unlike some rye breads elsewhere, Finnish rye bread is not sweetened.

Kalakukko (Kalakukko)

Savo, especially Kuopio

Small fish such as vendace or perch, with pork or bacon, baked for hours inside a thick rye crust, so that the fish bones soften. From the outside it looks like a big loaf of bread. You cut a lid from the top and eat the filling with pieces of the crust.

Fried vendace (Paistetut muikut)

The lake regions

Vendace, small freshwater fish from the lakes, rolled in flour and fried until crisp. They are eaten whole, often with mashed potatoes.

Bread cheese (Leipäjuusto)

Southern Ostrobothnia, northern Finland and Kainuu

A mild fresh cheese, pressed into a flat round and baked or grilled until it has brown spots. It squeaks against the teeth, and is served warm with cloudberry jam or sliced with coffee.

Cabbage casserole (Kaalilaatikko)

All of Finland

An oven-baked casserole of cabbage, minced meat and rice or barley, with onion, marjoram and a little syrup. It is served with lingonberry jam.

Mämmi (Mämmi)

Southwestern Finland, now all of Finland

A dark brown Easter pudding made from rye flour and malted rye, baked slowly in the oven and eaten cold with cream and sugar.

Cinnamon buns (Korvapuusti)

All of Finland

Large buns of sweet dough flavoured with cardamom, rolled up with butter, sugar and cinnamon and topped with pearl sugar. They are a favourite with coffee.

Bilberry pie (Mustikkapiirakka)

All of Finland

An open pie filled with wild bilberries, small dark blue berries picked in the forests. It is often served with cream or ice cream.

Runeberg torte (Runebergintorttu)

Porvoo

A small cake of about 100 grams, flavoured with almonds and a little rum or arrack, topped with raspberry jam inside a ring of icing. It is eaten from early January until Runeberg Day on 5 February.

Salty liquorice (Salmiakki)

All of Finland

Black liquorice sweets flavoured with salmiak salt, which gives them a strong salty, slightly sharp taste. Many visitors are surprised by it, and many Finns love it.

Sima (Sima)

All of Finland

A sweet, fizzy, homemade lemon drink, fermented for a few days with a little yeast, sugar and lemon. It has very little alcohol. It is made for Vappu, the May Day festival on 1 May, and served with doughnuts or funnel cakes.

GOOD MANNERS

At the table

- Say 'Hyvää ruokahalua' (HÜ-vaa RWOH-ka-ha-lu-a) before a meal. It means 'good appetite'.
- When raising a glass, say 'Kippis!' (KIP-pis), which means 'cheers'.
- Coffee is part of daily life. Finns often drink it several times a day, with a slice of pulla, a sweet cardamom bread.
- Water and coffee are the most common drinks, but with meals many people, adults included, drink milk or piimä, a sour milk.
- If you are invited to a sauna, it is fine to ask how things are done. Finns usually go in without clothes, but at a private sauna a swimsuit or towel is perfectly acceptable, and men and women often go separately. At swimming pools, saunas are separate for men and women and swimsuits are usually not allowed; mixed public saunas ask you to wear one.

Karelian pasties

Small open pasties with a thin, crinkled rye crust around a filling of creamy rice porridge. They are served warm with egg butter, a spread of butter mixed with chopped hard-boiled egg.

Ingredients

- 250 ml short-grain (pudding) rice
- 250 ml water
- 1 litre milk
- 1 teaspoon salt, plus 1 teaspoon for the dough
- 25 g butter
- 200 ml cold water, for the dough
- 300 g rye flour
- 100 g plain wheat flour
- For brushing: 50 g melted butter mixed with 100 ml hot milk
- For the egg butter: 100 g soft butter and 3 hard-boiled eggs, chopped

Method

1. For the filling, bring the water to the boil, add the rice and simmer until the water is absorbed. Add the milk and simmer very gently, stirring often, for 40 to 50 minutes, until thick. Stir in the salt and butter and let it cool.
2. For the crust, mix the cold water, salt and both flours into a firm dough. Roll it into a log and cut it into 16 pieces.
3. Heat the oven as high as it will go, ideally 275 °C, and line two trays with baking paper.
4. On a floured surface, roll each piece very thin into an oval about 15 cm long.
5. Spread about 2 tablespoons of rice porridge along the middle, leaving a border. Fold the edges over the filling and pinch them into small pleats, leaving the centre open.
6. Bake for 12 to 15 minutes, until the edges have brown spots. Brush the hot pasties with the butter and milk, and cover them with a clean tea towel so

the crust softens.

