



## A guide for using KIDZONE FINLAND in the classroom

### WELCOME TO KIDZONE FINLAND!

The Ministry for Foreign Affairs of Finland would like to develop British children's knowledge about Finland. In tune with its reputation as a leader in innovation and hi-technology, the Finns have developed a one-of-a-kind website to educate British schoolchildren. Kidzone Finland ([www.kidzonefinland.org.uk](http://www.kidzonefinland.org.uk)) is an interactive, engaging website designed to teach them about the lives of children like them in Finland.

### SITE NAVIGATION

Your computer needs to be equipped with Macromedia Flash Player and QuickTime video reader in order to view Kidzone Finland. If it is not, these programmes can be downloaded for free from <http://www.macromedia.com/software/flash/> and <http://www.apple.com/quicktime/download>.

When you first visit Kidzone Finland, it is necessary to create a user profile by clicking the "log on" button. Visitors will be asked to enter a nickname, age, town/city and region. (Eg: Cleverkid, 10, Edinburgh, Scotland). This information is used only to personalise your Kidzone Finland experience; it is not collected for any other purpose and is not sold to outside parties. Once you have signed in, you get to choose one of three themed "tours": SCHOOL, THE ENVIRONMENT and A COOL COUNTRY TO LIVE IN. Each tour is comprised of sub-sections. The tours and sub-sections are listed below. If at any time you wish to switch tours, just click on the Kidzone Finland logo in the top left corner, or choose the corresponding colour bar in the bottom left corner of your screen.

TOUR 1 : SCHOOL AND WORK	TOUR 2 : THE ENVIRONMENT	TOUR 3 : A COOL COUNTRY
Emilia's School Day Surfing the Internet Phone a Friend Girl Power! A Good Place to Work	Living Water Looking after the Forests Helping Animals Saving the Planet Life in Nature	Weather Icebreakers Saunas Made in Finland Fun, fun, fun

### PLAYING THE GAME

Students are given a virtual backpack when they sign into Kidzone Finland. As they explore the site, they can win badges and video clips by correctly answering questions about Finland. After exploring a sub-section, your pupils can move their cursors over the box that says, "After you Read" (located to the upper right of the text). Two choices will appear: "Take the Quiz!" and "Learn More".

#### TAKE THE QUIZ!

The "After you Read" quiz consists of multiple-choice questions based on the Kidzone Finland text. If pupils answer incorrectly at first, they may continue to guess until the correct answer is obtained. Once all of the questions have been answered correctly, the pupil will win a badge for his or her virtual backpack. During the quiz, Moomin (see below) will appear to ask a "bonus question." If students get this question right, they win a clip of a Moomin movie. To view winnings at any time, click on the backpack. Select "other gear" to view the video clips that have been collected.

## TAKE ACTION!

This page provides resources to help your pupils apply what they have learned to their own lives. For instance, the "Take Action" page in the Environment Tour shows what children can do to save water or how to help look after the environment. You can also use the resources in this section to plan further educational activities for your pupils.

## ABOUT MOOMIN

To make the site fun and attractive to children, the creators of Kidzone Finland chose a popular Finnish cartoon character called Moomin to be the site's guide. The beloved character was created by Tove Jansson and immortalised through a dozen books she wrote in the 1940s. Moomin's popularity continues today through TV, film, a museum and a theme park.

## TEACHING SUGGESTIONS

Children learn best through discovery, especially when the knowledge discovered relates to their own lives. Kidzone Finland reflects this philosophy.

Kidzone Finland is a large site and is best explored section-by-section. The site's script is included so that you may examine the material and choose a section that compliments your curriculum. For example, if your pupils are learning about lakes and water supplies, they can work on the Living Water section. You can also use the resources on the "Take Action" page to plan related activities.

## LEARNING ACTIVITIES

The educational activities below are designed to supplement the lessons in Kidzone Finland. For more activity ideas, click the "Take Action" button within each section of the site.

### TOUR 1: SCHOOL AND WORK

#### Emilia's school day

- School dinners: The children can plan a healthy school dinner menu: <http://www.noraskitchen.com> ;
- [http://www.channel4.com/life/microsites/JJjamies\\_school\\_dinners/porridge/index.html](http://www.channel4.com/life/microsites/JJjamies_school_dinners/porridge/index.html)
- <http://www.jointheactivaters.org.uk/>

#### Surfing the Internet

- Internet safety game for kids: <http://www.sbc.com/Common/images/safety/game.html>
- Kids on the net: <http://kotn.ntu.ac.uk/index.htm>

#### Phone a Friend

- Learn how mobile or "cell" phones work: [http://www.fcc.gov/cgb/kidszone/faqs\\_cellphones.html](http://www.fcc.gov/cgb/kidszone/faqs_cellphones.html)
- Guide to mobile phones: [http://news.bbc.co.uk/cbbcnews/hi/newsid\\_1600000/newsid\\_1608700/1608701.stm](http://news.bbc.co.uk/cbbcnews/hi/newsid_1600000/newsid_1608700/1608701.stm)

#### Girl Power!

- Suffragettes: [http://www.museumoflondon.org.uk/learning/features\\_facts/world\\_city\\_5.html](http://www.museumoflondon.org.uk/learning/features_facts/world_city_5.html)

## A Good Place to Work

- School's out: <http://www.bbc.co.uk/cbbc/yourlife/schoolsout/>
- Career information for young people: <http://www.bls.gov/k12/>

## TOUR 2: THE ENVIRONMENT

### Living Water

- How can I help to save water?  
[http://news.bbc.co.uk/cbbcnews/hi/newsid\\_4800000/newsid\\_4806400/4806478.stm](http://news.bbc.co.uk/cbbcnews/hi/newsid_4800000/newsid_4806400/4806478.stm)

### Looking after the Forests

- What can you do to help save the forests? <http://www.wwf.org.uk/gowild/habitat.htm>

