

*Enchantment
of the World*

FINLAND



DEVELOPED FOR OREGON FCE BY
Marlene Currin & Marylee Plitt October 2005

ENCHANTMENT OF THE WORLD FINLAND

Time needed for lesson: 45+ minutes

Materials needed:

Pencils for Quiz

Member handouts (contains map, quiz and evaluation forms)

Leader: Read out loud the beginning statement to peak the interest to learn more about Finland. The lesson begins with the history of Finland. A map of Finland is included with the quiz. You can have the members refer to it as you read the history. (5 minutes)

Leader: The handout contains some facts on Finland which informs the members and are needed to complete the quiz at the conclusion of the lesson. We suggest that you read the facts out loud, taking turns with the different paragraphs. Allow some time to talk about the customs and government of Finland. Encourage your members to relate their own stories or other information they know about Finland. (15/20 minutes)

Leader: The last feature of the lesson is a quiz. We suggest that all members participate by completing the quiz, refer to the map, discuss the answers and if necessary, look back in the context for the information needed. (10 minutes)

Leader: We would suggest that you make a sampling one of the recipes for tasting. You may wish to review the recipes and critic the ingredients. (5 minutes)

Wrap up/evaluation: Leader may summarize the lesson; complete the evaluations; and allow some time for those who may have traveled abroad to talk about their experiences. (10 minutes)

Enchantment of the World

FINLAND

It's not every day that a motorist in Finland comes close to being run over by a charging bull moose as he thunders across Helsinki's highway and disappears into dense pine woods. Did you know that moose and elk actually look alike? The North American moose is the same animal as the European elk. The two are separated only by thousands of miles – and a migration that took place a few thousands years ago. Finns call the animal an elk; the Americans call it a moose – same difference!

HISTORY:

Finnish people have lived in the area known as Finland since about 3000 B.C. Germanic peoples and other tribes, including the Tavasts, Lapps (also called Sami, pronounced "SAW-me"), and Karelians, also inhabited the area thousands of years ago. Eventually the Finno-Ugric tribe became dominant. In 1155, a crusade from Sweden brought Catholicism and Swedish rule to the region. Finland remained a part of the Swedish Kingdom for the next several hundred years, although Protestantism replaced Catholicism during the Reformation. Upon losing a war to Russia in 1809, Sweden ceded Finland to the conquering power.

Under Sweden's rule, Finland existed as a group of provinces, not a unified entity. After his victory, the Russian czar Alexander I fulfilled his promise to grant Finland extensive autonomy; Finland soon became a grand duchy of the Russian Empire with Alexander as its grand duke. The years spent under Alexander's command are considered one of the best periods in Finnish history.

The subsequent period saw the growth of Finnish nationalism. The Russian defeat at the hands of the Japanese (1905) and World War I and the Russian Revolution set the stage for Finnish independence, declared Dec. 6, 1917.

After a brief civil war, the Finns adopted a republican constitution in 1919. During World War II, Finland fought the Soviet Union twice; in the Winter War (1939-40) and then in the Continuation War (1941-44). Finland was forced to cede one-tenth of its territory (roughly the region of Karelia) to the Soviet Union, but avoided Soviet occupation and preserved its independence.

The indemnity clause of the 1944 settlement wrought immense economic hardship to the Finns, but postwar relations with the Soviet Union were, for the most part, amicable. The Finnish government has consistently followed policy of nonalignment. With the collapse of the Soviet Union, Finland moved toward integration with Europe. Voters supported European Union membership in a 1994 referendum; the country officially joined in 1995. The 1991 elections brought Finland its first non-socialist government in years, sending the once-ruling Social Democrats into the Parliament's opposition.

Church Influence - The National church of Finland, changed from the Roman Catholic to the Lutheran faith during the Protestant Reformation in the 16th century. Christianity was known in Finland as early as the 11th century, and in the 12th century Henry, bishop of Uppsala (Sweden) began organizing the church there. He suffered a martyr's death and eventually became Finland's patron saint. Through the influence of Sweden (which ruled in Finland from the 13th century until 1809), Finland gradually accepted Christianity.

When Lutheranism was adopted by Sweden, it was also introduced into Finland and was declared the official religion of the country in 1593. The outstanding Finnish Reformer was Mikael Agricola, who had studied at Wittenberg, where Martin Luther was a professor. Consecrated the first Lutheran bishop of Turku (1554), Agricola wrote several religious works, including a translation of the New Testament (1548).

During the 17th century the Finnish church, like the German and other Scandinavian Lutheran churches, was influenced primarily by Lutheran orthodox. In the 18th century, the dominating influence was Pietism, the movement that began in Germany and emphasized personal religious experience and reform. Three revival movements during the 19th century caused many Finns to develop a deeper commitment to the church. In the 20th century, a larger percentage of the people took part in church activities than was common in other Scandinavian countries.

The church's relationship with the state was defined by a church law in 1869. The state gives financial support to the church, and the president of the republic and the Parliament must approve the church laws proposed by the church assembly. Bishops are appointed by the president from candidates proposed by the dioceses.

Since 1922, a Finnish citizen can legally withdraw from the national church and belong to no church or to another church. More than 90 percent of Finns, however, are members of the Church of Finland.

