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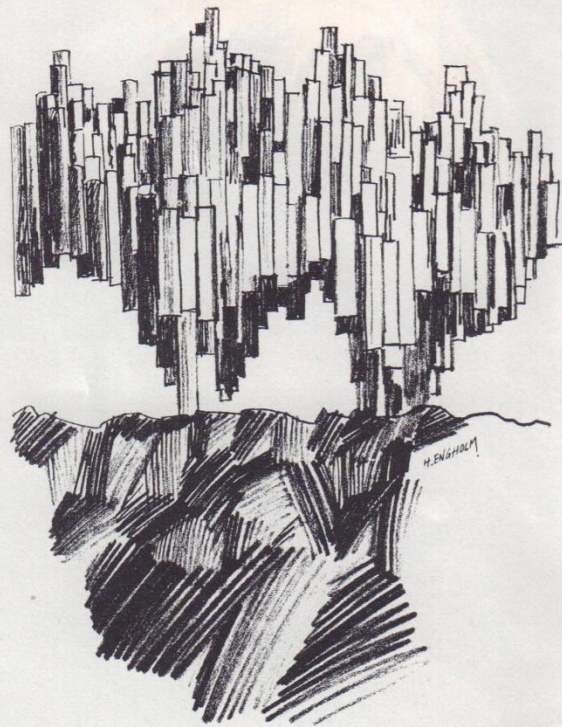
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**Helsinki**  
Helsingfors  
SAS City Portrait



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**This is the 13th edition of Helsinki City Portrait printed in 60,000 copies – with information based on facts available in August 1980. Main changes from 12th edition: new telephone numbers SAS office (17 74 43), Hotel Booking Center (17 11 33) and City Tourist Office (169 3757); one new hotel; one restaurant deleted, one added, one nightclub deleted.**



Above: The Sibelius Monument.

## Introduction

Where the River Vantaa meets the Gulf of Finland, there you'll find Helsinki – Helsingfors in Swedish, Finland's second national language. And, nature-addict or art-lover, sportsman or simply stroller – you're more than sure to like what you find. For Finland's bustling, beautiful capital, enchantingly girthed by sea, islands, forests and fields, is credit indeed to the Finn's inherent mastery of architectural design and careful town planning.

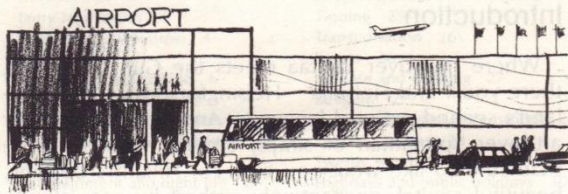
Rich as it is in natural beauty, however, Helsinki is the precise reverse in historic pedigree. Were you to examine the history books, you would discover that the city was founded in 1550 by King Gustaf Vasa while Finland was still united with Sweden . . . that in 1808 the Great Fire of Helsinki devastated the city center and served as an ideal excuse for the always-industrious Finns to completely rebuild their city.

Skilfully planned by Johan Albrecht Ehrenström and designed by the famous architect, Carl Ludvig Engel, a new and splendid Helsinki rose from the ashes, neo-classical in style, spacious in concept. During his brief alliance with Napoleon, Czar Alexander I took Finland, made it an autonomous Grand Duchy, and moved the government and administration from Turku to Helsinki.

In 1917, Finland gained her independence, and the city's future was fully assured.

Today, with a population of half a million, Helsinki is one of the smaller capitals in the world, yet excitingly sophisticated. Commerce, government and education center themselves in Helsinki. Here, too, thrives a race of skilful, diligent craftsmen. Inspired by the traditions of their land with its everchanging hues – bright in summer, mysterious in winter – artists and architects have conspired to produce infinite treasures, ranging from one-of-a-kind home adornments in crystal, ceramic or wood, to suburban developments as superb as Tapiola, and sports centers as impressive as Helsinki's Olympic Stadium.

Yet whatever else you see and do when visiting this captivating "Daughter of the Baltic" – whether you swim or sail in the summer, ski or skate in the winter – whether you fly north to Lapland to hunt, fish, see the Midnight Sun, or shoot the rapids – whether you come for the Helsinki Festival, or any time to enjoy Finland's unique and refreshing speciality, the sauna . . . you're sure of something extra.



For Helsinki possesses, too, a handful of picturesque open-air theaters, some 250 or so verdant parks, pleasure gardens at Linnanmäki to please the gayest, museums that will enchant you back to the strange and fascinating origins of Finnish culture and civilization, excellent shops, hotels and restaurants.

## Entry regulations

**Residents outside Europe** may bring in, duty-free, 400 cigarettes or 200 cigarillos or 100 cigars or 500 grams (approx. 1 lb.) of tobacco; 2 liters of wine or spirits and 2 liters of beer.

**European residents** may bring in, duty-free, 200 cigarettes or 100 cigarillos or 50 cigars or 250 grams (approx 1/2 lb.) tobacco; 1 liter of wine, 3/4 liter of spirits (one bottle) and 2 liters of beer.

Pets must have an authorization from the veterinary surgeon or the Ministry of Agriculture. A permit from the police authorities at the point-of-entry is required for firearms for game-shooting.

**Passport and visa.** Danish, Icelandic, Norwegian and Swedish citizens arriving in Finland, do not require a passport. All non-Scandinavian visitors do, however. In the very few cases where a tourist visa is required this is easily obtained.

## Your arrival in Helsinki

Passport and customs control takes place in the Arrival Hall of Helsinki Airport. Here there is a bank where you may change whatever currencies you possess into Finnish marks (Fmk).

There is an information bureau in the Main Hall, and you will find a rack on the front wall of the Arrival Hall where personal messages can be picked up.

The main airport building also houses a restaurant and post and telegraph offices.

You can pick up a bus or taxi just outside the Arrival Hall. Buses depart about ten minutes after customs clearance. The bus trip into Helsinki takes about half an hour and costs Fmk8. Taxis take 35 minutes and cost about Fmk40-50. Tipping is not customary. The City Air Terminal is situated minutes from most of the hotels and close to the hub of train, taxi, streetcar and bus routes.

If you intend to fly on from Helsinki, make sure you reconfirm your onward reservation as soon as possible after arrival. This can be done at the SAS office at the airport (tel. 82 19 04) or at the SAS offices in Helsinki at 23 Pohjoisesplanadi (H6 on the map).

## Hotels

Helsinki is well served with excellent hotels. Standards of cleanliness are very high and you will find your Finnish hosts conscientious and friendly. There is ample choice between accommodation which offers the height of luxury and that which is more economical in cost, but still pleasingly comfortable.

Nevertheless, whenever you choose to visit Helsinki, you would be well advised to book in advance. In this respect, your travel agent or any SAS office can supply you with all the necessary information about first and tourist class hotels - and, in many cases, confirm your reservation immediately.

If you happen to arrive in Helsinki without a bed for the night, then phone 17 11 33 - Hotelbooking in the Railway Station. To help you further, we list some of the best-known hotels in Helsinki.

### First class

**Helsinki\*** (H6)  
12 Hallituskatu. Tel. 63 07 01.

**Hesperia\*** (G6)  
50 Mannerheimintie.  
Tel. 44 13 11.

**Hotel Inter-Continental Helsinki\*** (G6)  
46 Mannerheimintie.  
Tel. 44 13 31.

**Hotel Kalastajatorppa\***  
2 Kalastajatorpantie.  
Tel. 48 80 11.

**Marski\*** (G6)  
10 Mannerheimintie.  
Tel. 64 17 17.

**Merihotelli\*** (H3)  
4 Hakaniemenranta.  
Tel. 71 14 55.

**Palace** (H7)  
10 Eteläranta. Tel. 17 11 14.

**President\*** (F5)  
7-9 Salomonkatu.  
Tel. 69 11.

**Seurahuone Societethuset\*** (G6)  
12 Kaivokatu. Tel. 17 04 41.

**Tapiola Garden Hotel**  
(off map)  
Tapiola (in Espoo).  
Tel. 46 17 11.

**Vaakuna** (F5)  
2 Asema-aukio. Tel. 17 18 11.

### Tourist class

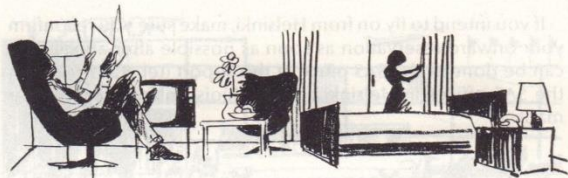
**Klaus Kurki** (G7)  
2-4 Bulevardi. Tel. 60 23 22.