### Helping Animals

- Endangered animals: <http://worldwildlife.org/fun/>
- Ringed seal: <http://194.68.145.1/etel/nature/07/norppa.htm>
- Children's guide to helping wildlife: <http://www.bbc.co.uk/cbbc/wild/helping/>
- Wildlife Watch environmental action club for kids: <http://www.wildlifewatch.org.uk/aboutwatch/home.php>

### Saving the Planet

- Saving the Planet: <http://www.environment-agency.gov.uk/fun/>
- WWF Kids UK: <http://www.wwf.org.uk/gowild/planet.htm>
- Recyclezone: Learn about recycling, rubbish and reusing.: <http://www.recyclezone.org.uk/>
- Global warming explained:  
[http://news.bbc.co.uk/cbbcnews/hi/find\\_out/guides/world/global\\_warming/newsid\\_1575000/1575441.stm](http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/world/global_warming/newsid_1575000/1575441.stm)
- Explaining energy to kids: <http://www.energypartnership.org.uk/schools/children.asp>

### Life in Nature

- Everyman's Right: <http://www.ymparisto.fi/default.asp?contentid=49256&lan=EN>
- The Rambler's Association: <http://www.ramblers.org.uk/>
- Wood for Good – A campaign for the responsible use of wood: <http://www.woodforgood.com/>

## TOUR 3: A COOL COUNTRY TO LIVE IN

### Weather

- Northern lights: [http://www.exploratorium.edu/learning\\_studio/auroras/](http://www.exploratorium.edu/learning_studio/auroras/)

- Northern lights slideshow & videos: [http://www.virtual.finland.fi/Nature\\_Environment/aurora/](http://www.virtual.finland.fi/Nature_Environment/aurora/)

### Icebreakers

- How do icebreakers work? <http://en.wikipedia.org/wiki/Icebreakers>
- Finland's icebreakers: <http://virtual.finland.fi/netcomm/news/showarticle.asp?intNWSAID=25894>

### Saunas

- Sauna - A Finnish national institution: <http://virtual.finland.fi/netcomm/news/showarticle.asp?intNWSAID=26074>

### Made in Finland

- What Finnish design looks like: <http://virtual.finland.fi/finfo/english/design2.html>

### Fun, fun fun

- Your children can plan a trip to Finland, or another country: <http://www.lonelyplanet.com/>
- Take a trip to Finland: <http://www.visitfinland.com/>

## WEB SITE TEXT & QUIZZES

### TOUR 1: SCHOOL AND WORK - *Emilia's School Day*

Imagine starting school at seven! That's what it is like for kids living in Finland. Before that, you would probably have been to pre-school (nursery school) where you learn many things through play, artwork and music (a bit like Reception class).

When nine-year-old Emilia began attending school close to where she lived, she started learning literacy, math, religious studies, art, sport and design and technology – not that different from your school subjects.

The first school Finnish children go to is called a “comprehensive school” and just like the United Kingdom, parents do not have to pay school fees.

Finland is famous for its education and teachers and leaders from around the world travel there to learn what makes Finnish children do so well.

When Emilia is 13, she will go to the upper level of comprehensive school for three years. She will move from class to class and be taught by different teachers for each subject.

After nine years at comprehensive school, children like Emilia must think about what to do next. At 16, she can start making choices about her future. She can move to general upper secondary school and then apply for a place at university or a polytechnic. Teachers and engineers, for example, graduate from universities.

But Emilia could also choose to go to a vocational school to learn, for example, about cookery, hairdressing or car mechanics. Vocational training would help prepare her to work in a specific job. Emilia is thinking about becoming a hairdresser or a horse trainer.

When Emilia or one of her 22 classmates wants to talk to their teacher, they call her “opettaja” or “teacher”. Often the teachers ask Emilia her opinion about what she is learning. Teachers value feedback from their class.

Emilia and her friends don't need to be driven to places by their parents. They walk; ride their bikes or even ski to school! When Emilia arrives at school, she and all her classmates take off their shoes – as you would do at home. It keeps the school clean and much quieter. The kids also don't wear school uniform. Like all Finnish schools, both boys and girls attend Emilia's school.

Finnish kids don't take packed lunches to school. All children have school dinners – and they are free, too. But you won't find fish fingers, chicken nuggets and chips on your plate. Finnish schoolchildren get a warm meal with salads and rye bread. Jamie Oliver, one of Britain's best-known chefs, who has worked hard to improve school dinners in the UK, may have taken some inspiration from Finland!

Finnish teenagers are ranked among the best readers in the world. Emilia learned to read when she was five. Like the UK, Finland has many local libraries with great books, making it easy to have reading as your hobby.

Kids in Finland are very good at speaking different languages and Emilia started learning English this year. It is the most popular foreign language. If you visit Finland, you will have no problem being understood by Finnish people! All films on telly are shown in their original language with Finnish subtitles – so Emilia had heard a lot of English, even before she started school.

In two years time, Emilia could learn a second foreign language as well as Swedish. About 250 000 people living in Finland speak Swedish at home. Emilia's friend Ville is a Finnish-Swede and goes to a Swedish-speaking school. Emilia and Ville speak Finnish together although Emilia knows some words in Swedish, too. For example "tack" which means "thank you". In Finnish "thank you" is "kiitos" and in Sami language it is "Giiitu". Sami people live in Lapland (in the north of Finland). They have their own language, which is the third official language in Finland. Only 6 000 Sami live in Finland.