GEOGRAPHY:

Location, Land & Climate – Finland is a Scandinavian, or Nordic country that borders Russia. Finland is astride the arctic circle, hanging midway between summer and winter all year round. It is a long, narrow country, tucked between Sweden, Norway, and Russia. Just smaller than the state of Montana, Finland covers 130,127 square miles. More than 187,800 lakes and other bodies of water dominate the landscape. Finland is 70 percent forest covered.

Thousands of islands in the southwest form what is called an archipelago, lying like stepping-stones across the Baltic Sea. It's impossible to tell exactly the length of the Finnish coastline because of the endless indentations made by the water. Mapmakers take the easy way out. They say that the coast is "between 700 and 3,000 miles" long, speaking generally about the stretch from the southeast around to the northwest. Nobody can be sure – because if every little cut in the land and every bit of beach around each of the 32,000 offshore islands were added up, there would probably be more than 20,000 miles of coastline.

Finland used to be very mountainous. Yet the passage of time has worn down those old hills, which are called *fells*. Erosion from wind and rain and passing glaciers has given Finland a gently rolling landscape. This occurred even before the last ice age, twelve thousand years ago, which spread a frosty blanket over the entire landscape.

The highest point of land in Finland is Mount Haltia on the Norwegian frontier. It is 4,357 feet above sea level. However, the land averages barely 550 feet above sea level; but, that does not mean Finland is flat. The surface of the landscape has been knocked around by nature for so long that it appears to be bleak and forlorn. The many trees soften that rough texture, covering everything with a rich green fur. Oak, willow, maple, and alder trees can be found mostly in southern and central Finland. Pine, spruce, and birch stretch northward past the Arctic Circle. Without the protection of its "green fur," Finland's soil would long ago have blown away. The forest industry is the mainstay of the country's economy.

LIFESTYLE IN FINLAND – PEOPLE:

Family – The average Finnish family has one or two children. Population growth is so low that the Finnish government is trying to increase the birthrate because the number of working people is declining compared to the number of people receiving retirement benefits. Women are offered paid maternity leave up to 11 months, and their husbands can share a portion of that leave. In addition, families receive a small monthly allowance for each child under age 17.

Day-care facilities are provided by the government free of charge. Both parents usually work outside the home. In fact, half of the Finnish wage earners are women. Women hold a substantial number of Parliament's two

hundred seats, and many women hold important government and business positions. An increasing number of men expect to share household responsibilities with the wives.

Young people tend to become independent fairly early in Finland, taking advantage of government assistance such as housing and education subsidies. About half of females have moved away from their parents' home by the age of 20. Males usually leave a few years later because of military obligations. At age 17, men serve from 8 to 11 months in the military but may choose to do civil service instead.

Although many families own their own homes, many people also rent. Traditionally, houses were made of Finland's plentiful wood; many dwellings are now made of brick. Today, most Finns live in apartments and row houses. Taxes are high and housing is expensive. Most families have access to summer cottages for vacations.

Dating and Marriage – Dating begins at about age 15, first in groups, then in couples. Movies and dances are popular activities. The marriage rate has dropped substantially since World War II. Many young couples choose to live together before or instead of marrying. This is called an “open marriage”. Couples may live for years this way, sometimes waiting to marry until they have children or jointly purchase property. When two people marry, they both have the right to keep their original surname or to take that of their spouse. Their children may bear either surname. Finnish couples tend to marry in their late twenties.

Divorce ends more than 50 percent of marriages in Finland. The divorce rate has increased dramatically since the 1950's as people have adopted increasingly secular views of personal relationships. The welfare system also supports the trend, as parents can depend on the state rather than a spouse to help relieve the financial burdens of childrearing.

Diet – Finnish cuisine has been influenced by many cultures, from French to Russian, but it includes a wide variety of Finnish specialties using seafood, wild game, and vegetables. Reindeer steak is a traditional specialty, as is salmon. Wild berries (blueberries, cloudberries, strawberries, currants, and raspberries) are popular in desserts and liqueurs. Potatoes, cheeses, and a Finnish buffet (such as the *smorgasbord*) are also popular. Rye bread is common, and open-faced sandwiches are eaten at breakfast and for snacks. Milk and coffee are the most common beverages for everyday drinking. Usually served with coffee is *pulla*, a sweet bread that comes in many forms, often flavored with cardamom. Finland has many pastries. *Makkara* (sausage) is roasted over a fire and eaten with *sinappi* (mustard). Traditional Christmas foods include salmon, ham, herring and various casseroles.

Recreation – Finns traditionally relate to the outdoors, and many of their favorite activities revolve around it, from picking wild berries and mushrooms to fishing, hiking, and boating. Favorite sports include skiing, track-and-field, basketball, *pesäpallo* (Finnish baseball), ice hockey, cycling, and boating. Golf is gaining popularity; some even play on the ice in the winter. The sauna is a traditional way for people of all ages to relax. During retreats to summer cottages, people like to run from their hot saunas for a swim in the cold, clear lakes nearby. Men and women usually use the sauna separately, but in families, both sexes may use it at the same time. The ritual of the sauna is an integral part of Finnish life, and thousands of lakeside wooden sauna huts dot the Finnish countryside. *Sauna* is a Finnish word that has been adopted by English and other languages.

The Arts – The performing arts are widely appreciated in Finland. Because the government subsidizes the theater, ticket prices are low, so many people can attend. Opera is popular, and many Finns also enjoy folk music. The national instrument of Finland is the *kantele*, a stringed instrument played with the fingers.