**Olympia** (G1)  
2 Läntinen Brahenkatu.  
Tel. 75 08 01.

**Torni** (F6)  
26 Yrjönkatu. Tel. 64 46 11.

All the hotels listed above have one or more first class restaurants. Those marked with a star \* also have a separate night club.

A single room in one of the first class hotels will cost you between Fmk170-290 and a double room between Fmk200-350. In any of the tourist class hotels you will pay between Fmk120-180 for a single room and Fmk210-225 for a double room.



If you're traveling on a slim budget, then Haaga, the Hospiz (NMKY/YMCA) (H5 - 17 Vuorikatu, tel. 17 04 81) or the Helka (E6 - 23 P. Rautatiekatu, tel. 44 05 81) - all clean and comfortable - may better suit your pocket. Alternatively, there are the aptly named "Summer Hotels". Owned by the Finnish Student Association and used as student residences during the winter, these summertime hotels are able, therefore, to offer delightfully high standards of service and accommodation (private toilet, shower and telephone) at low rates. Try, for example, Academica, 9 Leppäsuonkatu (D6), tel. 44 01 71; Mercur, 5 Ruusulankatu (D3), tel. 40 73 13; Satakuntatalo, 1A Lapinrinne (E6), tel. 694 0311. Rates vary between Fmk70-125 for a single room and between Fmk97-170 for a double room.

In most hotels, irrespective of class, you will find, separately itemized on your bill, a standard service charge of 15% (see also section on "Tipping" page 25).

Electrical current: 220 volts, 50 cycles A.C. The sockets are the round two-hole type requiring European transformer plugs.

## Restaurants and cuisine

Finnish cuisine is perhaps the least widely known of Scandinavia's delectable table fare. However, eat and drink here to any large extent and you will very soon realize that the Finns have much to offer that is tastefully novel in the realm of gastronomical delights.

### EATING HOURS

Restaurants do not generally serve breakfast. You can, however, at the better hotels enjoy continental breakfast consisting of coffee or tea, rolls or toast and marmalade: cost approximately Fmk20 - plus 15% service charge. Most first class hotels start serving lunch at 11.00 or 12.00 hrs., and after 16.00 hrs. the table d'hôte for dinner is available. With the exception of bars and clubs, restaurants do not serve food after 00.30 hrs.

### FOOD SPECIALITIES

There are many unusual Finnish dishes which are well worth tasting. Fish and smoked foods are especially recommended as the Finns excel in their preparation. Finest of all are the small crayfish (rapuja/kräftor) which appear for a short season between mid-July and mid-September. Another fish speciality is

Kalakukko, made of fresh-water herring, bacon and pork, baked in a pastry-like loaf. A fine smoked delicacy is reindeer steak (poronpaisti/renstek), while Carelian Stew (Karjalan paisti/Karelsk stek) - mutton and beef boiled together and then roasted - and Finnish pancakes with lingonberry sauce make a nourishing and satisfying meal.

Last, but by no means least, there is the world-renowned Scandinavian Smörgåsbord (voileipäpöytä in Finnish) - a large table laden with herring dishes, smoked whitefish (savusiika/rökt sill), home-cured sprats, salami sausage, beef, pork, cheeses, an abundance of dessert delicacies, and a number of hot dishes.

One of the prime delights of the smörgåsbord is that you can - for a fixed price - visit the table as often as you please. And as the Finns themselves are good solid eaters, many will be surprised if you don't return for two, three, four or more helpings depending on your capacity!

### DRINKS

Snaps or aquavit hardly needs an introduction. And indeed, "Skål" or "Terve", the Swedish and Finnish equivalents of "cheers", very quickly becomes a much used part of the visitor's vocabulary. Taken as an aperitif and with the meal itself, it is customary to swallow the aquavit in one or two draughts, and chase it down with beer.

Finnish beer itself is graded according to its alcoholic content. A IV being the strongest, I the mildest. Vodka is also available and certain Finnish liqueurs such as Jaloviina, a folk brandy, Mesimarja, Karpalo, and Lakka are notable for their unique taste and quality. Try too, Koskenkorva, one of Finland's most renowned aquavits, a strong spirit not usually served without food, but often with an open sandwich. Spirits and wines are State controlled and standards are high, but so too are the prices of imported spirits. Restaurants do not serve drinks before noon and by evening, you might well have to eat that "qualifying" sandwich with your drink if you wish to stay and enjoy the floor show.

### MEAL PRICES

Helsinki abounds with small restaurants and cafés (kahvila or baari) where you can enjoy a snack for about Fmk10. In larger restaurants the prices range from Fmk30-50 for lunch, and Fmk50-80 for dinner.



Restaurants hold different types of licenses. Those with an "A" license are allowed to serve all kinds of spirits and wines, those with "B" license serve wine only, while you are limited to beer or just milk and non-alcoholic drinks in others. "The more comprehensive the license, the higher the prices" is a safe yardstick . . .

Here are some of the many good restaurants:

**Adlon (H6)**

14 Fabianinkatu. Tel. 66 46 11.  
International cuisine. (Hungarian restaurant "EGRI" located in same premises) (A).

**Amigo (H9)**

12 Tehtaankatu. Tel. 62 53 11.  
Spanish food, reasonable prices (A).

**Angleterre (F7)**

41 Fredrikinkatu. Tel. 64 73 71.  
Popular pub after working hours (A).

**Bellevue (J6)**

3 Rahapajankatu.  
Tel. 17 95 60.  
Excellent Russian cuisine (A).

**Chez Marius (G6)**

1 Mikonkatu. Tel. 66 96 97.  
French food. Fast service (B).

**El Greco (G7)**

22 Eteläesplanadi.  
Tel. 60 75 65.  
Greek restaurant (A).

**Esplanadikappeli (H6)**

Esplanadipuisto. Tel. 17 92 42.  
Finnish and international cuisine.  
Located in a park near market place (A).

**Fazer (H6)**

3 Kluuvikatu. Tel. 66 65 97.  
Popular luncheon restaurant (A).

**Fen Kuan (F6)**

14 Eerikinkatu. Tel. 60 40 77.  
Oriental and Indonesian food (A).

**Happy Days (G6)**

Swedish Theater Building.  
Tel. 62 40 23.  
Traditional and modern Scandinavian cuisine (A).

**Havis Amanda (H6)**

23 Unioninkatu. Tel. 66 68 82.  
Excellent fish food. Cellar restaurant (A).

**Hvitträsk (off map)**

Restaurant in  
Eliel Saarinen Museum,  
Luoma, Kirkkonummi.  
Tel. 297 6033 (A).

**Kaivohuone (I9)**

Kaivopuisto. Tel. 17 78 81.  
International cuisine, excellent night spot (A).

**Karl König (G6)**

4 Mikonkatu. Tel. 17 12 71.  
Cellar restaurant with excellent food (A).

**Kasvisravintola (H8)**

3 Korkeavuorenkatu.  
Tel. 17 92 12.  
Vegetarian.

**Kellarikrouvi (H7)**

6 Pohj. Makasiinikatu.  
Tel. 65 51 98.  
Popular beer cellar (A).

**Kulosaaren Casino (off map)**  
(by the sea)

49 Hopeasalmenpolku.  
Tel. 68 82 02.  
European cuisine (A).

**Linnunrata**

Tapiola (in Espoo, off map).  
Tel. 46 31 31.  
Modern Finnish (A).

**Mikadon Salongit (G7)**

6 Mannerheimintie.  
Tel. 60 74 63.  
Restaurant specialized in salmon dishes. The pub in the same premises popular after working hours (A).