7. Mix the soft butter with the chopped eggs and serve the pasties warm, with egg butter on top.

Salmon soup

A creamy soup of salmon, potatoes, carrots and leeks, seasoned with allspice and finished with plenty of fresh dill. It is served hot with rye bread and butter.

Ingredients

- 500 g skinless, boneless salmon fillet, in 3 cm cubes
- 600 g waxy potatoes, peeled and cubed
- 2 carrots, sliced
- 1 leek, sliced
- 1 tablespoon butter
- 1 litre water or fish stock
- 5 allspice berries
- 1 bay leaf
- 200 ml single (light) cream
- A large bunch of fresh dill, chopped
- Salt and black pepper

Method

1. Melt the butter in a large pan and soften the leek for 3 to 4 minutes.
2. Add the water or stock, the potatoes, carrots, allspice, bay leaf and a little salt.
3. Simmer for about 15 minutes, until the potatoes are almost tender.
4. Pour in the cream and bring back to a gentle simmer.
5. Add the salmon and cook very gently for about 5 minutes, until the fish is opaque and cooked through. Do not let it boil hard.
6. Stir in most of the dill, season with salt and pepper, and serve with the rest of the dill on top and rye bread on the side.

Sautéed reindeer

Thin shavings of reindeer meat, fried in butter and then simmered until tender, served with mashed potatoes and lingonberries. It is perhaps the best-known traditional meal of Lapland.

Ingredients

- 500 g reindeer meat, frozen (or ready-sliced reindeer shavings; thinly sliced beef or venison can replace it)
- 50 g butter
- 1 onion, finely chopped (optional)
- 300 ml water, light beer or stock
- Salt and black pepper
- To serve: mashed potatoes, lingonberry jam or fresh lingonberries mashed with sugar, and pickled cucumber

Method

1. If the meat is a frozen block, let it soften for a few minutes, then shave it into very thin slices with a sharp knife.
2. Melt the butter in a heavy pan or pot over a high heat and brown the meat in batches, adding the onion with the last batch.
3. Return all the meat to the pan, pour in the water, beer or stock, and season with salt and plenty of pepper.
4. Cover and simmer gently for 30 to 45 minutes, stirring now and then, until the meat is tender and cooked through. Add a little more liquid if it gets dry.
5. Serve hot with mashed potatoes, lingonberries and pickled cucumber.

Karelian hot pot

Chunks of beef and pork, and sometimes lamb, slowly cooked in the oven with onions, black peppercorns, allspice and bay leaves until very tender. It is served with potatoes and lingonberry jam.

Ingredients

- 500 g beef, such as chuck, in 3 cm cubes
- 500 g pork shoulder, in 3 cm cubes
- 2 onions, cut into wedges
- 2 carrots, cut into chunks
- 1 teaspoon black peppercorns
- 1 teaspoon allspice berries
- 2 bay leaves
- 2 teaspoons salt
- About 500 ml water
- To serve: boiled or mashed potatoes and lingonberry jam

Method

1. Heat the oven to 150 °C.
2. Layer the meat, onions and carrots in a heavy ovenproof pot with a lid, scattering the peppercorns, allspice, bay leaves and salt between the layers.
3. Pour in water until the meat is almost covered.
4. Cover and cook in the oven for about 3 hours, until the meat falls apart. Check once or twice and add a little water if needed.
5. Taste, add salt if needed, and serve with potatoes and lingonberry jam.

Cinnamon buns

Large buns of sweet dough flavoured with cardamom, rolled up with butter, sugar and cinnamon and topped with pearl sugar. They are a favourite with coffee.

