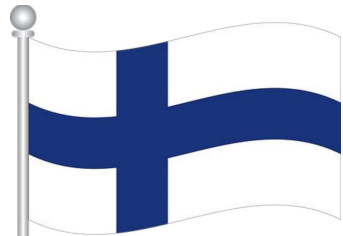


DAY 2: Welcome to Finland!



HELSINGIN
MEDIALUKIO



My way home yesterday



Your way to school today



What's the weather like today?

Forecast for the next 48 hours

	Tiistai	Keskiviikko				Torstai	
	Evening	Night	Morning	Afternoon	Evening	Night	Morning
Forecast							
Temperature	-10 °C	-12 °C	-12 °C	-8 °C	-8 °C	-9 °C	-9 °C
Feels Like	-21 °C	-23 °C	-23 °C	-17 °C	-18 °C	-18 °C	-18 °C
Wind Speed	43 km/h	38 km/h	35 km/h	37 km/h	32 km/h	28 km/h	30 km/h
Wind Direction	E ←	E ←	E ←	ESE ↙	SE ↘	SE ↘	SSE ↘
Humidity	77%	73%	72%	60%	69%	75%	86%
Dew Point	-13 °C	-16 °C	-16 °C	-14 °C	-13 °C	-12 °C	-11 °C
Visibility	4 km	13 km	12 km	18 km	13 km	10 km	9 km

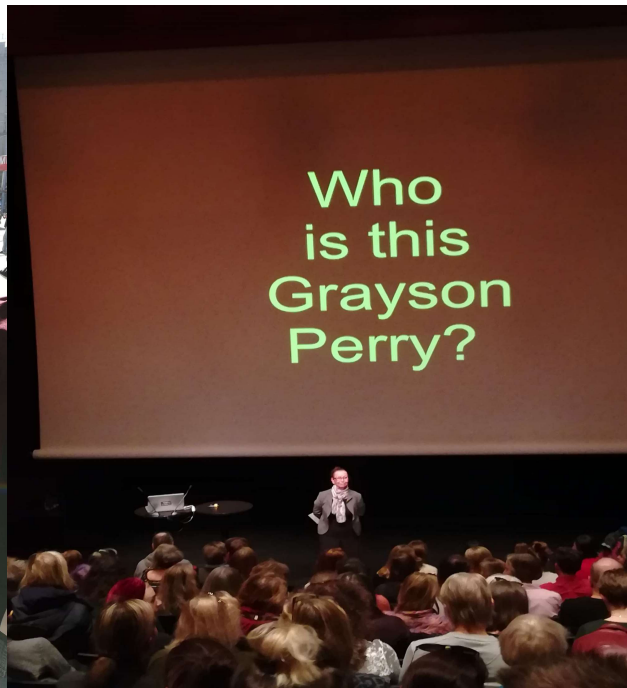
Did you remember these?



Excursions from Melu we might have had: Kuusijärvi lake+ sauna+ Olympics



Excursions from Melu we might have had: Amazing race Helsinki, Kiasma Art Museum, Fazerila Chocolate Centre



Welcome to Finland!

What do you know about Finland so far?

- Finland is the happiest country in the world.
- Finland has the most forests in Europe.
- The air in Finland is the cleanest in the world.
- Finland ranks as one of the top OECD country in education.
- Helsinki is the most equal city in Europe
- Finland is the safest country in the world.
- Finns drink most coffee and milk per person in the world.



Today's programme (CET)

- Finnish language lesson 9.00-9.30
 - Finland in a nutshell 9.30-10.15
 - Finnish sauna culture
 - Finnish Lapland
 - Lessons + wrap up 10.25- 11.10 + 11.10-11.40
 - history
 - geography **CANCELLED**
 - English
 - Lunch break 11.40- 12.15
 - ETG quizzes 12.15- 14.30
-

The Finnish language

- a Finno-Ugrian language, related to Estonian and Hungarian
 - specific features:
 - no gender → hän = she and he
 - no articles → bussi = a/ the bus
 - no prepositions →
 - endings by bus = bussilla
 - postpositions with Eeva = Eevan kanssa
 - differences between short and long sounds
 - tuli = fire
 - tuuli = wind
 - tullii = customs office
-

Finnish language lesson

- Hei!
- Hyvää päivää! Hyvää iltaa!
- Minun nimeni on...
- Minä tulen Suomesta/ Puolasta / Ranskasta/ Liettuasta/ Espanjasta
- Hauska tavata!
- Kiitos!

→ SARI'S VIDEO LESSON

https://drive.google.com/file/d/1mF-6VORt6bXCQOMn06DpaOwE_jV8vKSp/view?usp=sharing



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Famous Finns (by Timi)

Combine!