**Motti (E4)**

2 Töölöntorinkatu.  
Tel. 49 44 18.  
Excellent Finnish specialties and international cuisine (A).

**Rivoli (F7)**

38 Albertinkatu. Tel. 64 34 55.  
French and seafood restaurants, pizzeria (A).

**Punainen Hattu (G6)**

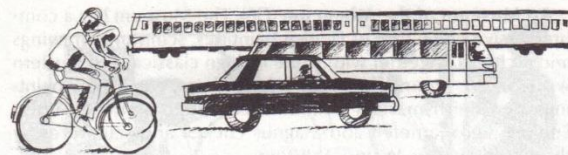
7 Keskuskatu. Tel. 63 95 27.  
International cuisine and pizzeria (A).

**Savoy (G6)**

14 Eteläesplanadi.  
Tel. 17 65 71.  
French, Russian and Finnish cuisine (A).

**Svenska Klubben (I5)**

6 Maurinkatu. Tel. 62 87 06.  
International cuisine. Unique interior (A).



## Sights and excursions

Helsinki is a focal point for many fascinating trips, both in and around the city itself and for longer journeys over land or across lakes into the green heart of Finland.

The archipelago which surrounds Helsinki offers many interesting and varied attractions, all within easy reach by ferry or water-bus service. For up-to-date information contact the City Tourist Office, 19 Pohjoisesplanadi (H6), tel. 169 3763 and 17 40 88.

### BY BUS

During the summer, at 10.00 and 14.00 hrs., 2½-hour sight-seeing tours of the city leave the Glass Palace (Lasipalatsi - F6). Both are escorted by multilingual guides and cost Fmk40 each. Alternatively, if you prefer, you can join a 1½-hour tour of Helsinki, departing daily at 14.45, or a 3½-hour tour at 11.00 hrs. which combines sightseeing of the city with explorations of Helsinki's charming surroundings. The former costs Fmk25, the latter Fmk60.

### BY BOAT

The islands in the immediate vicinity of Helsinki delight, too, with an innumerable variety of sights and entertainments. Boat services leave daily from the Market Square (opposite the Presidential Palace) and the North Harbor (end of Alexander Street, near the ferry to Korkeasaari Zoo) and Hakaniemi Square.

A typical sort of attraction is the 18th-century Suomenlinna/Sveaborg. Dubbed the "Gibraltar of the North", Suomenlinna is a group of fortified islands with ramparts protecting the approaches to Helsinki. Visit here, and you'll enjoy pleasant seaside walks in a historic atmosphere. Of special interest are the Royal Gate, with its inscriptions on the founding of the fortress, the underground bastion-restaurant Walhalla, Piper Park, the pavilion and the Garrison Church, the Ehrensvärd, Armfelt and the Coast Defence section of the Military Museum as well as the tomb of the founder and planner Augustin Ehrensvärd.

### CITY INTEREST POINTS

Overleaf you will find a list of the most important sights to be found in and around Helsinki, with code numbers in brackets for easy reference to the map on the center spread.

**Art Museum of the Atheneum (G6).** The Museum has a comprehensive collection of Finnish paintings, sculpture, drawings and etchings, together with some foreign classical and modern works of art. Among the many exhibits here, you'll view paintings by Finnish masters Gallén-Kallela, Hugo Simberg, Albert Edelfelt, Eero Järnefelt and Magnus Enckell and sculptures by the world-famous Wäinö Aaltonen.

**The Finnish National Theater (Kansallisteatteri) (G5).** The National Theater stands opposite the east wing of the Railway Station. Finnish classics are staged here as well as a host of modern works translated into Finnish.

**Senate Square (H6).** One of the most picturesque localities in Helsinki is that of Senate Square. Its buildings date back to the first half of the 19th century, with the exception of the Sederholm Residence which was built about the middle of the 18th century. Most of these structures were designed by the same architect, C. L. Engel (see introductory text). On the western side of the square are the University Buildings, opposite them the Government Palace, on the northern side Helsinki's magnificent Cathedral with its dome and pillars, and in the center Walter Runeberg's statue of Czar Alexander II, the enlightened Russian ruler who gave Finland her Constitution in 1856.

**The Market Square (Kauppatori) (H6).** Kauppatori, departure-point of motor-launches for the Island Fortress of Suomenlinna, is also an attractive spot in its own right. Here, in summer, gather a colorful array of flower sellers and fruit stalls, the latter piled high with strawberries, raspberries, blackberries and blackcurrants. You may well be fortunate enough to find the berry indigenous to Finland, the cloudberry (*suomuurain/hjortron*), which grows north of the Polar Circle and is ripened by the Midnight Sun.

Basketry, general handicrafts and colorful toys also add to the atmosphere of a "homemade" country market.

Before you leave, take a look at the Presidential Palace – and the City Hall (Kaupungintalo).

**The Mannerheim Museum (I8).** This museum was formerly the residence of the great soldier and national hero of Finland: Marshal Carl-Gustaf Mannerheim. Today, his home is a museum containing many of his personal trophies.

Open 11.00 to 15.00 hrs. on Fridays, Saturdays and Sundays. Admission charge.

**The Observatory Hill Park (Tähtitornimäki) (H6)** can be reached by an enchanting walk across the park – well worth the effort if only for the very fine view it affords of the south harbor and the waterfront.

**The National Opera (F7).** See Opera under "Entertainment and night life" (page 21).

**The Helsinki City Theater (G3),** (architect Timo Penttilä, 1967), lies at the shore of Eläintarhanlahti.

**The Swedish Theater (G6),** see Theater under "Entertainment and night life".

**Parliament Building (Eduskuntatalo) (F5).** Groups received by appointment (tel. 44 00 51). The public is admitted free of charge to the balconies on days when plenary sessions are held.



**The Finnish National Museum (E4).** The National Museum has exhibits of prehistoric, historic and ethnographic interest, portraying the Stone Age beginnings and subsequent development of Finland and its people.

Included among its collections is a complete section devoted to the culture of the Finno-Ugric peoples in Siberia and Russia. Admission to the museum daily, except Mondays, 12.00 to 15.00 hrs., Sundays 11.00 to 15.00 hrs., Tuesdays also 18.00 to 21.00 hrs., June 1–August 31 open also on Mondays.

**The Olympic Stadium (E1).** The Stadium forms the athletic center of Helsinki. It is an impressive sports mecca constructed for the 1952 Olympic Games. From its tall, elegant, needlelike tower you can gaze down at the archipelago, the forests and the patterns of thriving life which are Helsinki itself. Nearby are a swimming stadium and tennis courts.

And poised in front of the stadium stands Wäinö Aaltonen's statue of Paavo Nurmi, the famous Finnish long-distance runner, dubbed for his prowess the "Flying Finn". Visit, too, while you are here, the Sports Museum with its interesting collection of skis and sports equipment, photographs, medals and emblems, its library (about 17,000 volumes) and archives. Open 12.00 to 14.00 hrs. Admission charge.

**Seurasaari Island.** The island lies not far from the Children's Castle and is reached by bus No. 24 from the Erottaja Square (near the Swedish Theater). It is an intriguing open-air museum showing a vast, picturesque collection of original farm- and manor-buildings from early times – all carefully transported here from Finland's four corners. Visits to the old farmers' homes can be made mid-May to end of August daily 11.30 to 17.30. Admission charge. There are folk-dancing and folk-music performances in the summer.

**The Hietaniemi Cemetery (B5).** Hietaniemi is the Finnish Soldiers' Cemetery where the tomb of Marshal Mannerheim can be found. Strikingly beautiful, this whole area is more than a cemetery – it is also a popular spot for promenaders.

**The Sibelius Monument (C3).** Sculptured by Eila Hiltunen and unveiled in 1967, it is situated in the Sibelius Park.

**The Tempeliakio Church (E5),** is one of the city's latest architectural sights. The church is built **inside** a granite rock.

**Arabia-Nuutajärvi** (northeast of the center). The factory of these famous ceramic-makers can be visited by special appointment. Arabia products are displayed in the Company's permanent exhibition-rooms at 25 Pohjoisesplanadi (H6).

**Botanical Gardens (G4).** The Gardens may be visited daily from 08.00 to 21.00 hrs. without cost. The greenhouses are open October through April, Tuesdays, Fridays and Sundays from 12.00 to 15.00 hrs. May through September daily from 12.00 to 15.00 hrs. except Saturdays.