### ***Emilia's School Day* – QUIZ ANSWERS**

**Q 1. The first school Finnish children attend is called:**

- Grammar school
- X Comprehensive school**
- Nursery school
- Pre-school

**Q 2. Inside her classroom, Emilia wears**

- X No uniform and no shoes**
- Jeans and trainers
- A school tie and blazer
- A Finnish hat to keep warm

**Q 3. A Finnish vocational school:**

- Teach Finnish children to speak English
- Gives special classes in voice training
- Trains kids to become doctors
- X Prepares children to work in a specific job**

**Q 4. Which language do most kids in Finland choose to study as their first foreign language?**

- Finnish
- X English**
- German
- Danish

**BONUS Q.** School dinners at Finnish schools:

- Cost a lot of money
- Have plenty of fish fingers

Are made by Jamie Oliver

Are free

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## **TOUR 1: SCHOOL AND WORK - *Surfing the Internet***

Finnish kids write using a computer from their first year at school. Many pupils have a computer at home with an Internet connection. It helps them learn and keep in touch with friends and family. Most children have email addresses and write to friends and even grandparents.

Computers have made getting information so much easier that you can hardly imagine how things were even ten years ago. Your parents had to search for information for their schoolwork from books and magazines. Now you can find almost any facts quite easily on the Internet.

In order to use the Internet, you need a computer and computer programmes. The hard disc is the “brain” of the computer and the most important part. Big computer companies make most of the hard discs and programmes and get a lot of money from selling them. An operating system is the main programme that controls all the other programmes in your computer.

At the beginning of the 1990s, a Finnish university student Linus Torvalds developed an operating system called Linux. His brilliant idea was that there should be an operating system that is available on the Internet for free.

Today Linux is used by millions of people all over the world. Because it doesn't cost anything, it helps many people in poorer countries.

### ***Surfing the Internet* – QUIZ ANSWERS**

**Q1.** Finnish children first write using a computer:

In their first year at school

When they have learned their times tables

Once they are 10-years-old

If they have learned English

**Q2.** An Operating System is:

A computer

All the cables you plug into your computer

The main programme in your computer

The company where computers are made

**Q3.** Linux is

A rare Finnish animal

An Operating System

A computer

A student science project

**Q4.** A free Operating System is important because

It runs on almost any kind of computer

It is flexible, inexpensive and shows the value of sharing

It can be used by poorer countries, which could not otherwise afford computers

All of the above

**BONUS Q.** Linus Torvalds was:

A Finnish computer

The inventor of e-mail

An Internet provider

**X** A Finnish university student and inventor

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### **TOUR 1: SCHOOL AND WORK - *Phone a Friend***

A teacher at a school in Helsinki (the capital city of Finland) needed to tell his class that PE at a nearby outdoor track had been cancelled. He sent a text message to his students. This is one of the many schools where both pupils and teachers have mobile phones, carry them to school, and communicate by "texting" each other.

In a sense, the story started much earlier. About 20 years ago, Finland decided to spend lots of money to train top engineers and doctors. When educated and competitive people were encouraged to learn, research, and experiment, the results were remarkable. Everyday life in Finland changed forever.

Emilia and Ville both have Nokia mobile phones, which are made in Finland. Nokia is the world's largest mobile phone maker and their mobiles are sold all around the world, including the UK.

**FUN FACT:** Nearly all people in Finland own a mobile phone (96 %). People of all ages, including preschoolers and elderly people, use mobile phones.

Kids value their mobile phones even more if they contain interesting text messages or all their friends' names and numbers, stored in the memory. Lots of friends "packed" in the mobile phone makes Finnish kids popular. Mobile phones act as bodyguards and babysitters; they allow parents to contact their children at all times.

Emilia usually answers a mobile phone call, "Missä sä oot?" ("Where are you?"). That is a good question since the person calling can be almost anywhere: playing football, walking to a friend's house or standing in a queue at the corner shop.

### ***Phone a Friend* – QUIZ ANSWERS**

**Q1.** Nokia is:

A small household

A text message

Finnish for mobile phone

**X** A mobile phone company

**Q2.** Finnish kids regard themselves as popular if

They own many mobile phones

**X** They have lots of friends' numbers packed into their mobile phone

They receive many faxes

They get many emails

**Q3.** Finns have

**X** Lots of mobile phones

No PE classes

Ugly nick names

Few good engineers

**Q4.** Emilia usually answers her phone by asking

**X** Where are you?  
When will I see you?  
What are you wearing?  
How do you do?

BONUS Q. The capital city of Finland is:

Lapland  
Nokia  
Tampere  
**X** Helsinki

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### **TOUR 1: SCHOOL AND WORK – *Girl Power!***

There are 120,000 more women in Finland than men. But, like in many other countries, men have often had the most important jobs. Finland has worked hard to change this.

Over 100 years ago, (in 1890) the leaders of Finland started the first public nursery school in Helsinki, the capital city. That helped women who could leave their children in school during the day, giving them more time to work and have a say in how the country was ruled.

FUN FACTS: In 1901, women were allowed to go to university for the first time. In 1906, Finland was one of the first countries in the world to give women a full say in how the country was run. Since then, women have held many important positions in politics, in universities and in business.

In the UK, women had to wait until 1928 before they were all able to vote! This was after many decades of campaigning. These women became known as suffragettes. (Suffrage means the right to vote)

In Finland, the Act on Equality between women and men was passed in 1987. It makes it easier for women and men to combine working and family life. Today three quarters of women with children under 17 work full time. Most women with children under seven years of age work.

Finland elected its first female president, Tarja Halonen, in the year 2000. She was re-elected in 2006. Now that a woman has become the country's leader, Finnish girls like Emilia and Sofia know they can become anything they want.

### ***Girl Power!* – QUIZ ANSWERS**

**Q1.** Tarja Halonen is Finland's first

Queen  
Female mayor  
Women voter  
**X** Female President

**Q2.** What has helped women?

**X** Good childcare  
Going to nursery school  
Being nice daughters  
Having big families

**Q3.** In Britain, all women got the right to vote and choose the prime minister in:

1906  
1800  
**X** 1928  
1918

**Q4.** Suffragettes were

**X** Women who campaigned to be allowed to vote

Nursery school owners

Women workers

Child minders

**BONUS Q.** The Act of Equality between Men and Women means:

Finnish women are allowed to work

Finnish men are allowed to look after children

Both men and women can have children

**X** It is easier for women to have children and work

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## **TOUR 1: SCHOOL AND WORK – A Good Place to Work**

Emilia, and her friends Ville and Sofia, don't have to worry about making money or choosing careers - yet. They get pocket money from their parents (about £2.50 a week), which they use to spend on clothes, toys, games and hobbies. Just like you, many kids save their money. Sofia is saving up for a summer horse riding camp.