- Kimi Räikkönen
- Teemu Selänne
- Martti Ahtisaari
- Aki Kaurismäki
- Sofi Oksanen
- Jari Litmanen
- Lordi
- Sanna Marin



FINLAND in EUROPE



Finland in a nutshell (by Timi)



- Finland is a republic and a member of the European Union
 - Our president: Mr Sauli Niinistö
 - Åland is an autonomous region of Finland (an island between Finland and Sweden
 - 5,5 million inhabitants
 - 2 national languages: Finnish and Swedish (5% of the population)
 - neighbouring countries: Sweden, Norway, Russia, Estonia
 - religion: most Finns are Christian (Evangelical Lutheran Church 70%, Orthodox Church 1%) , tens of thousands of Muslims
-

Finnish history in brief (by Toni)

- Finland was part of Sweden **1323–1809**
 - 1640 The first university in Finland is established in Turku
 - Finland was part of the Russian Empire **1809–1917**
 - The Emperor of Russia, Alexander I gave Finland the status of a Grand Duchy
 - 1812 Helsinki becomes the capital
 - **6 December 1917** Finland declares independence
 - In 1939, **Finland** was in **war** against the Soviet Union during the **Winter War**. The **war** lasted 105 days. The Continuation **War** against the Soviet union lasted from the summer of 1941 until the fall of 1944. In 1944 and 1945, **Finland** attacked German forces leaving the country in the Lapland **War**. → **Finland stayed independent!**
 - 1952 Olympic Games in Helsinki
 - 1995 Finland joins the European Union
 - 2000 Finland takes 1st place in children's literacy in PISA studies
-

Finnish customs (Mari)

- **Finnish values:** equality, trust, individuality, own space, punctuality, modesty, nature
- **Greeting:** hand shaking (formal) , hugging (informal)
- **Speaking:** first-name terms also with teachers, strangers
- **Discussion:** straight to the point, “silence is golden”
- **At home:** no shoes



Finnish customs(own space)



WHEN THE WEATHER IS HORRIBLE, BUT THE ONLY SHELTER IS OCCUPIED.

Finnish sauna culture

Are these statements true or false?

1. You wash yourself before going to the sauna.
2. Usually you wear your swimming suit in the sauna.
3. You slap yourself with a whisk made of birch leaves in the sauna.
4. All the Finnish saunas are heated with wood.
5. It is not good for your health to go to the sauna every day.
6. Going to the sauna is an important way of spending time together for Finns.

→ CHECK YOUR ANSWERS HERE (3,5 minutes)



Finnish sauna culture - correct answers

1. You wash yourself before going to the sauna. T
 2. Usually you wear your swimming suit in the sauna. F
 3. You slap yourself with a whisk made of birch leaves in the sauna. T
 4. All the Finnish saunas are heated with wood. F
 5. It is not good for your health to go to the sauna every day. F
 6. Going to the sauna is an important way of spending time together for Finns. T
-

Four seasons



Different regions in Finland: the metropolitan area

- Helsinki, Espoo and Vantaa altogether
- 1,3 million people
- 5 out of Finland's 14 universities
- headquarters of most notable companies
- most governmental institutions
- the Helsinki-Vantaa airport
- Heureka Science Center



Different regions in Finland: other towns



TURKU



PORVOO



HANKO



Different regions in Finland: the lakes



Different regions in Finland: the forests



Different regions in Finland: coast and archipelago



Finnish Lapland (by Amanda)

This is what you will see in the video:

- WINTER SPORTS: ICE FISHING, SKIING, SNOW MOBILES
- ROVANIEMI, THE CAPITAL OF LAPLAND
- SANTA CLAUS
- IGLOO HOTELS
- AURORA BOREALIS
- REINDEER AND REINDEER RIDES
- HUSKY RIDES
- WINTER SWIMMING



Lappish specialities

https://www.tripadvisor.fi/Restaurant_Review-g189934-d779830-Reviews-Restaurant_Lappi-Helsinki_Uusimaa.html#photos;aggregationId=101&albumid=101&filter=7

Rovaniemi (by Mari)

Reindeer sunbathing by the river Kemijoki in Rovaniemi, Lapland



Cold water swimming

Ice hole

Benefits

Believe it or not there are some great benefits to performing cold water swimming! Here is a brief summary:

- 1. It boosts your immune system**
- 2. It gives you a natural high**
- 3. It improves your circulation**
- 4. It increases your libido**
- 5. It burns calories**
- 6. It reduces stress**

By the lake in Joutsa - Central Finland





Gulf of Finland - Lauttasaari, Helsinki



Gulf of Finland - Haukilahti, Espoo (next to Helsinki)



Gulf of Finland - Eira, Helsinki



Jean Sibelius:

Finlandia

- **Jean Sibelius is a Finnish composer**
- **Finlandia is one of the most important national songs of Finland**
- **In this video you can feel the beauty of Finnish nature in different seasons**