**Railway Station (G5).** This gigantic meeting-place of Finland's rail network, with its imposing façade, is the work of the late master-architect, Eliel Saarinen, whose design style in the 1920s revolutionized sky-scraper architecture in America. Inside there is a restaurant, buffet, stalls for foreign newspapers, fruit and bread, and hotel booking office. (See "Hotels").

**Finlandia Hall, Helsinki (E3).** Even if you do not attend a function there, it is well worth visiting Helsinki's newest building, Alvar Aalto's Finlandia Hall, located in Hesperia Park on the site of a former baseball pitch. There are entrances both from the Hesperia Park and from the railway area side. It's advisable to check whether you'll be able to get in before departing (tel. 40 241).

The complex of buildings includes a concert hall seating 1,718 people, a separate chamber music hall with a capacity of 352 and a group of rooms for conferences. There is also a restaurant. A separate congress wing, holding 1,300 people, has been built at the south end of the Hall.

The building has a reinforced concrete framework and white marble and grey granite are used on the façades.

## EXCURSIONS

Helsinki makes a good stepping-off point for endless serene journeys into the lovely land- and lake-scape of Finland. Motor-launch, bus, train, or plane – all offer you an enjoyable glimpse of the capital's verdant hinterland. One way to see it all and relax is by water, comfortably at ease in one of the modern vessels of the Finnish Silver Line. This particular line offers, in summer, a most enchanting excursion from Hämeenlinna (reached from Helsinki by train or bus), calling en route at Aulanko (where there is a fine resort hotel) and Tampere, and following the "Poet's Way" from Tampere northwards to Virrat. Two other lake tours include the Päijänne route in central Finland and the unique lake labyrinth of Saimaa in the east. The Saimaa area is quilt-patterned with steamer routes threading their various ways through the charming towns of Savonlinna, Lappeenranta, Mikkeli, Joensuu and Kuopio. On these waters you have a choice of a 7-day cruise, or a few hours' ride on a white lake steamer or fast motor-launch. Most ships provide first class sleeping accommodation and restaurant facilities on board. Alternatively, boat trips can be complemented or substituted, as required, by comfortable train and bus routes. And if time is short, you can always prolong your tour enjoyment by flying back to Helsinki.

Whether you prefer to join any of the many guided excursions to the attractions of southern Finland, or do it inde-

pendently, you'll find the map on page 19 and the following pen-pictures a useful guide to some of the major interest-points.

And who's to say where the tour possibilities end? If time permits, you must certainly make a trip to Finnish Lapland, above the Polar Circle. Few areas in the world offer more. Twisting rivers, dark forests and crystal lakes – with its rich fishing waters and happy hunting grounds, fascinating nomadic Lapp-life and wandering reindeer herds – northern Finland is truly a promised land, enjoyed by all who visit it. Comfortable accommodation is available in the cities (particularly the strikingly modern Rovaniemi on the Polar Circle) and in the Tourist Inns at Kilpisjärvi, Pallastunturi and Ivalo – all ideal spots to make your base.

## Tapiola Garden City

Whether or not modern garden cities appeal to you, you will find Tapiola Garden City something to wonder at – as well as stroll through.

A dream of pretty, wooded rock gardens, spacious parks and squares and towering curtain-walled apartment buildings – brought into reality by the Finnish Housing Association (Asuntosäätiö) – Tapiola occupies an area of 270 hectares (670 acres) in the rural district of Espoo, about 10 km (6 miles) or a short bus ride from Helsinki center. (Buses leave Helsinki Bus Station every 10 minutes from platforms 42, 45 and 56.)

Altogether, twelve architects have contributed to the planning of Tapiola, the town center being designed by competition-winner Aarne Ervi.

Landmarks embrace the Childrens' Home; the ultra-modern town center; Keskustorni, a 13-floor restaurant with café terrace from which can be seen a magnificent view over the Gulf of Finland towards Estonia.

In all, Tapiola is a pleasing, futuristic blend of nature- and man-made beauty, far in advance of its time . . . certainly well worth a visit.

## Turku/Åbo

An easy train or plane ride from Helsinki, Turku is Finland's southwestern gateway. Formerly the administrative and cultural capital of the country, Turku still reflects the glorious past in its majestic old buildings. The medieval Cathedral, begun in 1229, assuredly merits a visit, as does the massive castle fortress which illustrates Turku's martial past. See, too, the Museum Ship "Sigyn" and the several fascinating museums such as the new Sibelius Museum which houses, in addition to Sibelius items, an interesting collection of musical instruments. Another attraction is Turku's Handicraft Museum – a block of houses that survived the 1827 fire – containing over a score of old shops of that period. The combmaker, the weaver, and the potter still ply their trades using equipment and techniques that date back



a century or two. Scandinavian Modern is also well represented in architectural styles epitomized by brilliant designers such as Prof. Erik Bryggman, whose "Chapel of the Resurrection" is certainly worth your time. If you have a yen for the sea, take a boat ride out into the picturesque archipelago with its myriad islands – delightful havens for swimming, fishing, sailing or sunning.

### Tampere/Tammerfors

Tampere, second to Helsinki in size and industrial importance, is well linked to the capital by road, rail and air services. Nevertheless, Tampere's location, on a headland between Lakes Näsijärvi and Pyhäjärvi, which tumble together into the River Tammer at a 18 m (60 ft.)-wide waterfall, offers limitless trips into the delightful countryside. Ideal for motorist and camper.

The town itself, with its wide central shopping street, is clean and spacious. Tampere is the birthplace of playwright Väinö Linna, whose work, "The Unknown Soldier", is world-famous. The Pyynekki open-air theater, where it has been presented, holds possibly the greatest attraction of Tampere's four dramatic centers: a vast, revolving grandstand on which the audience rotates around the scenes.

The view from Pyynekki Hill is another must. So, too, is a boat trip, for Tampere affords easy access by motor vessel to the nearby lakes. See the modern Cathedral with its masterpieces of Finnish art – and just outside the town, two fine examples of 15th-century Finnish stone churches. One of the latest attractions is the Planetary, the only one of its kind in Finland.

### Lahti

Founded in 1905, Lahti is a modern, finely-built city, fast grown and fast-growing. Fourth largest of Finland's cities and one of the nation's most important commercial and industrial centers – it enjoys international repute both as a winter sports center (it was the venue for the 1958 Ski Championships) and as a summer resort.

Each February, Lahti hosts the thousands who flock here for the Salpausselkä Winter Games – an event which takes its name from the mountainous ridge that juts high across the country.

It is, in summer, the place from which to catch a cruiseboat – the southernmost departure-point on Finland's large lake system, Vesijärvi-Päijänne.

Many summer visitors also make for the popular Mukkula Center, a converted old manor which offers comfortable, first-class accommodation, camping ground, good restaurant, sauna bath facilities, beaches, tennis courts and boats.

Of Lahti's sights, don't miss the City Hall, designed by Eliel Saarinen; a model secondary school; the Salpausselkä Ski Jump; and the picturesque market-square where, in fact, the town began.

Good traffic connections include a highway to Helsinki (104 km – 65 miles) and new roads to Jyväskylä (192 km – 120 miles) and to Mikkeli (128 km – 80 miles). A daily steamer also connects with Jyväskylä, while a speedy hydrofoil makes return trips twice a day.

### Hämeenlinna/Tavastehus

Situated at the southernmost tip of one of Finland's most charming and unique lake routes, Hämeenlinna, with its 14th-century castle, is famed as a stopping-off point. Helsinki is in direct road and rail link with Hämeenlinna, so if you wish to take life in leisurely style, sailing peacefully along Finland's dappled blue waterways on a comfortable Silver Line motor vessel, here's the place to start. Music-lovers will enjoy, too, a trip to the birthplace of Sibelius, Finland's beloved, world-famous composer.

### Porvoo/Borgå

48 km (30 miles) northeast of Helsinki, Porvoo is one of the oldest towns in Finland, being founded in 1346. A charming way to reach Porvoo is to take the old MS J. L. Runeberg boat from the Market Square in Helsinki.

It is the spot where Czar Alexander I promised to uphold the Finnish constitution in exchange for an oath of allegiance on behalf of the Finnish people – a concession which led finally, in 1917, to Finland's emergence as an independent state.