But adults need to have a job to earn money. What job interests you? What do you think is important in a job? The five types of work 10-year-old Finnish children most want to do are: computer engineer, medical doctor, pilot, actor, and athlete. When asked what they would value most in a job, the same children listed challenges, fun, teamwork and lots of money!

Did you know that working adults want the very same things? Work places need to be safe and comfortable. Working hours should not be too long. Holidays, childcare, health services and plans for when you are old, matter. Ville's mother hoped that her career and money wouldn't suffer when she stayed at home after she had Ville and his younger brother, Jonas. Likewise, people sometimes need to take time off to care for a family member without having to worry about losing their job. Everyone wants to work at what they are good at.

That is where lawmakers are needed to create rules. It's not easy when people expect a lot. In some countries, for example, lawmakers believe that women should stay home because they are not as strong as men. In Finland, women want to work, so rules have been made to ensure fair treatment for them in the workplace. Every country sorts out these issues in its own way.

Finland has come up with a system called the Welfare Society that means the government cares for people who most need it. This gives kids lots of rights! For example, children get schooling, childcare and healthcare free of charge or at low cost. They also have the right to have their parents stay at home with them when they are small or sick.

Some of the laws and customs in Finland and the United Kingdom are similar:

- Regular workdays are eight hours per day.
- Parents have a right to family leave.
- All families with children receive a payment every month until the children are nearly adults.

There are also differences:

- University education in Finland is free of charge for everyone living in Finland.
- Childcare does not cost a lot and is available for every child under three years.
- All working people must be given five weeks of paid holiday per year. (That's a lot!)
- People can choose to work from home.

When Sofia was born, her mum was allowed to take maternity (mother's) leave. This is time off work after a child is born. Most Finnish dads also take paternity (father's) leave for 18 workdays. Once her mum's maternity leave had ended, her dad or mum was allowed to take "nursing parents" and "child care" leave until Sofia turned three.

Either of her parents have the right to stay home to care for Sofia if she is sick until she reaches 10 years. Parents can also work fewer hours until their children start school. Afternoon care is arranged for first and second grade children.

### **A Good Place to Work – QUIZ ANSWERS**

**Q1.** What do Finnish children want from their dream job?

**X** Lots of money

A uniform to wear

Plans for their old age

Daily sporting events

**Q2.** What is a Welfare System?

A type of computer programme

**X** Government care for those who most need it

A healthy diet

Regular exercise plan

**Q3.** What rights do small kids have in Finland?

State-funded ice cream

To refuse to go to the dentist

£100 pocket money per month

**X** To have one parent stay at home when they are sick

**Q4.** What are the things that are different for Finnish people compared to British people?

**X** People have the option to work from home

Regular workdays are 8 hours per day

Mothers have a right to take leave after their child is born

All families with children receive a child allowance each month

**BONUS Q.** What do working adults want?

A safe and comfortable workplace

Reasonable working hours

Holidays, childcare and healthcare

**X** All of the above

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### **TOUR 2: THE ENVIRONMENT - Living Water**

Kids in Finland get extremely long summer holidays. School closes at the beginning of June and about two and a half months later, Emilia and her friends return to start the new school year.

They will have much to talk about. Summer is an exciting time in Finland: The days are long and warm. It is light until almost 11pm in the midsummer months. Most kids will spend time with their families and friends at a summerhouse near one of Finland's many lakes.

Almost every Finnish family has a summerhouse, or access to one. There are about 400 000 summer cottages in Finland, one for every 13 Finns. Imagine if most of the children in the UK could go to their own holiday house each summer.

**FUN FACTS:** Finland has 187 888 lakes in all. There's certainly is no shortage of water in Finland.

If you wanted to spend one day at each lake in Finland, all the round trips would take 515 years. That would be a "vähä pitkä" trip! (Slang for "extremely long").

Finland's largest lake is in the southeast. It is called Lake Saimaa, and at 443 square miles, is way bigger than the largest lake in the UK, which is Lough Neagh in Northern Ireland (147.39 square miles).

Emilia's best friend Ville has a holiday cottage next to a lake. Finnish summer cottages used to be simple wooden bungalows that fitted perfectly into the nature around them. Only recently, Ville's family put electricity, running water and an indoor bathroom into their cottage.

The family can now use their summerhouse all year round. But many Finns like Ville and his family still like to wash in the lake or in well water. They enjoy cooking using a fire, and light their homes with gas and candles. It's part of the fun of being away from the city or town and living close to nature – just like camping.

Finnish lakes have many islands. Some of the largest lakes contain more than 1 000 islands each. When Ville and his younger brother Jonas go on holiday to their lakeside cottage, they spend most of their time fishing, boating and swimming. Finnish children are excellent swimmers and they have a lot of freedom to roam around in summer. Lucky them. Ville and Jonas spend hours exploring the islands near their summerhouse using their own small rowing boat.

You may think that because Finland is a country with loads of snow, swimming in the water would be pretty freezing. In summer, however, the normal temperature of water near the surface in southern Finland can reach 18-22 degrees centigrade. That's not really too cold!

Even in Lapland, which is one of the coldest parts of Finland, it is possible for the water to get that warm.

Ville and his family use the water from the lake near their house for washing. Most lakes are really clean. A lot of cottages have their own wells, too.

**FUN FACTS:** Finland has about 650 rivers – all different sizes as well as plenty of groundwater, which is formed mainly in springtime from melting snow and is an underground storage system. More than half of Finnish people use groundwater in their homes, because it is clean and tastes great!