The Kalevala, Finland's national epic, is a compilation of folk songs and stories. Sculpture, often abstract, is a prominent art form. Modern Finnish architecture is considered innovative. Finnish textiles, glass, and porcelain have also gained worldwide recognition.

Leaders' Guide

Holidays – The most important holidays include New Year's Day, Easter (two days), *Vappu* (1 May), Whitsunday (Pentecost), Midsummer (held on the Friday nearest 21 June, the summer solstice), Independence Day (6 Dec), and Christmas 24-25 Dec). The Finland Festivals (16 of them) are held around the country between June and September and include art, music, dance, opera, and theater.

At Easter, families decorate Easter eggs and grow grass on plates in their homes. On Palm Sunday (a week before Easter), children dress up as Easter witches and recite charms door to door; they receive sweets or money for their verses. *Vappu* is celebrated in honor of both springtime and laborers. Whether or not the weather is warm and spring-like, many students gather to party and picnic, dressed in overalls and their matriculation caps. The overalls are colored according to the student's field of study.

Finns celebrate Midsummer with huge bonfires by the lakes; people usually leave cities and towns to go to the countryside for the day. The blue and white Finnish flag is also prominent on this holiday. Christmastime is a time for peace, family, and gifts. Families eat the main meal on Christmas Eve after visiting local cemeteries and placing candles on the graves of soldiers and family members. Later, Father Christmas (who looks like Santa Claus) arrives with gifts for the children. Rural families also enjoy time in the sauna on Christmas Eve. Christmas Day and 26 Dec. are days for visiting and relaxing.

SOCIETY:

Government - According to the 1919 constitution, the president is the executive head of the Republic of Finland. The president is elected to a six-year term by direct popular vote; an electoral college is convened if no candidate wins an absolute majority. The president appoints the prime minister and cabinet members, the country's administrative officers. Supreme lawmaking authority is vested in the 200 member unicameral parliament (Eduskunta/Riksdagen), whose members are elected to four-year terms. Coalition governments are usually created from among Finland's four major political parties. The country's highest judicial authorities are the Supreme Court and the Supreme Administrative Court. The voting age is 18.

Economy – What makes Finland different from other countries are the forests that are considered "green gold" of Finland. Millions and millions of trees are the country's most appreciated resources. The country has a lumber industry that accounts for over 35 percent of its exports. Finnish wood is used for everything from toothpicks to chairs, buildings to toys. That means BIG business. The production of wood paneling is very important. The demand for pulp is very high. Another major business makes newsprint, printing and writing papers, and other paper products.

Many other industries contribute to Finland's economic well-being. The metal engineering industry employs about 35 percent of the total work force in Finland. The Finns are great at building machines and ships – which is a complementary business to forestry. The machines are used to harvest the timber, and the ships are used to transport it to foreign ports.

The Finns are experts at making stainless steel; steel plate, tubes, wire, and bars; and copper tubs. This so-called basic metal industry is one of the fastest expanding parts of the Finnish economy. The food industry is basically geared toward exports; Cheese, milk powder, meat products, chocolates, refined sugar, butter, breads, and liqueurs are top sellers abroad. The best selling export by far is Finnish vodka. Food, textiles, and furs are highly regarded exports and the world knows that it can count on the quality of these and the rest of Finnish goods.

High technology industries such as communications are quickly becoming mainstays. Mobile phone-maker Nokia is responsible for about a quarter of exports.

In 2002, the euro replaced the *markka*, or *Finmark* (FIM), as Finland's national currency.

Education – Education is a major priority for the Finnish government. Beginning at age seven, children are required to attend a free comprehensive school for at least nine years, after which they may attend a vocational school or complete three years or senior secondary school. Finland has a high rate of enrollment in secondary schools. Many students go on to further studies at one of Finland's several university-level institutions. The Abo-Academy in Turku was founded in 1640, but the University of Helsinki is the national university. Not only do university students not pay tuition, they receive a generous *opintotuki* (stipend) for up to four years and can qualify for further financial aid for housing. Finns like to read, and public libraries are well used.

A favorite hobby among Finns of all ages is orienteering. It is a game, but it also teaches the useful skills needed to avoid getting lost, either in a city or in the woods. By the time they are in high school, most young people have become very good at orienteering. They've been taken many times to a remote location, given a compass and map or minimal directions, and left to find their way back to a meeting place. The activity continues into adulthood. Sports clubs sponsor orienteering treks of varying levels of difficulty.

Children begin to learn these skills in the early grades. They are taught about directions and how to use maps. Then they are taken to a certain spot in the playground or near the school and left to find their way back. They are watched by supervisors, of course, so they can't get into real trouble. Children do learn how to take care of themselves.

Health – Finland takes great pride in its health programs. Health care is socialized, reliable, and modern. It is funded by national and local taxes. Citizens receive basic health care from municipal health centers for a minimal fee, but they can also pay to visit a private doctor if they choose. Public and private hospitals provide specialized care. Finland has one of the lowest infant mortality rates in the world. This is due in part to an extensive network of maternity clinics. Finland has high rates of alcoholism and suicide. Most festivities and celebrations are accompanied by liberal alcohol use.

Common Finnish words and phrases:

Pronunciation is mostly phonetic. The strong stress, or accent, in all Finnish words is on the first syllable of the word. Long words may have a secondary stress, but the emphasis is always on the first syllable. Here are some clues for pronouncing letters that might be confusing.

