

# The most interesting facts about the culture of our country

Finland



# Characteristics

- Finnish people are punctual.
- Finns don't praise themselves so much and they are modest.
- Finns are reserved and value their personal space.

## FINNISH NIGHTMARES



"SMALL" TALK

# SAUNA

- Almost every Finn has been in sauna and enjoys it.

## TRADITIONS:

- with family and friends
- usually at least on Saturday evening
- bath whisk made of birch
- sauna scents
- competition of who can stay longest in the heat

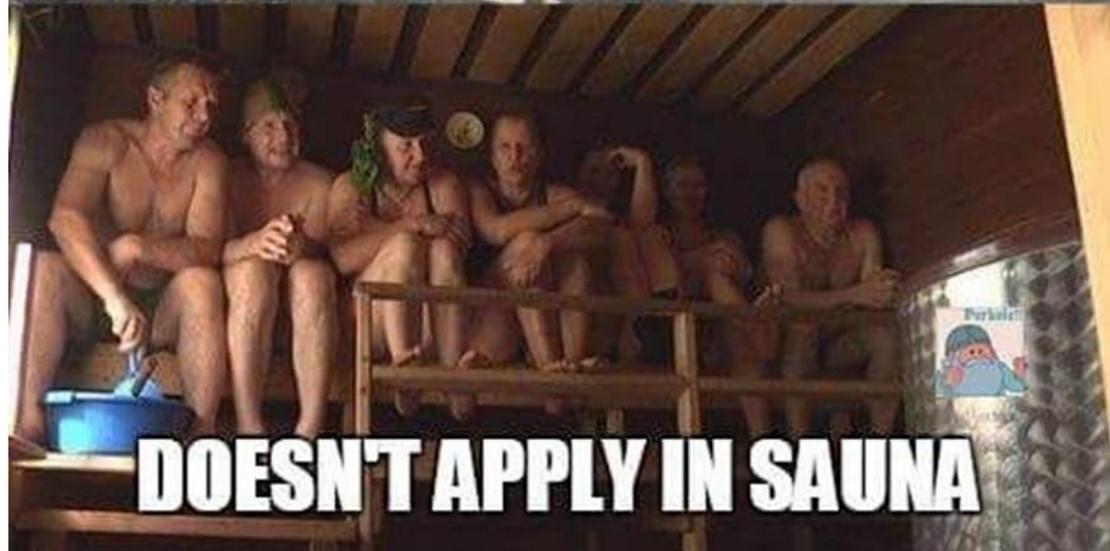


picture: aurealkv blogspot

**FINNISH PERSONAL SPACE**



**DOESN'T APPLY IN SAUNA**



# ICE SWIMMING

- Popular in Finland
- Usually after or before sauna
- makes you feel refreshed and relaxed
- many positive health effects



picture: Tikis

# Food culture in Finland

- Finns consume the most coffee in the world, 10kg of coffee per person a year.
- Many people drink milk with their meals
- Free school lunch
- Eating what nature offers: berries, mushrooms, moose and reindeer meat etc
- salmiakki = salty liquorice



Happy moosehunter

pic: MTV.fi



Finns sometimes make coffee even while outdoors

pic: own picture

# Traditional foods in Finland



Karelian pies

pic: kotikokki.fi



Fish paste

pic: yhteishyvä.fi



Lörtsy, a pie filled with meat or jam

pic: lortsypojat.fi



Sautéed reindeer

pic: k-ruoka.fi



Karelian stew

pic: yhteishyvä.fi

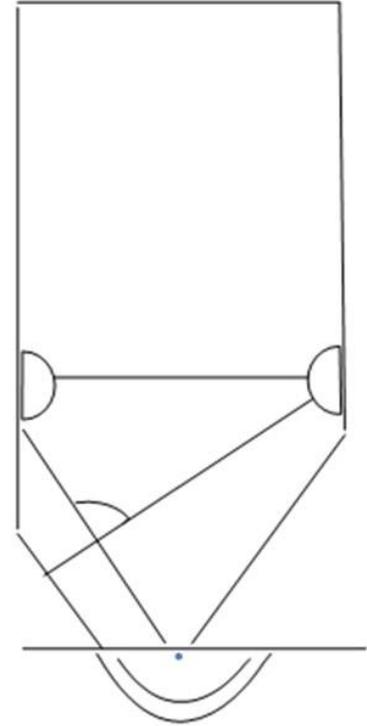


Mämmi, Finnish Easter pudding

pic: wikipedia.fi

# Finnish baseball

- Finnish baseball is the national sport of Finland
- Quite different from American baseball
- It was invented in the 1910s
- It was originally played in the military to practise defense skills
- Two teams play against each other, one team consists of 12 players.



Finnish baseball field



# Nature and outdoor activities in Finland

- Finnish people like to go out and enjoy the beautiful Finnish nature
- Trekking in nature is popular and there are 40 National Parks in Finland where you can go hiking and camping.



# Ice Hockey

- Finns are known to be passionate about Ice Hockey
- Finland has won the World Championships three times and we're very proud of our national ice hockey team

*Leijonat*



Pic: wikipedia

# Weird sports from Finland

# Swamp Soccer

- Football played in a soggy swamp
- The idea originated from Finnish skiers who used to practice by running at the swamp in the summer.



# Wife Carrying

- A man carries a woman through an obstacle track
- World championships have been held annually since 1992



# Heavy Metal Knitting World Championships

- the band plays metal music and the knitter knits and moshes with his needles and yarn
- Finland has the highest number of heavy metal bands per capita, e.g. Nightwish, Amorphis, and Children of Bodom.
- Heavy Metal World Championships are held each summer.