Finland is surrounded by the sea at its southwestern coast, which connects it to the Atlantic Ocean and beyond Finland's coastline is almost the same length as mainland Britain, and like the UK, shipping is important for transporting goods to and from the country.

Water is such an important part of Finnish life; they even use water to generate about 16 % of their energy (hydro power).

It's not surprising then that Ville and his family eat a lot of fish: 94 types of fish are found in Finnish waters. Some of the freshwater fish include vendace, pike and perch. The most common sea fish that they eat is Baltic herring.

### ***Living Water – QUIZ ANSWERS***

**Q1.** How long would it take to visit all Finnish lakes?

- 515 hours
- 515 days
- 515 months
- X 515 years**

**Q2.** What is true of hydropower in Finland?

- It has been used for 7,000 years
- X It is used to make electricity**
- All iron comes from it
- It is used in sailboats

**Q3.** The biggest lake in the UK is Lough Neagh in Northern Ireland. Finland's largest lake, Lake Saimaa is

- X Way bigger**
- Quite a bit smaller

Less wide  
Much flatter

**Q4.** How many summer cottages are there for each Finn?

Two for every Finn  
**X One for every 13 Finns**  
One for every 50 Finns  
One for every 100 Finns

**BONUS Q.** What is true of Finnish lakes?

They contain many islands  
They contain fish like vendace, pike and perch  
The water is not too cold in Summer  
**X All of the above**

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## **TOUR 2: THE ENVIRONMENT - *Looking after the Forests***

Forests cover most of the country and are very important to Finnish people.

**FUN FACTS:** Seventy per cent of Finland is forestland - more than any other country in Europe. Finland is also one of the world's most heavily forested places.

Emilia, Ville and their friend Sofia are lucky in that, like many Finnish kids, they live close enough to a forest to walk there. They spend weekends hiking, cycling and skiing with their friends and family. In summer and autumn, they can pick berries or mushrooms really near to their home.

Berry picking is very popular and the berries are eaten raw or used in jams, jellies and juices.

Each year Finland hosts the world championships in berry picking. Contestants are given a bucket and the aim of the competition is to see who has picked the most lingonberries at the end of an hour. Lingonberries are very similar to the cranberries we eat at Christmas time. Children can join in the competition, too. (But don't go picking berries and mushrooms in your back garden - they can be poisonous!)

In late summer, outdoor markets in cities and towns display masses of colourful berries and mushrooms for sale.

Sofia has learned a lot about her country's forests at school. Forests are well cared for in Finland, using a way that copies the forests' natural life cycle. When trees grow old they are cut down and new seedlings are planted or seeds are sown to replace them. This is called "regeneration". Some forests regenerate naturally when adult trees seed new plants.

**FUN FACTS:** Finnish forests, which grow in a colder, northern climate, are different from forests that grow in a warmer or wetter environment. Only around 30 types of trees grow naturally in Finland whereas tropical forests can grow hundreds of different types of trees. The most common trees in Finnish forests are birch, spruce and pine.

Everyone is able to enjoy the forests as they change with the seasons. In summer, they are thick with green leaves and in winter, the ground is a white carpet of snow. Imagine painting a summer and winter picture of the same Finnish forest. Each would be strikingly different, but just as beautiful as the other.

If looked after properly and wisely, forests will always grow new trees. This makes them an important "renewable resource".

**FUN FACTS:** Some people call forests the "lungs of the Earth" because they produce the oxygen that people and animals need to breathe. Trees also take in carbon dioxide from the air and prevent it from trapping the sun's energy and warming the Earth. The roots of trees and the canopies created by their leaves stop the surface soil from wearing away. By protecting the climate, forests protect life on Earth.

Most forests are used for growing wood, which, in turn, is used for making paper or wooden products. Trees are important for the environment. They provide food or homes for birds and insects. Around 10 percent of Finnish forests are protected areas, which are used for people's enjoyment, for scientists to research, and to keep nature's balance.

### **Looking after the Forests – QUIZ ANSWERS**

**Q1.** How much of the surface of Finland is covered with forests?

- 600 square meters
- 5000 square kilometers
- X 70 percent of the surface**
- 1/2 of the surface

**Q1.** Forests are important because:

- You can pick berries and mushrooms there
- They provide homes for birds and insects
- They help stop global warming
- X All of the above**

**Q1.** Regeneration means:

- X Planting new seedlings when trees are cut down**
- Getting older
- Digging up soil for planting trees
- Learning new forestry skills

**Q1.** "Lungs of the Earth" means that:

- The forest produces carbon dioxide
- The forest produces living, breathing creatures
- The forest produces hot air
- X The forest produces oxygen**

**BONUS Q.** How many types of trees grow naturally in Finland?

- Hundreds of different types
- Only three: birch, spruce and pine
- There are no trees that grow naturally
- X Only around 30 types of trees**

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### **TOUR 2: THE ENVIRONMENT - *Helping Animals***

When asked what animals are famous to Finland, most kids first think of reindeer (best known as Father Christmas' helpers).

The Sami people in Northern Finland sometimes ride reindeer-drawn sleighs. There are 250 000 reindeer in Finland and reindeer owners often compete in sledding races. The traditional sleigh is often left at home and the Sami use a snowmobile also known as a ski-doo.

Father Christmas uses a reindeer sleigh. In just 48 hours, he travels from his home in Korvatunturi, in Finnish Lapland, to all houses where Christmas is celebrated. You can travel along Father Christmas's route from Finland to the United Kingdom, but we suggest you do so by aeroplane!

Surprisingly, the Finns didn't choose the reindeer as their national animal. Instead, they chose the brown bear, or "karhu" as a symbol for their country, since it is thought to be the "King of the Forest". The other nature symbols for Finland are the whooper swan, perch (fish), lily of the valley (flower) birch tree and granite.