Consonants

h	always pronounced, never silent
ng	pronounced g as in singer, not hard g as in finger
r	always rolled
l	pronounced y as in yellow
s	pronounced s as in so

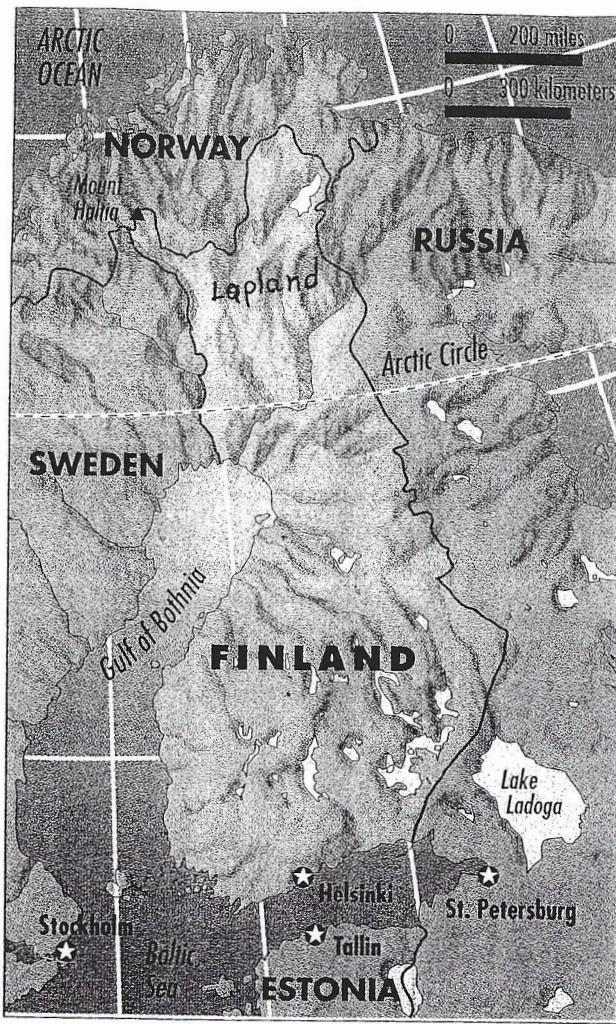
Vowels

ä	pronounced a as in cat
ö	pronounced er as in number

Thank you	kiitos	(KEE-tohs)
You're welcome.	Ole hyva.	
Excuse me.	anteeksi	
No	ei	
Yes	kyllä	
Hello	hei or terve	(HIGH or TAYR-vay)
Good-bye	näkemiin	(NAH-ke-meen)
Good morning.	huomenta	
Good evening.	hyvaa iltaa	
How are you?	Mikä kuuluu?	(MI-tae KOO-loo)
I'm fine, thanks.	Kiitos hyuää.	(KEE-tohs HEW-vae)
What is your name?	Mikä sinun nimi on?	(MIK-ah- SI-noon NIMI OAN)
Where are you from?	Mistä olet kotoisin?	(MISS-tah OAL-et KOA-toy-sin)
Do you speak English?	Puhutteko englantia?	
Finnish money	markka	(MAHRK-kah)

Resources:

1. Enchantment of the World – FINLAND by Martin Hintz.
2. Culture Grams World Edition 2005
3. Scandinavia 2005, by Rick Steves
4. Finland by Sylvia McNair
5. Encyclopedia Britannica
6. <http://virtual.finland.fi/>



1. The capital and largest city in Finland is _____.
2. What countries border Finland? On the East _____.
On the West _____.
On the North _____.
3. What body of water takes up 3/4 of the eastern part of Finland? _____.
4. What body of water borders the southern most part of Finland? _____.
5. More than _____ thousand lakes are in Finland.
6. Mapmakers say the coastline is between _____ and _____ miles long.
7. Finland is almost the size of what US state? _____.
8. Finland is how many times the size of Ohio? _____.
9. The northern third of Finland, above the Arctic Circle is _____.
10. What is the highest point in Finland at 4,356 feet _____.
11. What is the countries most appreciated natural resource. _____.
a. Rafts b. Trees c. Chocolate d. Copper
12. Name at least two of Finland's outdoor sports. _____ and _____.
13. What religion was declared the official religion of the country in 1593? _____.
14. Pregnant women, mothers, and children are entitled to _____ health care.
15. According to the 1919 constitution, the president is the executive head of the _____ of _____.

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RECIPES FROM FINLAND

FINNISH PANCAKES

Ingredients: 1 cup flour, 1 egg, water, 1/8 tsp. salt, 3/4 cup milk,
blueberry jam and cream cheese.

Sift flour. Add egg, mixing to combine. Gradually beat in milk, mixing to a smooth batter. Chill for 1 hour. Add water, if necessary, to bring it back to original consistency. Heat a pancake pan. Pour in just enough batter to cover base of pan. Cook until golden on both sides. Serve with blueberry jam and cream cheese. (Makes 8).

PULLA (Coffee Bread)

This is a traditional food in Finland. Women have baked this coffee bread every week (usually on Saturdays) and still do.