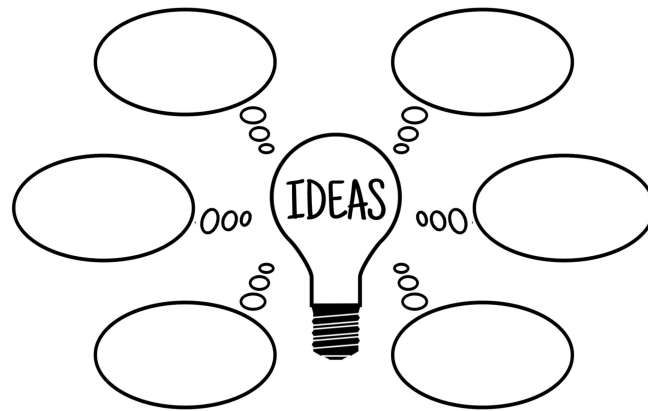


The Sibelius Monument in Helsinki



Wrap-up about the lessons

Go to www.menti.com and use the code 18 48 26 0



HYVÄÄ RUOKAHALUA

BUON PROVECHO

BON APPÉTIT

GERO APETITO

SMACZNEGO

Break time: Let's sing along! Finnish karaoke



Kun kukaan ei ole vasten
painutaan pois ja hyväksytään eroon
sitten
Ne silmät, joihin on helppo
hukkautua, joihin ei ole ollenkaan
taikaa

ANTTI TUISKU

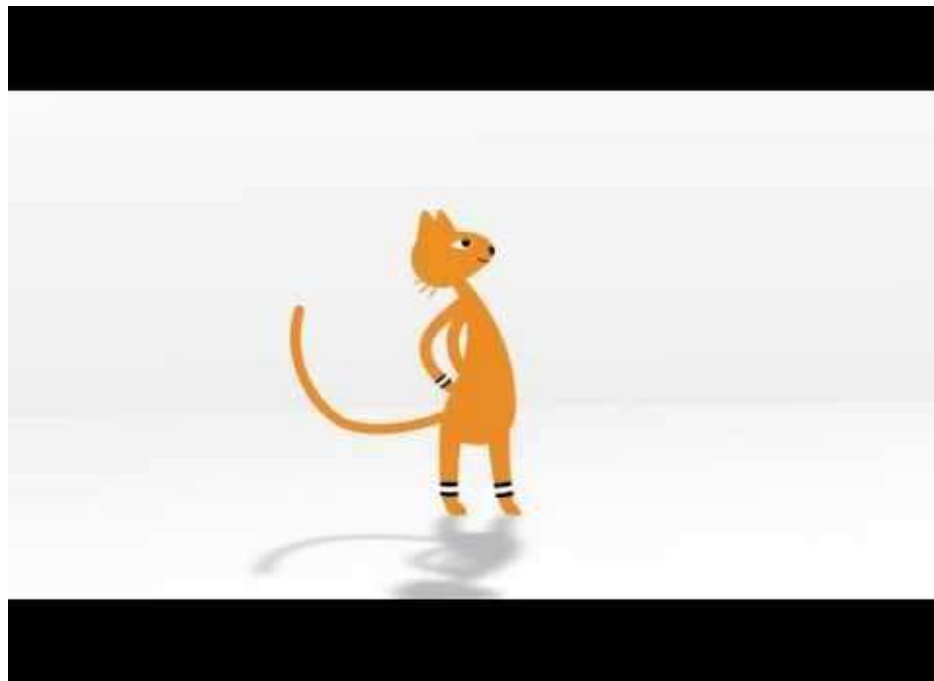
KEINUTAAN

FT. VILLEGALLE

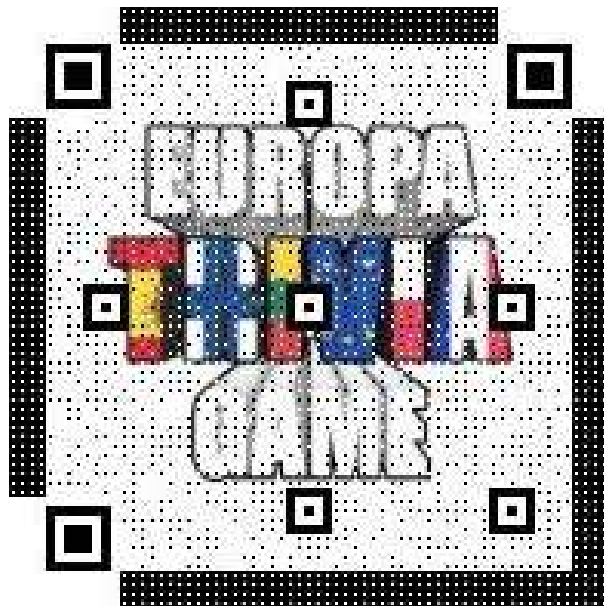
Haluun Olla
Irina **Yksin**
LYRICS



Break time: let's exercise!



ETG quizzes



Break time: let's enjoy Finnish nature shots!



Break time: Let's get to know the Moomins!

