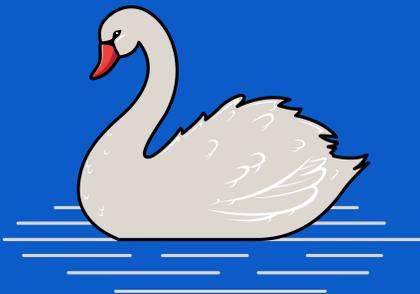


# PRESENTS: FINLAND



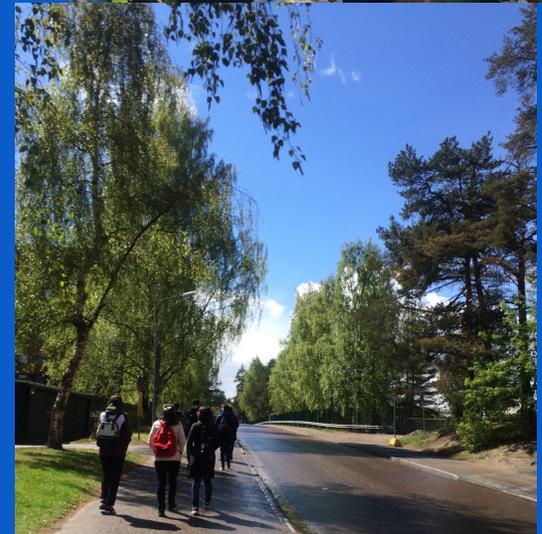
The College of Health and Human Sciences (CHHS) has initiated a requirement for students to participate in an international experience prior to graduation. The goal of CHHS's international experience requirement is to introduce students to international and intercultural perspectives in order to prepare them to live and work in an increasingly globalized world.

Studying abroad is a high-impact educational practice that has been shown to increase student success and employability after graduation. The CHHS International Experience is designed to provide high-quality global learning experiences that are flexible, affordable, and relevant to students' degree programs and professional goals.

**KEEP UP WITH US**



Have any questions or concerns? Email us [CHHS-InternationalExperience@sjsu.edu](mailto:CHHS-InternationalExperience@sjsu.edu)



# FINLAND

Finland is located in Northern Europe. It shares land borders with Sweden, Russia, and Norway. The population in Finland is 5,536,146 in 2020.

## LANGUAGES

The languages mostly spoken in Finland are Finnish and Swedish. Some people may speak English but just be prepared and take a translator.

## TRANSPORTATION IN FINLAND

In Finland they have the metro and trams. All cities and towns also have a bus system that a bus leaves every 10 min to 15 min in larger towns and every 30 to 60 minutes in smaller towns.

# WEATHER

FINLAND WEATHER <i>guide</i>						
	NORTH	*F/°C	!	SOUTH	*F/°C	!
JAN	☃	7/-14	POLAR NIGHT	☃	23/-5	REAL WINTER
FEB	☃	9/-13		☃	21/-6	REAL WINTER
MAR	☃	18/-8	NORTHERN LIGHTS SEASON <<	☃	28/-2	
APR	☃	30/-1	SUN & SKI	☁	39/4	EARLY SPRING
MAY	☁	41/5		☁☀	50/10	TREES BLOOM
JUNE	☀☁	54/12	MIDNIGHT SUN	☀	59/15	
JULY	☀	59/15	MIDNIGHT SUN	☀	64/18	SUMMER FESTIVALS
AUG	☁	54/12		☁	61/16	
SEPT	☁	43/6	FALL FOLIAGE	☁☀	52/11	FALL STARTS
OCT	☁☃	32/0	NORTHERN LIGHTS SEASON >>	☁	43/6	FALL FOLIAGE
NOV	☃	19/-7		☁	32/0	SLUSH
DEC	☃	10/-12	POLAR NIGHT	☁☃	27/-3	FIRST SNOW
	NORTH	*F/°C	!	SOUTH	*F/°C	!

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## WHAT TO WEAR?

In the winter a thick winter coat will do. And make sure to layer up with seaters and shirts. Also you may need to pack a pair of warm pants. Some gloves, warm socks, and warm gloves will be much needed when traveling to Finland.

# WHAT TO EAT?

Karjalanpiirakka (rice pies) is one popular dish in Finland that needs to be given a try. Another one is Kalakukko (fish pie) that is also very popular.

## EATING ETIQUETTE

- Wait to be told where to sit
- Hold the fork in the left hand and the knife in the right while eating
- Always keep your hands visible while eating
- Do not begin eating until the hostess invites you to start
- Bread and shrimp are the only foods eaten by hand
- Tips are not expected nor practiced in Finland