FUN FACTS: Finland is also home to 59 other mammals including the lynx as well as 240 bird, six reptile, five frog and 60 fish species. Tens of thousands of species of butterflies, beetles and wasps also make Finland their home. Interestingly, Finland has no endemic species (animals that live only in Finland) but the Saima ringed seas is an endemic subspecies.

With the help of her teachers, Sofia has started an Environment Club (luontokerho) at school called the Hedgehog Club or "Siilijoukko". In class, she learned that even though her country is so unspoiled, its wild animals still need help to survive. Fifty types of large animals and over 700 others (invertebrates) in Finland are said to be in danger. Birds are especially in trouble. Even the whooper swan, the national bird of Finland, had to be saved from extinction.

FUN FACTS: In Finland, mammals, birds and some frogs and reptiles are protected by laws. Around the world, 160 countries including Finland and the United Kingdom work together to protect animals and plants in trouble.

### **Helping Animals – QUIZ ANSWERS**

**Q1.** The national animal of Finland is:

The bear

The lion

The reindeer

The beaver

**Q2.** Reindeer owners often compete in:

Skidding races

Sledding races

Skiing races

Sliding races

**Q3.** A ski-doo is

An ice house

Musical instrument

Special breed of reindeer

Snowmobile

**Q4.** Finland has

Tens if thousands of endemic species (animals that only live in Finland)

Only one type of mammal

No endangered animals

Laws to protect plants and animals

**BONUS Q.** Father Christmas has his home in:

Southern Finland

Finnish Iceland

Finnish Greenland

Finnish Lapland

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## **TOUR 2: THE ENVIRONMENT - *Saving the Planet***

Sofia recently told her class about the Environment Club at school and what they were doing to help save the planet. Last term in school, they learned that the Earth had become warmer over the past 100 years. Her teacher called this "global warming". Scientists believe that if it carries on, it could cause our climate to change. For example, we could have too much rain or long, dry periods. This would affect the balance of nature and could harm plants, animals and human life all around the world.

Many experts believe that some things people do cause global warming. For example, the electricity we use in our homes comes from burning oil, gas, or coal - sometimes called "fossil fuels" which increases gases in the atmosphere. These gases are called "greenhouse gases" because they trap the heat of the sun in the earth's atmosphere (just like a greenhouse traps heat inside glass panes) and make the Earth warmer.

One way to protect the Earth from warming too fast is to save energy. For example, the class learned that everyone could help save energy by turning off lights when they weren't needed, or by walking or riding their bikes to school. (Not all kids can ski to school!)

Another way to help solve this problem is to produce energy from "renewable sources" – this is energy that does not create greenhouse gases.

**FUN FACTS:** Solar energy (that comes from the sun), wind power, hydro energy (that comes from water), geothermal energy (that comes from earth), or bioenergy (that comes from burning organic matter) are all renewable energy sources. Solar radiation is the source for most renewable energies. Solar radiation creates new plants and trees, makes the wind blow, and makes water flow again and again.

Finland has promised to cut its greenhouse gas emissions (output) to the same level as it was in 1990 by 2008-2012. In order to achieve this, Finland must use more renewable energy. Finland can do this most easily by using more wood fuels to produce heat and power for homes and businesses.

Today, one quarter of the total energy used by Finland is renewable. Finns use more bioenergy than any other industrialised country. It is environmentally friendly because it is renewable and does not cause greenhouse gas emissions.

Now Sofia has persuaded Emilia to join the Environment Club. Kids can make a real difference if they work together!

### ***Saving the Planet* – QUIZ ANSWERS**

**Q1.** Many experts believe greenhouse gases are:

Given off by forests

**X** Made by burning fossil fuels

Made from wind energy

Caused by garden greenhouses

**Q2.** We can protect the Earth from warming by:

Using renewable energy

Turning off lights when we don't need them

Walking and cycling instead of driving

**X** All of the above

**Q3.** Bioenergy comes from:

The sun

The wind

**X** Burning organic matter

The waves

**Q4. Saving the planet:**

Is only for scientists

**X Is something children can do too**

Is only for parents

Is a waste of time

**BONUS Q.** The word 'solar' describes:

The movement of waves

Gas in the air

The heat given off by fuel

**X The Sun**

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**TOUR 2: THE ENVIRONMENT – *Life in Nature***

So, having fun outdoors is a very important part of life in Finland. Finnish law allows everyone the right to walk, swim, fish, go ashore, camp, or collect wild berries and mushrooms almost anywhere, without permission from the people who own the land.

It is a bit like Britain's "public right of way," which allows us to walk along hundreds of ancient footpaths in the countryside, even if it is next to someone's house or through a farmer's field.

In Finland, it is called "Everyman's Right" and includes the right to fish with a pole and bobber, or ice fish, in inland waters or the sea, free of charge.

"Everyman's Right", however, comes with responsibilities. You are not allowed disturb people close to their homes; damage anything that belongs to them; upset breeding birds, their nests, or their young; or bother reindeer or other wild animals. You may not build a campfire without the landowner's permission, either.

You may have noticed that people build very different kinds of houses in different parts of the world. When you build a home in Finland, you have to think about the cold and darkness of winter, as well as the summer's warmth and sunshine. You will want triple-thick windows -- and many of them -- to keep out the cold and let in as much light as possible during the long, dark winter.

If you ever visit Finland, you will notice that many buildings such as houses and schools are made from wood, which is such an important material, even in modern life. Many of the things we use every day come from forests and trees. Look around your home: paper for writing and drawing, paper towels, the pages in books, posters, magazines, furniture, musical instruments, and some toys are made from wood.

