

A black and white photograph of a group of construction workers sitting on a steel beam high above a city. The workers are wearing hard hats and work clothes, and some are holding tools. The city below is a dense grid of buildings. The text "5. Life takes care of you" is overlaid in the center of the image.

5. Life takes care of you

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Birth – When it all starts

- In Finland the annual birth rate is 60,000
- It is said to be a lottery jackpot to be born into a country like Finland
 - High life expectancy
 - Low crime rates
 - Literally nonexistent illiteracy
 - High standard of living

Childhood - Dependency

- Child is dependent on the care and upbringing of his guardians
- Feelings of safety, security and closeness during childhood are crucial for the individual to attain confidence and trust towards life especially the first 3 years

0 - 12 yo.



Adolescence – Towards your own life

- Getting to know yourself and getting to know your body ➡ Finding your strengths
- Life can be rocky and rough at times, but having friends, family and other reliable people around makes the transition towards adulthood easier

13 yo.

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adulthood



Adulthood – Independency

- Legally 18 yo. is sovereign and free to decide about their own affairs
- Adulthood means that individual is physically, mentally and socially mature to take responsibility of his/her own actions and take care of others

18 – 65 yo.



Old age – Going the distance

- Most of the Finns get to live to old age these days and our elderly are usually in good shape and active
- They have time and resources to have hobbies and travel
- Relationships keep the mind sharp and especially connection between generations is valuable to pass on the knowledge and values

Hard to
define

Homework

- Search for information, what is your life expectancy? Write it down
- Draw a line which starts from your birth and ends at you life expectancy



Birth

Life
expectancy