Sights worth viewing include Castle Hill with its fortress ruins; the 15th-century Cathedral rising majestically above the town, the home and tomb of Johan Ludvig Runeberg – one of Finland's great poets; the History Museum in the old town; the Poet's Home; the Chapter and the Bishop's House.

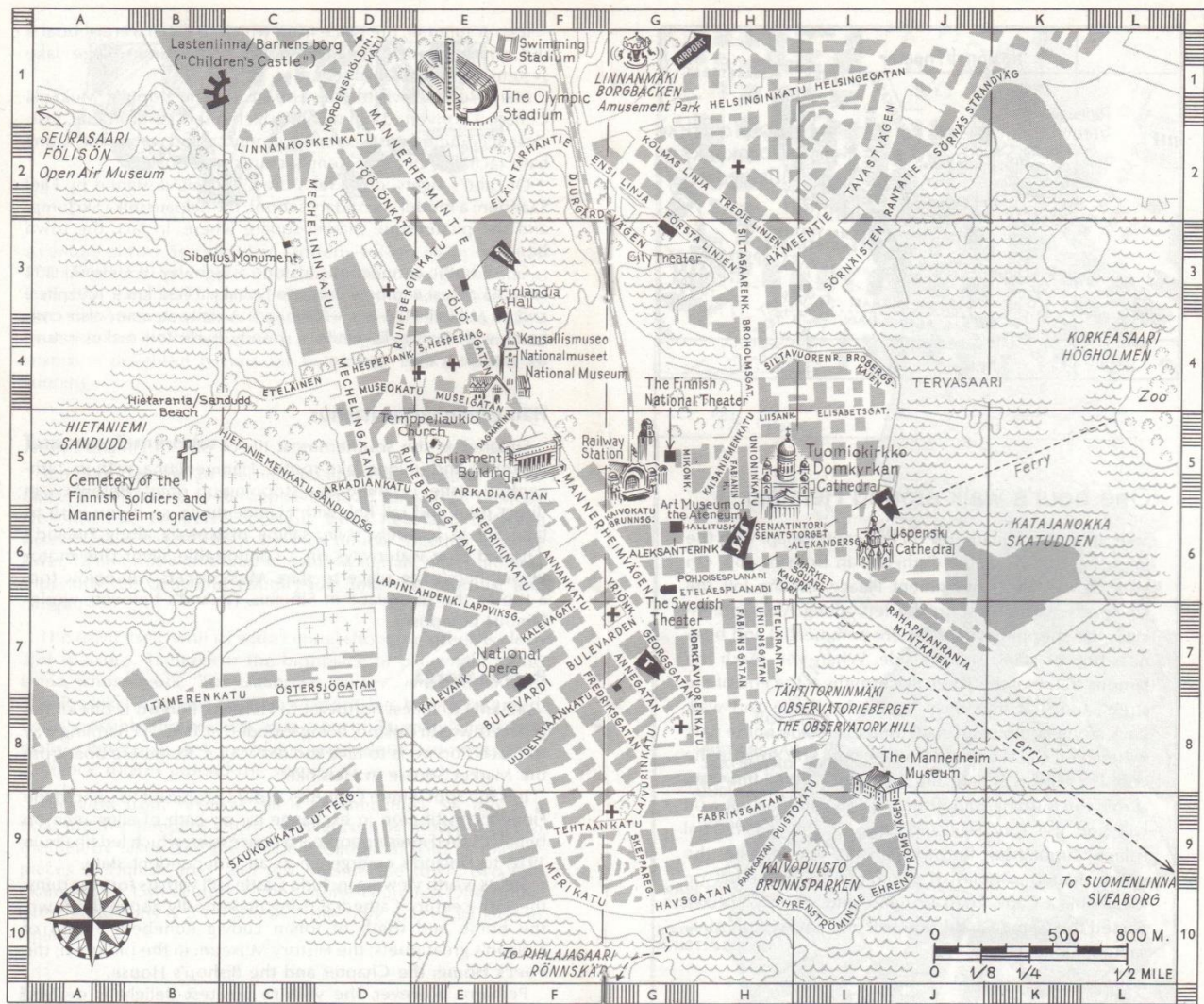
Perhaps, however, the visitor's greatest delight is derived from simply strolling the Old Quarter with its narrow, winding streets.

### Savonlinna/Nyslott

Savonlinna is a small yet engaging lakeside town of immense scenic beauty. Within the towering walls of Olavinlinna, Savonlinna's ancient castle, you can enjoy the colorful charm of Finnish folk dancing, performed in traditional fashion every Sunday throughout the summer. Savonlinna lies right at the

(cont'd on page 20)





Code numbers in this booklet refer to the above map. Thus (H6) is located where lines drawn from "H" and "6" cross each other.

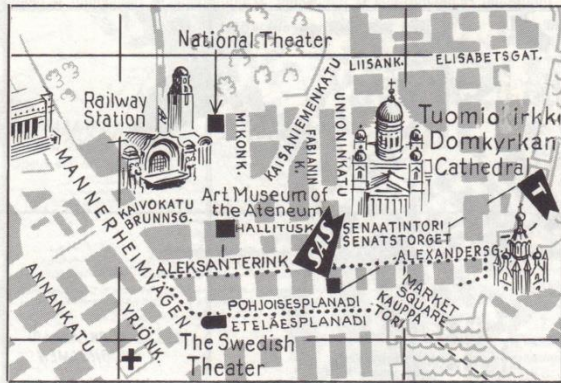
### Interesting sights in Helsinki

- |   |   |
|---|---|
| (G6) Art Museum of the Atheneum.  | (H8) Tähtitorninmäki (The Observatory Hill).                                |
| (G5) The Finnish National Theater.  | (F5) Eduskuntatalo (Parliament Building).                                   |
| (H6) Senaatintori (The Senate Square).  | (E4) Kansallismuseo (The National Museum).                                  |
| (I6) Departure point for the Zoo (on the Island of Korkeasaari).              | (E1) The Olympic Stadium.   |
| (C3) Sibelius Monument.   | (B5) Sankarihaudat (Cemetery of the fallen and Marshal Mannerheim's Grave). |
| (E5) Tempeliaukio Church.   | (E3) Finlandia Hall.  |
| (I6) Market Square (Kauppatori) (with the Presidential Palace and City Hall). |   |
| (I8) The Mannerheim Museum.   |   |
| (F7) The National Opera.  |   |

### Useful addresses

-  **SAS Ticket Office:** 23 Pohjoisesplanadi (H6). Tel. 17 74 43. Booking tel. 17 56 11. SAS Airport Office, tel. 82 19 04.
-  **Air Terminal: Finnair,** 21 Töölönkatu (E3). Tel. 41 04 11.
-  **Hotel Booking Center:** Railway Station (G5). Tel. 17 11 33.
-  **The City Tourist Office:** 19 Pohjoisesplanadi (H6). Tel. 169 3757 and 17 40 88.
- Tourist Information Office:** Finnish Travel Association  
1 Kalevankatu (F6). Tel. 64 30 26.