***Life in Nature* – QUIZ ANSWERS**

**Q1.** "Everyman's Right" means

You can camp in gardens

**X You can walk in a forest without permission**

You can use anyone's boat

You can fish without a permit

**Q2.** Being responsible towards nature, means

Not upsetting breeding birds

Not bothering wild animals

Not disturbing people close to their homes

All of the above

**Q3.** Houses in Finland

Need to be dark to blend into the environment

Are always made from stone

Have few doors to keep in the heat

Have many, triple-thick windows to keep out the cold and let in light

**Q4.** Which items are NOT made from wood?

Toothbrushes

Chopsticks

Christmas trees

Pianos

**BONUS Q.** Which statement is true of Finland?

Most Finns prefer to stay indoors

Wintertime is cold, but not dark

Wood is not often used for buildings

Nature and outdoor life is important to Finns

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### **TOUR 3: A COOL COUNTRY – *Weather***

When Emilia visited her cousins in Manchester, she was amazed at how much they complained about the cold weather.

We know that the UK can be cold and wet for long periods of time during winter (and summer). But, although the UK is also a northern European country, it is a lot warmer than Finland.

In Southern Finland, where most of the people live, the ground is covered in snow from December to April. In the north, where it is colder, there is snow from around October to February. Brrrrr!

The good news is that Finnish children often get a white (snowy) Christmas.

**FUN FACTS:** February is definitely the coldest month in Finland in both the north and south of the country: Average temperatures are below freezing, ranging from - 22 °C to - 3 °C and in the north, the coldest temperature ever measured has been -43 °C. That's seriously cold. Even if you go outdoors for a short time, your eyebrows would start to freeze!

Summers are generally very pleasant, though, and when Emilia, Ville and Sofia travel to their summerhouses each June, they certainly don't have to wrap up in jumpers and swim in wetsuits!

Every year, visitors who arrive in any big city in Finland during the Midsummer Day celebration or "Juhannus" are amazed: streets are empty, shops are closed, and all is quiet. Midsummer marks the longest day of the year, which is usually around June 22nd. Finns go to the countryside on Juhannus. Most go to summer cottages by a lake or the seaside.

One of the fun things Emilia and her friends can look forward to are very long, light days. Part of Northern Finland lies inside the Arctic Circle, (an imaginary line, close to the North Pole.) People often call this part of Finland the "Land of the Midnight Sun" where the sun shines almost 24 hours a day each summer. That means very little night time. Can you imagine how difficult it must be for parents to get their kids to bed?

It's the opposite in winter, when it can be continuously dark for up to two and a half months at a time in the north. But this is a special time, too. Finland is famous for its night sky in winter: it's jewel-like, starry skies and, of course, the Northern Lights or aurora borealis. These have been described as nature's fireworks – a massive, colourful display of glowing lights across the night sky.

FUN FACTS: Northern Lights are colourful, celestial lights produced by clouds of solar particles interacting with the earth's magnetic field. They can also be seen from Scotland.

### **Weather – QUIZ ANSWERS**

**Q1.** On "Juhannus", or Midsummer day

Everyone goes shopping  
Finns have street parties in big cities  
**X Most Finns go to summer cottages**  
It is the shortest day

**Q2.** The coldest month in Finland is usually:

June  
October  
**X February**  
December

**Q3.** "Land of the Midnight Sun" means:

The sun only shines at midnight  
**X The sun shines for almost 24 hours in summer**  
Finland enjoys sunshine all year round  
Children don't go to bed in summer

**Q4.** Aurora borealis is:

A large Finnish bear  
Another name for the shortest day of the year  
**X The Northern lights – "nature's fireworks display"**  
The midnight sun

**BONUS Q.** In Finland, most people live in the:

East  
North  
West  
**X South**

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### **TOUR 3: A COOL COUNTRY – Icebreakers**

During winter, the northern parts of the Baltic Sea freeze over and it is possible, on rare occasions, for the whole sea to freeze over. "No problem", said the clever Finns, who made an icebreaker, which is a huge, incredibly strong ship used to move through ice-covered seas and keep ports open during the frozen months.

FUN FACTS: An icebreaker has a special ice-strengthened hull (body) and is designed with a wide bow (front) for pushing through the ice. It must also be very powerful, because ice is tough.

Finland has been using icebreakers for well over 100 years. Last year, Ville and his brother, Jonas went aboard an icebreaker. The Sampo, the world's only tourist icebreaker offers cruises to visitors.

In open seas, an icebreaker is not the most comfortable vessel, as it rolls around quite a bit because of its wide bow. But that design is vital to the job of ice breaking. Using a lot of power, the ship's bow is pushed onto the ice. The weight of the ship makes the ice push down, splitting it and causing it to break into smaller pieces. It sounds like quite a rough journey!

### **Icebreakers – QUIZ ANSWERS**

**Q1.** Finns need to keep their ports open in winter because:

**X** Parts of the Baltic Sea freezes over

Tourists like to visit the world's only icebreaker

Air travel can be quite rough

Boats can freeze

**Q2.** Icebreakers are designed to be:

Narrow, to cut through the ice

**X** Heavy, with a wide bow to push onto the ice

Lightweight so that they glide across the ice

Tourist ships for use across the world

**Q3.** Icebreakers work by:

**X** Splitting the ice, causing it to break up

Melting the ice

Towing the ice away

Stopping ice from forming

**Q4.** Icebreakers have been used in Finland for

Over 1000 years

Over 10 years

Only very recently

**X** Over 100 years

**BONUS Q.** The world's only tourist icebreaker is called:

The Baltic

The Ice Smasher

The Port Breaker

**X** The Sampo

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### **TOUR 3: A COOL COUNTRY – Saunas**

At the school attended by Emilia and Sofia, they are lucky to have a sauna, which is a hot, wooden room where the kids get into their swimming costumes and sit down to gossip and relax. This may seem strange to you, but having a regular sauna is just as important to every Finn as having a regular bath. It is not a luxury, or status symbol.

Many gyms in Britain now have saunas, but it would be very unusual for your parents' workplace to have a sauna, like in Finland.

**FUN FACTS:** There are 5.3 million people in Finland, and two million saunas. That's one sauna for every 2.5 people - definitely a record!

In Finland, a sauna is an essential part of everyday life. It is a place to get clean, relax and enjoy the company of family and friends.