Ingredients: 2 cups milk, 1 or 2 eggs, 2 tsp. salt,
1 heaping Tblsp cardemom, 1 1/4 cups sugar,
1 1/4 cups butter/margarine, 1 kg (app. 7 cups) flour
2 pkgs dry yeast, or 50g fresh yeast

Mix eggs, salt, sugar, and cardemom together. Put butter and milk in saucepan on stove until butter melts. Add egg(s) to mixture. Add to flour in a mixing bowl. Put yeast into a cup with a bit of warm water, (if using fresh yeast, let it melt.) Make sure dough is no warmer than skin temperature, then pour yeast into dough. Knead dough well, then sprinkle flour on top, and let it rise, about an hour. Roll dough into 3" balls, or braid into 2 loaves. Put on greased cookie sheet, cover with a towel and let rise 15-20 minutes. Whip one egg and brush on pulla. Top with coarse sugar. Bake at 350-400F, until golden brown.

“Pennies for Friendship”
for
Associated Country Women of the World (ACWW)

An introduction to the FINLAND Lesson

Leader #1 will answer the questions (A), and Leader #2 (or audience) will ask questions (Q).

Good morning everyone, my name is _____, working with _____. Together we would like to enlighten you and tie together the purpose of the lesson on Finland and tickle your awareness of “Pennies for Friendship” for ACWW.

Q. WHY in the world did we pick FINLAND as a country to study?

A. That’s where the 25th Triennial Conference for the **“Associated Country Women of the World”** (ACWW) will be held in 2007 in Helsinki, Finland’s capital.

Q. So, why and how does that mean anything to me?

A. Are you aware that Oregon’s FCE State President, “Edgel Sudul” will have the opportunity to attend this elite International Conference in 2007? She’ll gain a broader perspective of just how Oregon FCE is making a difference in the world through our “Pennies for Friendship” .

Q. “Pennies for Friendship” – what’s that?

A. At each of our Study Group meetings, we pass around a “silent proof can” to all the members so they can drop in their change and/or “silent money”. Let’s follow our “Pennies for Friendship” and see just how they do make a difference!

- All monies collected from the Study Groups are forwarded to our State Treasurer.
- Fifty percent (50%) will stay in Oregon’s Triennial Fund to help send incumbent State President to the ACWW Triennial Conference.
- At years end, State Treasurer will forward remaining 50% to National FCE.
- National FCE will keep 20% in their ACWW Triennial Fund.
- Eighty percent (80%) will be sent to Associated Country Women of the World (ACWW).

Q. How does ACWW work?

A. ACWW, the largest international organization of rural women and homemakers, has a uniquely down-to-earth approach in offering mutual support, friendship and practical help to its members. **The organization currently has a membership of nine million through its 365 Member Societies in over 70 countries.**

- works to **IMPROVE STANDARDS OF LIVING** for all women and their families.
- is **ACTIVE** in nutrition, agriculture, literacy, income-generating schemes, environment, housing and water **PROJECTS**.
- supports basic education and local **DEVELOPMENT PROJECTS** to fight hunger and disease. These projects are initiated locally by members.
- trains women for **LEADERSHIP** in developing countries.
- represents its members and promotes their concerns at the **UNITED NATIONS** where it has consultative status. ACWW provides its members with first-hand information about

- the UN and its specialized agencies. There is also cooperation between **ACWW and the UN** on certain projects.
- o encourages women to inform and equip themselves to play a full part in the development of their communities.

Q. How did ACWW and "Pennies for Friendship" get started?

- A. It all began in 1927, at a meeting of the Executive Committee of the International Council of Women (ICW) at the meeting it was suggested that in two years time, there should be an international conference of rural women. That suggestion would later be known as the Associated Country Women of the World. Three of the women present at the meeting would become ACWW founders and brought the organization into being. There were difficulties to overcome in the first years. They were hampered by the lack of funds and some opposition between some country women's organizations and a faction within the International Council of Women (ICW).

Lady Aberdeen, Mrs Watt and Miss Zimmern, the three founders of ACWW, demonstrated enthusiasm and fortitude and on April 30, 1929, 24 countries came together at the International Conference of Rural Women. Forty-six delegates described their daily lives in their homelands, finding many common threads in each-others views on education, health, economics, family and social life. Even though the women had different backgrounds and cultures, they found a common concern for women worldwide.

In 1933 in Stockholm the third rural women's conference was held independently of ICW. It took place at the invitation of the League of Northern Housewives. At this meeting an association of rural women's societies was formed. A simple constitution was adopted and the name "Associated Country Women of the World" was adopted. The next challenge was to see it funded. It was suggested that each member should contribute a penny a year in addition to the official dues paid by societies. Launched in 1936 as the "Million Member Fund", the project was met with great enthusiasm in most countries, and the USA societies soon named it "Pennies for Friendship". It is still known by this name today and continues to provide a major part of ACWW's income.

With such a goal oriented world wide organization, and the impressive international organizations linked with ACWW, one cannot help but believe in all the good ACWW is doing throughout the world. Please visit www.acww.org.uk for more information.

Now let's just imagine YOU are the current Oregon FCE President, and have been serving Oregon FCE members for three years, with the help of the Triennial Fund you attend an ACWW meeting. Allow us to entice your curiosity and take you on our tour of "The Land of Enchantment", Finland.

References:

- www.acww.org.uk website
- www.nafce.org website
- ACWW brochure
- Kansas' FCE Lesson on ACWW

Handout
Everyday Life in Finland

Everyday Life in Finland

General Information:

Official Name: Republic of Finland (Suomi in Finnish)

Size: 130,600 square miles (almost the size of Montana)

Population: 5.2 million (40 per square mile)

Capital: Helsinki

Flag: The national flag has a blue cross on a white background, representing the blue waters and white snows of Finland.