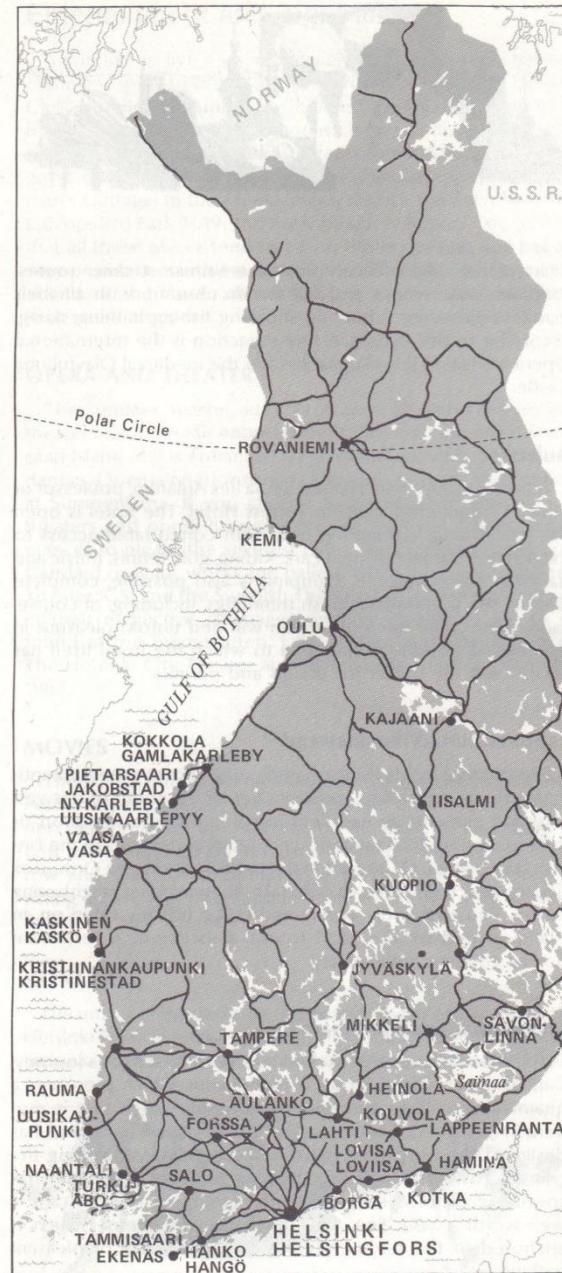
Distance from city center to airport: 19 km (12 miles).



### One hour's walk around Helsinki

Start at Senate Square (H6 on the center map) with the imposing edifice of the Cathedral in front of you. On your right is the Government Palace, on the left the University. Walk west (to the left) along Aleksanterinkatu, the shopping street, where commercial and business houses stand side by side. When you reach the famous statue of the Three Blacksmiths at the end of the street, turn left into busy Mannerheimintie and walk back along Pohjoisesplanadi on the left side of the park (where you will see the SAS office) until you arrive at the cobbled Market Square and the harbor with a fine vista across the bustling waterfront. As you continue left, you will find the City Hall and beyond, the Presidential Palace. Turning left into Mariankatu, you will see the onion-shaped cupolas of the Uspenski Cathedral on Katajanokka Cape (to your right), and when you have passed the Grand Guard, you will find yourself on Aleksanterinkatu again.

-  **SAS Ticket Office:** 23 Pohjoisesplanadi (H6). Tel. 17 74 43. Booking tel. 17 56 11. SAS Airport Office, tel. 82 19 04.
-  **Air Terminal: Finnair,** 21 Töölönkatu (E3). Tel. 41 04 11.
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(cont'd from page 15)

heart of the vast and complex Lake Saimaa steamer routes. Parkland, waterscapes and hill terrain abound, with all their manifold pleasures... hunting, shooting, fishing, bathing, skiing, according to the season. A fine attraction is the International Opera festival in July-August held in the medieval Olavinlinna Castle.

### Aulanko

A short journey from Hämeenlinna lies Aulanko, possessor of a much frequented lakeside Tourist Hotel. The hotel is open the year round, a tempting base with comfortable access to extensive Aulanko National Park. Riding, golf, tennis, music and dancing - are available. Camping is also possible, complete with all the traditional Finnish trimmings, including, of course, sauna baths. The keen fisherman will find untold pleasure in Tyrvääntö, a popular fishing area to which the hotel itself has access. Ask the porter for details and permits.

### Lappeenranta/Villmanstrand

Lake Saimaa holds in store much magnificent scenery, captivating in its variety. Lappeenranta lies to the south of this vast lake and presents an excellent jumping-off point for short or long excursions into the iridescent blues and greens of the Finnish lake district. Of interest in the town, is the Greek Orthodox Church which reflects past cultural influences from neighboring Russia. You might stay awhile and rent a holiday cabin on an island owned by the local tourist association. A restaurant deems cooking unnecessary.

### Maarianhamina/Mariehamn

The Åland Islands are reached by an exhilarating sea journey. Capital of this island group is Mariehamn, which preserves a quaint fisher-village atmosphere alongside much that is modern in design. Architect Lars Sonck, well known in Finland, has designed the most important public buildings, including the church, Town Hall and the Shipping Museum. The latter has special significance in an essentially maritime community and is well worth a visit. See, too, the bark, "Pommern", which is anchored in the harbor. Nearby is a sprinkling of pleasant bathing beaches.

## Entertainment and night life

If you like to live it up into the early hours, Helsinki has several night spots to offer you. Hesperia Night Club, the Helsinki Club, Mobile, Luolamies, M-Club and others open until 03.00 hrs., permit dancing with a good orchestra or discotheque. See also under "Hotels". Some restaurants provide floor shows of a good standard. You might try the Kalastajatorppa (the Fisherman's Cottage) in the Munkkiniemi district, the Kaivohuone in Kaivopuisto Park (H/19) and the Kulosaaren Kasino. You will find that all these places tend to be on the expensive side but are very popular nevertheless. Yet, if Helsinki's night life is not over-abundant, the city's cultural fare, any time of year, will more than make amends.

### OPERA AND THEATER

The summer season, June to August, provides less indoor theater than open-air entertainment. Open-air theater at Seuraasaari Island (A1) is enhanced by frequent performances of folk dances. Open-air performances (theater, concerts) are also held at Suomenlinna. If you choose to come when Helsinki's 13 theaters and opera houses are open, you will attend performances to please the severest critic. The Opera presents both standard operatic works and ballets, while the Finnish National Theater (G5) and the Swedish Theater (G6) lead in productions in their respective languages. Smaller companies are to be found at the Intimateatteri, Lilla Teatern and Teatteri Jurkka. The Helsinki City Theater at Eläintarha Bay was inaugurated in 1967.

### MOVIES

There are a number of movie theaters in the city and suburbs. Performances generally start at 19.00 and 21.00 hrs., with matinee performances at 17.00 hrs. on Sundays. Tickets range in cost from Fmk15-20 and are usually numbered to reserve your row and seat, so be careful to examine your tickets before sitting down. Top international films are shown, with subtitles in Finnish and Swedish.

### CONCERTS

Finland's contribution to the Scandinavian Music Festival - Helsinki Festival - takes place in August and September and is Helsinki's greatest musical event of the year. Between August





and September Finnish conductors and soloists join with artists gathered from all over the world to enrich the cultural calendar. Concerts are given in Finlandia Hall (E3).

During the winter season, Helsinki's two most prominent orchestras, the Helsinki Philharmonic and the Finnish Radio Symphony Orchestra give regular concerts.

### AMUSEMENT PARK

The amusement park (G1) at Linnanmäki, situated on Water Tower Hill, is a source of endless entertainment for the family and is open through the summer period, from beginning of May to mid-September. The renowned Peacock Variety, together with a gigantic Big Wheel (providing a gigantic big view), switch-backs, side-shows, merry-go-rounds and dancing offer all the fun of the Finnish fair. Open from 18.00 to 23.00 hrs. on weekdays, from 15.00 to 22.00 hrs. on Saturdays, Sundays 13.00 to 22.00 hrs. Closed Mondays.

### PROGRAMS AND PERFORMANCE TIMES

Local newspapers are your best guide, if you can understand them. If you can't – consult your hotel hall porter, the announcements posted on hoardings outside the cinemas and theaters or the information bulletin "Helsinki This Week" appearing every two weeks from April to October. Also dial 058 and listen to the suggestions of the "Helsinki Today" tele-service run by the city tourist office.

### Shopping and souvenir hunting

Scandinavian Modern design is splendidly revealed in the many different things you can buy in the stores and art centers of Helsinki. To the constant joy of all who stroll the city's shops, dextrous Finnish artists and designers have dipped unstintedly into the nation's fine traditional crafts to provide immensely beautiful items of streamlined modern purpose. The department of life that has benefitted most from this rich art-vein is, of course, the Home. Outstanding workmanship, exciting colors, unconventional design – these are the hallmarks of Finnish goods. This is a land where designers are literally household names.

### Textiles

There's Finland's popular string-wool rug, the ryjy, combining age-old skills with the latest interpretations in design. It's no exaggeration to call some of the rugs "works of art" and, in fact, many of them are used as wall hangings in homes as far apart as Los Angeles and Tokyo!