Ingredients

- 500 ml milk, warmed to about 37 °C
- 25 g fresh yeast or 11 g dried yeast
- 150 g sugar
- 1 egg, plus 1 beaten egg for brushing
- 2 teaspoons ground cardamom
- 1 teaspoon salt
- About 900 g plain flour
- 150 g soft butter
- For the filling: 100 g soft butter, 100 g sugar and 2 tablespoons ground cinnamon
- Pearl sugar (or coarsely crushed sugar cubes) for the top

Method

1. Dissolve the yeast in the warm milk, then stir in the sugar, egg, cardamom and salt.
2. Add the flour a little at a time and knead to a soft dough, then knead in the soft butter until the dough is smooth.
3. Cover and leave in a warm place for about 45 minutes, until doubled in size.
4. Divide the dough in two and roll each half into a rectangle about 30 by 50 cm. Spread with the soft butter and sprinkle with the sugar and cinnamon.
5. Roll up from the long side and cut into about 20 wedges, wider at the bottom than the top. Stand each wedge on its wide side and press down firmly in the middle with two fingers, so the sides fan out.
6. Leave to rise on lined trays for 30 minutes. Heat the oven to 225 °C.
7. Brush with beaten egg, sprinkle with pearl sugar and bake for 10 to 12

minutes, until golden.

Useful phrases

Hyvää huomenta

HÜ-vaa HWOH-men-tah · Good morning

Hyvää päivää

HÜ-vaa PAI-vaa · Good day, hello

Hyvää iltaa

HÜ-vaa IL-taa · Good evening

Hyvää yötä

HÜ-vaa ÜÖ-ta · Good night

Tervetuloa

TER-veh-too-loh-ah · Welcome

Mitä kuuluu?

MI-ta KOO-loo · How are you?

Hyvää, kiitos

HÜ-vaa, KEE-tohs · Fine, thank you

Kiitos paljon

KEE-tohs PAL-yon · Thank you very much

Eipä kestä

AY-pa KES-ta · You're welcome, don't mention it

Anteeksi

AHN-tek-see · Excuse me, sorry

Nimeni on ...

NI-meh-ni on · My name is ...

Hauska tavata

HOWS-ka TAH-vah-tah · Pleased to meet you

Puhutko englantia?

POO-hoot-koh EN-glan-tee-ah · Do you speak English?

En ymmärrä

en ÜM-mar-ra · I don't understand

Paljonko tämä maksaa?

PAL-yon-koh TA-ma MAK-saa · How much is this?

Missä on vessa?

MIS-sa on VES-sa · Where is the toilet?

Hyvää ruokahalua!

HÜ-vaa RWOH-ka-ha-lu-a · Enjoy your meal!

Kippis!

KIP-pis · Cheers!

Näkemiin

NA-keh-meen · Goodbye

Hyvää joulua

HÜ-vaa YOH-loo-ah · Merry Christmas

Things you might not know

1. Finland has about 188,000 lakes larger than 500 square metres (187,888 by one official count), and about 179,000 islands. The largest lake, Saimaa, is the fourth-largest natural freshwater lake in Europe.
2. According to UNESCO, Finland has about 3.3 million saunas for about 5.5 million people. Finnish sauna culture was added to UNESCO's list of the intangible cultural heritage of humanity in 2020.
3. As of the 2026 World Happiness Report, Finland has been ranked the happiest country in the world nine years in a row, every year since 2018. The ranking is based on how people rate their own lives on a scale from 0 to 10.
4. Finland is slowly getting bigger. The land is still rising after the weight of the Ice Age glaciers was lifted, by about 1 cm a year near the Gulf of Bothnia, so the country gains about 7 square kilometres of land each year.
5. At Finland's northernmost point the sun does not set for more than 70 days in summer, and in winter it does not rise for about 50 days.
6. The Finnish word for the northern lights, revontulet, means 'fox fires'. It comes from an old belief that the lights were the glow of a fire fox's fur.
7. In 1906 Finland, then a Grand Duchy of Russia, became the first place in Europe where all adult women could vote and stand for parliament. In 1907 Finnish voters elected 19 women.
8. The Moomins, the round white trolls loved around the world, were created by the Finnish writer and artist Tove Jansson. She wrote the nine Moomin novels in Swedish, between 1945 and 1970, and also made Moomin picture books and comic strips.
9. Nokia, famous for its mobile phones, started in 1865 as a pulp mill in the Tampere region.
10. The sport of wife carrying, in which a runner races along a course carrying a partner, began in Sonkajärvi, Finland, in 1992.
11. Every August since 1996, the city of Oulu has hosted the Air Guitar World Championships, where people play imaginary guitars to rock music.
12. In July 2026, 13 buildings and groups of buildings by Alvar Aalto and his

closest partners Aino and Elissa Aalto, including Finlandia Hall in Helsinki, were added to the UNESCO World Heritage List as 'Aalto Works'. As of 2026, Finland has eight World Heritage Sites.