National anthem: "Maamme" in Finnish or "Vart Land" in Swedish, meaning "Our Land".

Official Language: Finnish and Swedish

Other Languages: Lapps speak their own language

Currency: Euro replaced the Markka in 2002

Location, Land & Climate – Finland is a Scandinavian, or Nordic country that borders Russia. Finland is astride the arctic circle, hanging midway between summer and winter all year round. It is a long, narrow country, tucked between Sweden, Norway, and Russia. Just smaller than the state of Montana, Finland covers 130,127 square miles. More than 187,800 lakes and other bodies of water dominate the landscape. Finland is 70 percent forest covered; which is considered "green gold".

Government: Finland is a republic. The president is the head of state. The president handles foreign relations and is commander in chief of the armed forces. After the president, the most important government figure is the prime minister, who is head of the government and the Council of State. The one-house parliament consists of two hundred representatives who are elected by the people of four-year terms. All citizens over the age of eighteen may vote. Finland is divided into twelve provinces, each headed by a governor appointed by the national president. The local government functions are carried out by communes, each with a council elected by the people. Their present government is based on the constitution of 1919.

Religion: When Lutheranism was adopted by Sweden, it was also introduced into Finland and was declared the official religion of the country in 1593. The outstanding Finnish Reformer was Mikael Agricola, who had studied at Wittenberg, where Martin Luther was a professor. Consecrated the first Lutheran bishop of Turku (1554), Agricola wrote several religious works, including a translation of the New Testament (1548).

The Arts – The performing arts are widely appreciated in Finland. Because the government subsidizes the theater, ticket prices are low, so many people can attend. Opera is popular, and many Finns also enjoy folk music. The national instrument of Finland is the *kantele*, a stringed instrument played with the fingers.

The Kalevala, Finland's national epic, is a compilation of folk songs and stories. Sculpture, often abstract, is a prominent art form. Modern Finnish architecture is considered innovative. Finnish textiles, glass, and porcelain have also gained worldwide recognition.

Language: (Phonetic spelling; every letter is pronounced, the main stress always on the first syllable.)

Hayää päivää; Good day; Kiitos (KEY toes): Thank you; Olkaa hyvä; Please; Anteeksi:

Pardon, excuse me; Hyvästi: Good-bye; Näkemiin: So long.

The only essential word needed for a quick visit is Kiitos (KEY-toes) that's "thank you", and locals love to hear it. Kippis (keep-peace) is what you say before you down a shot of Finnish vodka or cloudberry liqueur (lakka).

Handout Everyday Life in Finland

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Communications: There are about 1,500 magazines in Finland, 103 daily newspapers (12 are printed in Swedish), and nearly 150 weekly newspapers. Some 100 magazines are intended for the general public. Finns spend less time reading newspapers than listening to the radio or watching television. On the average, Finns use mass media about five hours a day. Radio and television each account for two hours and newspapers for barely an hour. The state controls the Finnish Broadcasting Company. A commercial television company leases airtime from the state-run company.

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Although many families own their own homes, many people also rent. Traditionally, houses were made of Finland's plentiful wood; many dwellings are now made of brick. Today, most Finns live in apartments and row houses. Taxes are high and housing is expensive. Most families have access to summer cottages for vacations.

Dating and Marriage – Dating begins at about age 15, first in groups, then in couples. Movies and dances are popular activities. The marriage rate has dropped substantially since World War II. Many young couples choose to live together before or instead of marrying. This is called an "open marriage". Couples may live for years this way, sometimes waiting to marry until they have children or jointly purchase property. When two people marry, they both have the right to keep their original surname or to take that of their spouse. Their children may bear either surname. Finnish couples tend to marry in their late twenties.

Divorce ends more than 50 percent of marriages in Finland. The divorce rate has increased dramatically since the 1950's as people have adopted increasingly secular views of personal relationships. The welfare system also supports the trend, as parents can depend on the state rather than a spouse to help relieve the financial burdens of childrearing.

Education – Education is a major priority for the Finnish government. Beginning at age seven, children are required to attend a free comprehensive school for at least nine years, after which they may attend a vocational school or complete three years or senior secondary school. Finland has a high rate of enrollment in secondary schools. Many students go on to further studies at one of Finland's several university-level institutions. The Abo-Academy in Turku was founded in 1640, but the University of Helsinki is the national university. Not only do university students not pay tuition, they receive a generous *opintotuki* (stipend) for up to four years and can qualify for further financial aid for housing. Finns like to read, and public libraries are well used.

A favorite hobby among Finns of all ages is orienteering. It is a game, but it also teaches the useful skills needed to avoid getting lost, either in a city or in the woods. By the time they are in high school, most young people have become very good at orienteering. They've been taken many times to a remote location, given a

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compass and map or minimal directions, and left to find their way back to a meeting place. The activity continues into adulthood. Sports clubs sponsor orienteering treks of varying levels of difficulty.

Children begin to learn these skills in early grades. They are taught about directions and how to use maps. Then they are taken to a certain spot in the playground or near the school and left to find their way back. They are watched by supervisors, of course, so they can't get into real trouble. Children do learn how to take care of themselves.