Look for hand-woven articles by Dora Jung. And if you're hunting for a dress, Marimekko is the name – there are two shops exclusively selling this range, though you can find equally exciting colors and designs in many of the other boutiques.

### Furniture

Even the other Scandinavians have started to admire the development of Finnish furniture. Ask to see pieces by Ilmari Tapiovaara and by Alvar Aalto, now recognised as one of the world's leading architects.

### Tableware

It's no use describing a particular item here for the most interesting aspect of the Finnish design scene is that there is always a new name popping up, a new shape and a new method of manufacture. But you must try to view the classic, versatile dinnerware of Kaj Franck, the award-winning products of Tapio Wirkkala, whether they be lighting fixtures or drinking glasses. See, too, the treasures in ceramic from Finland's famed Arabia factory.

### Jewelry

Modern jewelry in fascinating designs and materials, some fashioned on lines of originals dating back to the tenth century, others made with rare semi-precious stones from Lapland. A name? Have a look at the wooden and silver jewelry of Kaija Aarikka and the "Lapponia design" of Björn Weckström.

### Furs

As in all Scandinavian capitals, you can have a wonderful time "window shopping" for furs and you may be pleasantly surprised at the prices! You can pick a pelt yourself and have it made to measure. Finnish mink, Russian Karacul lamb and lynx are all worth examining.



## Special gift suggestions

For him – the famous puukko knife. Whether he be angler, camper, sailor or handyman he'll appreciate this useful gift.

For her – a pair of Lapp boots or slippers. Or how about a do-it-yourself kit of ryijy rug? And why not treat yourself to a typically Finnish gift, a set of vividly colored candles? They come in all shapes and sizes and you can buy matching candleholders. Or, perhaps, a fur hat?

## Exhibitions

Before you start your shopping expedition, it's worthwhile visiting the Finnish Design Center at 19 Kasarmikatu, which has a changing exhibition, for a general picture of Finnish design, prices and retail outlets. Another exhibition which should be on the top of your list is that at Wärsilä Shop at 25 Pohjoisesplanadi – at street level there is a display of art ceramics from the Arabia china and porcelain factory and an exhibition of utility goods for the home produced by the Wärsilä group, Arabia and Nuutajärvi glass factory. Head for Aleksanterinkatu and Mannerheimintie streets to start your souvenir hunting for this is the main shopping area.

## LANGUAGE

Language presents no problem, English is widely spoken, if not by the shop assistant that serves you, then by the shop assistant alongside. Indeed, many of the larger department stores offer expert interpreter services in English, German and French.

## BUSINESS HOURS

Business hours are usually 08.30 to 16.30 hrs., and shops open from 09.00 to 17.00 hrs., closing an hour earlier on Saturdays. Most department stores open Mondays and Fridays from 09.00 to 20.00 hrs. Shops supplying milk and bread open at 08.00 hrs.

Banks are usually open 09.15 to 16.15 hrs. but closed on Saturdays.

## A REMINDER

Don't forget to ask the shop if a personal export scheme is operated. Your purchases are free of sales or purchase tax if they are forwarded to an address outside Finland or directly to the airport.



## SHOPPING LIST

Just a few suggestions which may give you a start:

### Department stores

#### Elanto (G6)

9 Aleksanterinkatu.

#### Kuusinen (G6)

46-48 Aleksanterinkatu.  
(Clothing store).

#### Sokos (F5)

9 Mannerheimintie.

#### Stockmann (H6)

52 Aleksanterinkatu.  
(The largest).

### Furniture

#### Artek (G6)

3 Keskuskatu.  
(Alvar Aalto-designed furniture – also glassware, silver and wooden articles, furnishings).

#### Asko (G6)

8 Mannerheimintie and  
18-20 Mannerheimintie.  
(Modern furniture – also fabrics and rugs).

### Furs

#### Furateljé Tarja Niskanen (G8)

1B (3rd floor) Ratakatu.  
(Made-to-measure furs).

#### Furlux (H1)

11 Kirstinkatu.

#### Rahikainen (D5)

48 Kasarmikatu.  
(Made-to-measure furs).

### Jewelry

In addition to some of the shops mentioned above:

#### Aarikka (F7/H6)

27 Pohjoisesplanadi,  
8 Eteläesplanadi.  
(Designed jewelry, wooden and silver, – also candles, candle-sticks, dresses, and toys).

#### Kaunis Koru (F7)

13 Lönnrotinkatu.  
(Finnish jewelry and Finnish stones).

### Textiles

#### Kalevala Koru (G6)

4 Keskuskatu.  
(Hand-knitted dresses, ties and stoles, woven plaids – also wood carvings, jewelry).

#### Marimekko (H6)

31 Pohjoisesplanadi.

#### Marimekko, Vintti (G6)

3 Keskuskatu.  
(Marimekko dresses, children's clothes and fabrics).

#### Metsovaara Oy (H6)

23 Pohjoisesplanadi.  
(Marjatta Metsovaara-designed textiles, carpets, rugs and plaids).

#### Lena Rewell Shop (I5)

15B Mariankatu.  
(Handwoven textiles, plaids, rugs, ladies' dresses).

#### Suomen Käsityön Ystävät (G6)

4 Lönnrotinkatu.  
(Finnish rugs and wall hangings).

#### Vuokko (H6)

25 Pohjoisesplanadi,  
12 Fabianinkatu.  
(Vuokko Nurmesniemi-designed ladies' wear).

## Tipping

Tipping is sensibly limited in Finland. Your bill in the restaurant automatically includes a 14% (Sundays 15%) service charge. Doormen, cloakroom attendants and the woman who scrubs you in the Sauna Bath (that exhilarating Finnish experience which is a must if you are to say, you have truly been to

Finland!) should be tipped about Fmk2. When checking out of your hotel, it is customary to tip the luggage porter Fmk1 a piece and the hall porter (often a friend worth cultivating) Fmk2-3. Nobody else expects a tip, certainly not taxi drivers, gas station attendants, cinema ushers, barbers and hairdressers.

## Transportation

Compact and verdantly refreshing, Helsinki is a city made for walkers. But it is just as easy to move around by transport, for streetcar and bus route systems crisscross the city center, facilitating travel to the outlying suburbs. Especially recommended for sightseers is streetcar No. 3T. The tourist ticket for all the City Transport's lines cost Fmk15 and is valid for 24 hours. A special map of the route is available from the conductor, the City Tourist Office or from the City Transport offices.

Within the city area a single ticket costs Fmk3.20 and period tickets, yielding 10 journeys, are obtainable for Fmk26. Stopping places are marked with signs of streetcar or bus.

Taxis (Taksi) can be identified by a yellow sign on the roof. The pick-up charge is Fmk7.20 and the fare increases as shown on the meter according to the length of the journey, the amount of luggage and the number of people traveling. If you order a cab at night, or any time on Sundays, there is a surcharge of Fmk1.

The islands surrounding Helsinki are excellently served by regular water transport service, and should you want to travel any distance inland, the City Tourist Office (19 Pohjoisesplanadi, tel. 169 3763 and 17 4088), any travel agency, or the SAS city office will advise you.

Alternatively, if you prefer to hire a car, contact your travel agent or any SAS office.

## Sports

Since its inauguration for the Games of 1952, the Olympic Stadium (E1) has provided a center for all the important national and international sporting events. Popular with the Finns are their variation of baseball and football (soccer). Here, too, there are fine facilities for tennis and swimming. Sandy and rocky beaches, ideal for swimming, abound, though the best are reached by motorboat. The Pihlajasaari (D10), fifteen minutes by boat from Kaivopuisto Park, the Suomenlinna beach, 15 minutes by boat from the Market Square, and the western shore of the Seurasaari (A1), bus 24 from Erottaja Square (G6), near the Swedish Theater – all are pleasantly situated.

The swimming stadium in Eläintarha Park is open from 07.00 to 20.00 hrs., Sundays 09.00 to 20.00 hrs. Throughout the summer, sailing is popular in the archipelago – the enthusiasts

of greater Helsinki own about 14,000 sailing and motor boats. Winter brings the excitement of winter sports – skiing, ice-skating and ice hockey games. A particular joy for the skater is the new indoor Ice Rink at Nordenskiöldinkatu (E1). Skiing – particularly the cross-country variety – is most popular, but there is seldom adequate snow in the immediate vicinity of Helsinki. An hour by bus to Nuuskio or by train to Hyvinkää, however, takes you to some of the best skiing terrain in the whole of Southern Finland.