“Sauna” is a Finnish word. The people of Finland have been taking saunas for over 2,000 years.

Originally, the sauna was a simple hole in the earth, where people heated piles of stones. They threw water on the stones to create steam (an act called "heittää löylyä" in Finnish). After a sauna, many people take a cold shower or jump into an icy lake. It certainly makes your body feel alive!

Finland has public saunas, saunas in private homes, saunas for common use in blocks of flats, private saunas in each flat, hotel saunas, saunas at swimming pools, and saunas for the use of workers and shoppers in office buildings. You'll find saunas aboard ships and on camping grounds. The most relaxing saunas are by the water at summer cottages.

In Finland, people of all ages bathe in saunas. Children are also used to taking saunas, and even babies don't complain unless, of course, they get soap in their eyes.

### **Saunas – QUIZ ANSWERS**

**Q1.** Who traditionally enjoys saunas in Finland?

Everybody

Men

Old people

The Rich

**Q2.** How old is the Finnish sauna?

2,000 years

20 years

200 years

20,000 years

**Q3.** Finns don't usually have saunas

In offices

Aboard ships

On camping grounds

In cars

**Q4.** How many saunas are there in Finland?

53 million

2.5 million

2 million

5.3 million

**BONUS Q.** The first saunas were:

Wooden rooms

Stone rooms

Steam rooms

A hole in the earth

Have you ever looked at an object and thought about the person who made it? Next time you look at something new, try to guess from its shape, colour or texture whether the artist who made it was shy or bold, or from a cold country, or a warm country. You may get a sense of how the artist sees the world.

Think about homes, for example. Homes often tell you a great deal about the values and lifestyles of their inhabitants. People build very different kinds of houses in different parts of the world. We have already found out that houses in Finland have thick windows to keep out the cold and let in as much light as possible during the long dark winter.

Using lots of wood suggests being close to nature and the environment. Three quarters of Finland is covered by forests so it is not surprising to learn that Finns love working with wood.

Finnish architects have long been interested in how light and space work together. In Helsinki, there is even a building called Lasipalatsi or Glass Palace designed by Viljo Revell, which is a film and media centre. "Transparency" – or the ability to see through something is also important in Finnish society. Finns don't believe in hiding things, whether it be in design or in the way they work.

**FUN FACT:** The Lasipalatsi or Glass Palace was made in a style called "Functionalism" which was popular in the 1930s.

Other famous functionalist artists are designer and architect Alvar Aalto (1898-1976) and his wife Aino. They were very good at creating comfortable and easy-to-use furniture and glassware that were also unusual and beautiful. They created a lifestyle and a look that is now world-famous. Architecture is close at heart for many Finns and there are many talented Finnish architects working around the world.

Finland's influence on style, colour and design can be seen in many modern designs. Perhaps that is why Marimekko, the famous Finnish design house has long been known for its bold fabrics and patterns or why Fiskars has had such success with its orange-handled scissors, now available in most shops selling stationery.

### ***Made in Finland – QUIZ ANSWERS***

**Q1.** Marimekko is a:

special kind of sauna

**X famous design house for fabrics and patterns**

company making scissors

timber yard

**Q2.** Viljo Revell designed:

**X Lasipalatsi or Glass Palace**

the Embassy of Finland

Crystal Palace National Sports Centre in London

igloos

**Q3.** Viljo Revell is known as a:

pointillist

pragmatist

dadaist

**X functionalist**

**Q4.** What elements are often used in Finnish design?

Metal and straw

Plastic and high quality fabric

Foam and cardboard

**X Wood and glass**

**BONUS Q.** 'Transparency' describes

- The lightness of something
- The ability to mix wood and glass in buildings
- The colour of something
- X The ability to see through something**

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**TOUR 3: A COOL COUNTRY – Fun, fun, fun!**

Kids like Emilia, Ville and Sofia, are really very similar to you. After school, they like to play sport, listen to pop music, send text messages, hang about with their friends and surf the Internet.

Finnish children between the ages of 10 and 14 spend about two hours a day watching television and 47 minutes a day on the computer. After-school sports and outdoor activities like cycling, swimming, skiing and ice hockey are popular among 10 to 14-year-old Finns. Boys enjoy football, like in the UK, as well as ice hockey while girls prefer Finnish baseball and gymnastics. Finnish children and young people also enjoy art, singing, playing musical instruments, writing, going to the movies and reading.

**FUN FACT:** Text messaging or "texting" is far more popular among young Finns than e-mail. In 2004, Finland's population of only 5.3 million sent 2,2 million text messages. Kids like being on the move. Many Finnish families like Sofia's have given up their landline telephones altogether in favour of mobile phones for each family member.

Finland is a very stylish country and well known for its modern designs. Marimekko is a world famous Finnish design house, which makes bold fabrics and patterns. When Emilia turned nine, her aunt sent her a Marimekko T-shirt.

She plans to wear it to a concert of her favourite Finnish pop band The Rasmus.

**Fun, fun, fun! – QUIZ ANSWERS**

**Q1.** Finnish children watch television

- All day
- X About two hours a day**
- Most of the afternoon
- Only in the evenings

**Q2.** What sports do Finnish kids enjoy?

- Cycling, swimming and gymnastics
- Skiing and ice hockey
- Football and Finnish baseball
- X All of the above**

**Q3.** "Texting" is

- X Far more popular than e-mail among kids**
- Not very popular
- Done using landline phones
- Only for adults

**Q4.** Just like British kids, Finnish children:

Like to hang out with friends  
Listen to pop music  
Surf the Internet  
**X All of the above**

**BONUS Q.** How many people live in Finland?

2,2 million  
2,5 million  
3,5 million  
**X 5,3 million**

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### **GIVE US YOUR FEEDBACK**

We thank you and appreciate your participation as an educator. Email us your comments: [kidzonefinland@formin.fi](mailto:kidzonefinland@formin.fi)

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