Diet – Finnish cuisine has been influenced by many cultures, from French to Russian, but it includes a wide variety of Finnish specialties using seafood, wild game, and vegetables. Reindeer steak is a traditional specialty, as is salmon. Wild berries (blueberries, cloudberries, strawberries, currants, and raspberries) are popular in desserts and liqueurs. Potatoes, cheeses, and a Finnish buffet (such as the *smorgasbord*) are also popular. Rye bread is common, and open-faced sandwiches are eaten at breakfast and for snacks. Milk and coffee are the most common beverages for everyday drinking. Usually served with coffee is *pulla*, a sweet bread that comes in many forms, often flavored with cardamom. Finland has many pastries. *Makkara* (sausage) is roasted over a fire and eaten with *sinappi* (mustard). Traditional Christmas foods include salmon, ham, herring and various casseroles.

Health – Finland takes great pride in its health programs. Health care is socialized, reliable, and modern. It is funded by national and local taxes. Citizens receive basic health care from municipal health centers for a minimal fee, but they can also pay to visit a private doctor if they choose. Public and private hospitals provide specialized care. Finland has one of the lowest infant mortality rates in the world. This is due in part to an extensive network of maternity clinics. Finland has high rates of alcoholism and suicide. Most festivities and celebrations are accompanied by liberal alcohol use.

Recreation – Finns traditionally relate to the outdoors, and many of their favorite activities revolve around it, from picking wild berries and mushrooms to fishing, hiking, and boating. Favorite sports include skiing, track-and-field, basketball, *pesäpallo* (Finnish baseball), ice hockey, cycling, and boating. Golf is gaining popularity; some even play on the ice in the winter. The sauna is a traditional way for people of all ages to relax. During retreats to summer cottages, people like to run from their hot saunas for a swim in the cold, clear lakes nearby. Men and women usually use the sauna separately, but in families, both sexes may use it at the same time. The ritual of the sauna is an integral part of Finnish life, and thousands of lakeside wooden sauna huts dot the Finnish countryside. *Sauna* is a Finnish word that has been adopted by English and other languages.

Holidays – The most important holidays include New Year's Day, Easter (two days), *Vappu* (1 May), Whitsunday (Pentecost), Midsummer (held on the Friday nearest 21 June, the summer solstice), Independence Day (6 Dec), and Christmas 24-25 Dec). The Finland Festivals (16 of them) are held around the country between June and September and include art, music, dance, opera, and theater.

At Easter, families decorate Easter eggs and grow grass on plates in their homes. On Palm Sunday (a week before Easter), children dress up as Easter witches and recite charms door to door; they receive sweets or money for their verses. *Vappu* is celebrated in honor of both springtime and laborers. Whether or not the weather is warm and spring-like, many students gather to party and picnic, dressed in overalls and their matriculation caps. The overalls are colored according to the student's field of study.

Finns celebrate Midsummer with huge bonfires by the lakes; people usually leave cities and towns to go to the countryside for the day. The blue and white Finnish flag is also prominent on this holiday. Christmastime is a time for peace, family, and gifts. Families eat the main meal on Christmas Eve after visiting local cemeteries and placing candles on the graves of soldiers and family members. Later, Father Christmas (who looks like Santa Claus) arrives with gifts for the children. Rural families also enjoy time in the sauna on Christmas Eve. Christmas Day and 26 Dec. are days for visiting and relaxing.

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Economy – What makes Finland different from other countries are the forests that are considered “green gold” of Finland. Millions and millions of trees are the country’s most appreciated resources. The country has a lumber industry that accounts for over 35 percent of its exports. Finnish wood is used for everything from toothpicks to chairs, buildings to toys. That means BIG business. The production of wood paneling is very important. The demand for pulp is very high. Another major business makes newsprint, printing and writing papers, and other paper products.

Many other industries contribute to Finland’s economic well-being. The metal engineering industry employs about 35 percent of the total work force in Finland. The Finns are great at building machines and ships – which is a complementary business to forestry. The machines are used to harvest the timber, and the ships are used to transport it to foreign ports.

The Finns are experts at making stainless steel; steel plate, tubes, wire, and bars; and copper tubs. This so-called basic metal industry is one of the fastest expanding parts of the Finnish economy. The food industry is basically geared toward exports; Cheese, milk powder, meat products, chocolates, refined sugar, butter, breads, and liqueurs are top sellers abroad. The best selling export by far is Finnish vodka. Food, textiles, and furs are highly regarded exports and the world knows that it can count on the quality of these and the rest of Finnish goods.

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Common Finnish words and phrases:

Pronunciation is mostly phonetic. The strong stress, or accent, in all Finnish words is on the first syllable of the word. Long words may have a secondary stress, but the emphasis is always on the first syllable. Here are some clues for pronouncing letters that might be confusing.