The surrounding lakes and forests of Finland also form a wonderful natural reserve for the hunter whether his prize be moose or duck. Fishing tackle can be hired from the tour operators, and hunting and fishing permits are easily and inexpensively obtained through the Finnish Travel Association (G7).

## Climate and clothing

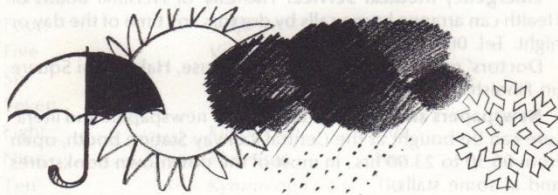
Helsinki is the world's second most northerly capital – but do not be deceived by geography. All year round, the Gulf Stream, with its warm currents from the tropical Caribbean, flows as far north as Finland and during the summer – when Scandinavia as a whole is enhanced by an almost never-setting sun – temperatures range the 60s. Throughout this season, light clothing is adequate, although a raincoat is an advisable accessory. The winter months are another matter. Then it can be crisply, freshly cold (-10°C or -14°F), and the snows of the north are eminent from December into April. Warm clothes and fur-lined boots are vital. So, too, is a hat.

Informal wear is usual, but if you are visiting one of the better restaurants, you should wear a tie and jacket. In the evenings, a dark suit is worn in the top restaurants and nightclubs. Evening dress is required only for the most formal occasions.

Some hotels provide a 1-3-day laundry service, and there are many good laundries in the city, called Pesula or Tvätt, some providing "while-you-wait" service.

Below are listed the average monthly temperatures:

January	-5°C (23°F)	May	8°C (46°F)	September	10°C (50°F)
February	-5°C (22°F)	June	13°C (55°F)	October	5°C (41°F)
March	-2°C (28°F)	July	17°C (62°F)	November	-1°C (32°F)
April	3°C (37°F)	August	15°C (59°F)	December	-2°C (28°F)



## Religion

Over 93 % of the Finnish population is Lutheran, some 1½ % Greek Orthodox and the remaining creeds, including the Roman Catholic Church, constitute the other 5½ %.

Several religious edifices warrant more than a visit of devotion and rank high amongst the city's buildings of beauty. Visit, for example, the Cathedral (H5) in Senate Square open from 09.00 to 19.00 hrs. And the Greek Orthodox Uspenski Cathedral, with its magnificent golden cupolas, open during the period June to August, Monday to Friday 10.00 to 16.00 hrs. The latter operates a multilingual guide service.

Religious services may be attended at:

**Anglican:** English Church, 19B Fredrikinkatu. Enquiries: British Embassy, tel. 12 574.

**Orthodox:** Uspenski Cathedral; Holy Trinity Church; St. Elias Church.

**Jewish:** Synagogue, 26 Malminkatu.

**Lutheran:** The Cathedral, Senate Square; Temppeliaukio Church, Temppeliaukio.

**Roman Catholic:** St. Henrik's Church, 1 Puistokatu; St. Mary's Church, 2 Mäntytie; St. John's Chapel, 1 Kotipolku.

## Finnish courtesies and customs

In Finland, both men and women shake hands when meeting each other, even when old friends. When introduced, it is customary to mention your last name only. When invited anywhere, you are expected to be prompt. Among the things uniquely Finnish you shouldn't miss is the much-fabled Sauna Bath.

A combination of steam-and-dry-heat enjoyed in a resin-scented, pine-panelled room, the Sauna is to all comers a source of psychic as well as physical renewal. You can take your choice of saunas (complete with birch branch "beatings") in the handsome sauna rooms of Helsinki hotels.

## Special services

**Emergency Medical Service.** The City of Helsinki Board of Health can arrange home calls by doctors any time of the day or night. Tel. 008.

Doctors' reception at the Circular House, Hakaniemi Square (in Finnish "Lääkäriasema").

**Newspapers and books.** International newspapers and literature can be bought at the Central Railway Station booth, open from 06.30 to 23.00 hrs., in most of the downtown bookstores and at some stalls.

**The Automobile and Touring Club of Finland.** Associated Membership is open to any foreign citizen who is a member of an automobile organization affiliated to the FIA or the AIT. The club's travel and touring service, 10 Kansakoulukatu (tel. 65 00 22) is also at the visitor's disposal.

**Postage and Telegrams.** If you have mail to post, look out for the yellow letter boxes.

If you have a telegram you want to send, then you can do so from the Telegraph Office, 11B Mannerheimintie, or by dialling number 021 on any telephone and reading your message to the operator. When staying at a hotel, however, the easiest way of all is to let the desk clerk send it for you.

**Telephones.** Helsinki's telephone system is fully automatic. To call from a public booth costs Fmk0.50 and requires a 50-penni coin. For any domestic inquiries dial 020, and for foreign inquiries 92 020.

## Twenty words to start with

Many Finns speak some English or German, but it is both useful and reassuring to know one or two elementary words or phrases. Finnish is spoken throughout the country, while Swedish is used in the southern and western cities (the Åland archipelago is entirely Swedish-speaking). Here are 20 fundamental words in both languages to start you off:

ENGLISH	FINNISH	SWEDISH
How do you do	<i>Hyvää päivää</i>	God dag
Many thanks	<i>Kiitoksia paljon</i>	Tack så mycket
Please	<i>Olkaa hyvä</i>	Var så god
Excuse me, pardon	<i>Anteeksi</i>	Förlåt, ursäkta
How much/many	<i>Paljonko</i>	Hur mycket/många
This	<i>Tämä</i>	Det här
Where	<i>Missä</i>	Var
Street	<i>Katu</i>	Gata
Sir, Mister	<i>Herra</i>	Herr
Madam	<i>Rouva</i>	Fru
Yes	<i>Kyllä</i>	Ja
No	<i>Ei</i>	Nej
One	<i>Yksi</i>	En/ett
Two	<i>Kaksi</i>	Två
Three	<i>Kolme</i>	Tre
Four	<i>Neljä</i>	Fyra
Five	<i>Viisi</i>	Fem
Six	<i>Kuusi</i>	Sex
Seven	<i>Seitsemän</i>	Sju
Eight	<i>Kahdeksan</i>	Åtta
Nine	<i>Yhdeksän</i>	Nio
Ten	<i>Kymmenen</i>	Tio

## Highdays and public holidays

January 1	New Year's Day.
Beginning of January	Epiphany.
March/April	Good Friday, Easter Sunday and Monday.
April 30–May 1	Walpurgis Eve and May Day. The arrival of Spring is greeted enthusiastically with bonfires, singing, dancing and merrymaking. In Helsinki, as elsewhere, students of all ages put on their white caps and go slightly wild. On May Day morning everyone buys a balloon – symbol of happiness – and during the day Labor Parades are held.
May	Ascension Day.
May/June	Whitsun.
June 12	Helsinki Day.
Saturday nearest June 24	Midsummer's Day and Finnish Flag Day. Another festival which gets heartily underway the preceding evening. Bonfires and fireworks are accompanied by general joviality and dancing. Most activity takes place at lakeside summer homes. In Helsinki, Seurasaari Island is the scene of bonfires, folk dancing and general celebrations.
End of August–beginning of September	Helsinki Festival (Concerts, theater, opera, ballet, etc.).
First Saturday in November	All Saints. Traditional All Saints' celebrations are lengthened into a weekend by the Finnish enthusiasm for holidays.
December 6	Independence Day.
December 25	Christmas Day.
December 26	Boxing Day.

## Special services

Emergency Medical Service. Travelers of Helsinki Boarding Health can arrange to be met by a doctor and nurse at the airport. Tel. 008.

Quotations. At the Circular Ticket Office, Helsinki, Tel. 0202.

Newspapers and books. International newspapers and magazines can be brought to the Central Railway Station. Tel. 0202. To be brought to the airport, Tel. 0202.

Name of my hotel: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

Edited by Mike Simon

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