13. Santa Claus Village near Rovaniemi has its own official Finnish post office, where letters to Santa arrive from all over the world.
14. Finland has won the Eurovision Song Contest once, in 2006, when the hard rock band Lordi sang 'Hard Rock Hallelujah'.

TALK ABOUT IT

Questions for the group

- Have you ever been to Finland, or has someone in your family? What do you remember?
- Have you ever tasted Karelian pasties or Salmon soup? What is a dish you remember from a trip?
- The Helsinki Olympic Games (1952). Do you remember hearing about it? Where were you then?
- Finland joins the EU (1995). Do you remember hearing about it? Where were you then?
- Have you seen Suomenlinna, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Finland, which would it be and why?

QUIZ

How well do you know Finland?

Circle the right answer. The answers are on the last page.

1. The Finnish word 'kiitos' means 'please'.

- A) True
- B) False

2. Women in Finland first won the right to vote after independence in 1917.

- A) True
- B) False

3. Sima, a sweet homemade lemon drink, is traditionally made for which festival?

- A) Christmas
- B) Vappu, on 1 May
- C) Independence Day
- D) Easter

4. Which unusual sport began in Sonkajärvi, Finland, in 1992?

- A) Bog snorkelling
- B) Toe wrestling
- C) Wife carrying
- D) Cheese rolling

5. Mämmi, a dark rye pudding, is traditionally eaten at Christmas.

- A) True
- B) False

6. What is the official emergency number in Finland?

- A) 115
- B) 100
- C) 112
- D) 118

7. What do people in Finland say when they raise a glass?

- A) Moi!
- B) Kippis!
- C) Anteeksi!
- D) Kiitos!

8. Which of these is a UNESCO World Heritage Site?

- A) Temppeliaukio Church
- B) Helsinki Cathedral
- C) Old Rauma
- D) Turku Castle

9. What do Finns call their country in Finnish?

- A) Sauna
- B) Saari
- C) Suomi
- D) Sisu

10. What is special about Temppeliaukio Church in Helsinki?

- A) It has no roof
- B) It is built directly into solid rock
- C) It is made of ice every winter
- D) It floats on a lake

11. Finnish law requires car headlights to be on whenever you drive, even on sunny summer days.

- A) True
- B) False

12. On which date did the Finnish Parliament declare independence in 1917, now celebrated as Independence Day?

- A) 14 July
- B) 17 March
- C) 1 May
- D) 6 December

Quiz answers

1. False

False. Kiitos means 'thank you'.

2. False

False. Women won the vote in 1906, while Finland was still a Grand Duchy. It was the first place in Europe where all adult women could vote, and 19 women were elected to parliament in 1907.

3. B) Vappu, on 1 May

Sima is made for Vappu, on 1 May, the May Day festival, and is served with doughnuts or funnel cakes.

4. C) Wife carrying

Wife carrying began in Sonkajärvi in 1992: a runner races along a course carrying a partner.

5. False

False. Mämmi is an Easter dessert, eaten cold with cream and sugar.

6. C) 112

The emergency number in Finland is 112. It is free from any phone, and help is available in Finnish, Swedish and English.

7. B) Kippis!

Kippis! means cheers. Kiitos is thank you, moi is hi and anteeksi is excuse me.

8. C) Old Rauma

Old Rauma, the wooden old town of Rauma, was inscribed in 1991. The other three are famous, but they are not World Heritage Sites.

9. C) Suomi

Finland is Suomi in Finnish. Sisu means grit, saari means island and sauna is the same in English.

10. B) It is built directly into solid rock

It is built directly into solid rock, with a copper dome and skylights, which is why it is also called the Rock Church.

11. True

True. Headlights must be on while driving, in every season.

12. D) 6 December

On 6 December 1917 Parliament approved the Declaration of Independence, and 6 December is Finland's Independence Day.

Finland visa page

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