Consonants

h	always pronounced, never silent
ng	pronounced g as in singer, not hard g as in finger
r	always rolled
l	pronounced y as in yellow
s	pronounced s as in so

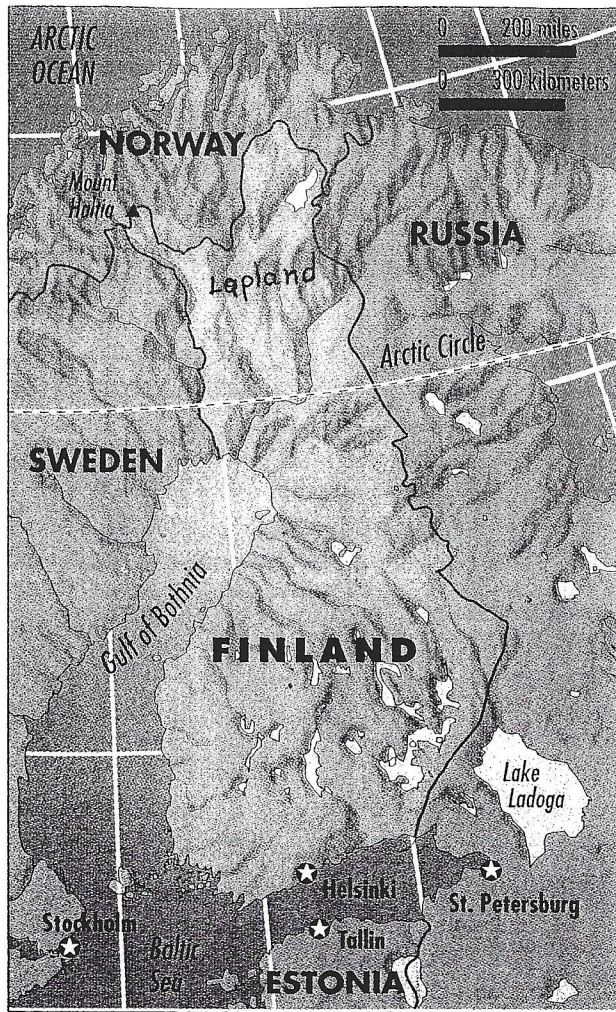
Vowels

ä	pronounced a as in cat
ö	pronounced er as in number

Thank you	kiitos	(KEE-tohs)
You're welcome.	Ole hyva.	
Excuse me.	anteeksi	
No	ei	
Yes	kyllä	
Hello	hei or terve	(HIGH or TAYR-vay)
Good-bye	näkemiin	(NAH-ke-meen)
Good morning.	huomenta	
Good evening.	hyvaa iltaa	
How are you?	Mikä kuuluu?	(MI-tae KOO-loo)
I'm fine, thanks.	Kiitos hyuää.	(KEE-tohs HEW-vae)
What is your name?	Mikä sinun nimi on?	(MIK-ah- SI-noon NIMI OAN)
Where are you from?	Mistä olet kotoisin?	(MISS-tah OAL-et KOA-toy-sin)
Do you speak English?	Puhutteko englantia?	
Finnish money	markka	(MAHRK-kah)

Resources:

1. Enchantment of the World – FINLAND by Martin Hintz.
2. Culture Grams World Edition 2005
3. Scandinavia 2005, by Rick Steves
4. Finland by Sylvia McNair
5. Encyclopedia Britannica
6. <http://virtual.finland.fi/>



1. The capital and largest city in Finland is _____.
2. What countries border Finland? On the East _____.
On the West _____.
On the North _____.
3. What body of water takes up 3/4 of the eastern part of Finland? _____.
4. What body of water borders the southern most part of Finland? _____.
5. More than _____ thousand lakes are in Finland.
6. Mapmakers say the coastline is between _____ and _____ miles long.
7. Finland is almost the size of what US state? _____.
8. Finland is how many times the size of Ohio? _____.
9. The northern third of Finland, above the Arctic Circle is _____.
10. What is the highest point in Finland at 4,356 feet _____.
11. What is the country's most appreciated natural resource. _____.
a. Rafts b. Trees c. Chocolate d. Copper
12. Name at least two of Finland's outdoor sports. _____ and _____.
13. What religion was declared the official religion of the country in 1593? _____.
14. Pregnant women, mothers, and children are entitled to _____ health care.
15. According to the 1919 constitution, the president is the executive head of the _____ of _____.

RECIPES FROM FINLAND

FINNISH PANCAKES

Ingredients: 1 cup flour, 1 egg, water, 1/8 tsp. salt, 3/4 cup milk, blueberry jam and cream cheese.

Sift flour. Add egg, mixing to combine. Gradually beat in milk, mixing to a smooth batter. Chill for 1 hour. Add water, if necessary, to bring it back to original consistency. Heat a pancake pan. Pour in just enough batter to cover base of pan. Cook until golden on both sides. Serve with blueberry jam and cream cheese. (Makes 8).

PULLA (Coffee Bread)

This is a traditional food in Finland. Women have baked this coffee bread every week (usually on Saturdays) and still do.

Ingredients: 2 cups milk, 1 or 2 eggs, 2 tsp. salt, 1 heaping Tblsp cardemom, 1 1/4 cups sugar, 1 1/4 cups butter/margarine, 1 kg (app. 7 cups) flour 2 pkgs dry yeast, or 50g fresh yeast

Mix eggs, salt, sugar, and cardemom together. Put butter and milk in saucepan on stove until butter melts. Add egg(s) to mixture. Add to flour in a mixing bowl. Put yeast into a cup with a bit of warm water, (if using fresh yeast, let it melt.) Make sure dough is no warmer than skin temperature, then pour yeast into dough. Knead dough well, then sprinkle flour on top, and let it rise, about an hour. Roll dough into 3" balls, or braid into 2 loaves. Put on greased cookie sheet, cover with a towel and let rise 15-20 minutes. Whip one egg and brush on pulla. Top with coarse sugar. Bake at 350-400F, until golden brown.