

**WORKING IN EUROPE -
Get Ready and Go!**

POLSKA

ROMÂNIA

SLOVENIJA

SUOMI

Helsinki, 5.1.-13.1.2007



CITY OF HELSINKI

Helsinki was founded by King Gustav Vasa of Sweden in 1550 on the mouth of the Vantaa River. In the mid-1600s the centre was moved to its current location on the southern peninsula, where the deeper waters allowed Helsinki to compete better for Baltic Sea trade.

In 1748 Sweden built the massive Suomenlinna Maritime Fortress off the coast of Helsinki to counter the growing threat from Russia. Finland eventually became part of Russia in 1809, after which the status of Helsinki was raised to capital of the Grand Duchy of Finland in 1812. A monumental city plan was drawn up to reflect the power of Russia and the Tsar. By the early 20th century, the population of Helsinki exceeded 100,000, helped by its university and growing industry. Today Helsinki has 559,000 inhabitants.

In 1917 Helsinki became capital of the independent Republic of Finland. Throughout its 450-year history, Helsinki has existed in the crosscurrents of the East and West. The colourful layers of history can be seen everywhere; a walking tour of the city centre or of the magnificent Suomenlinna Maritime Fortress will open your eyes to a fascinating past.



Trams on Aleksanterinkatu

Today's Helsinki is also a city of the future. Its modern architecture, cutting-edge design and high-technology have attracted international recognition for the city. Unique lifestyles and urban subcultures are all a part of this international metropolis.

Life in Helsinki is defined by starkly contrasting seasonal changes. In the summer, the warmth and permanent daylight invigorate the city. The locals worship the sun and welcome the heat with open arms. In the winter, the cosy and mysterious darkness offers its own blanket of warmth, even in the crisp and snowy outdoors. In town, Helsinki's culture explodes into life with a vast range of events, concerts and exhibitions.

VOCABULARY

APUA Help! – a good word to remember just in case...

EI No

HERNESOPPA A traditional pea and ham soup that you can't miss if you go to any cafeteria on a Thursday afternoon.

KAHVI Finns drink more coffee than anybody else in the world (in average each Finn drinks around 11 kilos of coffee each year, Danes and Swedes are on the 2nd and 3rd place with their nine kilos).

KARJALANPIIRAKKA A traditional Karelian pasty baked in rye dough with a rice or potato filling. A real delicacy, sometimes described as "rice in bedroom slippers".

KIITOS Thank you

KIPPIS Cheers! Prosit! After saying KIPPIS a sufficient number of times, you suddenly realize how enormous amount of alcohol you have consumed.

KIUAS Stove that heats the sauna. You increase the löyly by throwing water on the heated rocks. Kiuas heated with wood is considered to be more pleasant than electrical ones.

KOSKENKORVA Finnish version of vodka. This most popular of hard liquors is nicknamed as Kossu. Surprise yourself and order a salmiakkikossu or kossuvisyy in a pub...

KYLLÄ Yes. Words like joo and juu are used instead of kyllä in spoken language.

KÄNNYKKÄ The cell phone – every Finns best friend.

LÖYLY The special steamy heat or vapour that you are enjoying in sauna.

METSÄ Forest or "green gold", the main Finnish export before Nokia started manufacturing something other than just rubberboots. 76 % of Finland is covered with trees, which is bigger area than Austria, Hungary and the Czech Republic combined.

OHO! An expression of surprise. Also used for anteeksi, 'sorry'.

OLUT Beer. In Finland one beer means having around 6-12 beers. "Well, maybe I'll have just one beer..."

PERKELE! Damn it! A common swear word, mild or strong depending on how you express it. Be careful, though!

PITKÄ A tall one - is what you order in a bar - a pint of beer.

PULLA A special sweet bun served with coffee. In England the remedy for any problem may be a nice cup of tea, but in Finland we have pullakahvit (pulla and coffee).

SALMIAKKI Salmiac, salted licorice, popular Finnish candy.

SALMIAKKIKOSSU A Finnish (alcoholic) drink. They say it tastes like cough syrup.

SAUNA The one Finnish word known all over the world. You are able to take more heat than you are aware of...

SISU Courage, nerve and stubbornness- these three make up for the Finnish word SISU. It's all it takes to survive in Finland.

ÖÖÖ This means that person is trying very hard to decide what to say next...

FRI 5.1.	SAT 6.1.	SUN 7.1.	MON 8.1.	TUE 9.1.
Breakfast	9.00 Breakfast	9.00 Breakfast	9.00 Breakfast	9.00 Breakfast
	10.00 WS1: Opening workshop 11.30 WS2: Performing skills...	10.00 WS4: Youth employment	10.00 WS6: Facing racism...	10.00 Sightseeing in Helsinki
			Bus to Hki at 15.00.	Päärakennus/ Porthania.
Leaving to Märkiö at 17	15.30 WS3: Living abroad and assimilating into new culture	14.30 WS5: Youth unemployment and exclusion	18.00 Susanna tells about AEGEE	14.00 -16.00 WS7: Guest speaker from Ministry of Labour at Eteläesplanadi
Dinner	17.00 Slovenian Dinner preparations	17.00 Romanian dinner preparations & sauna	19.00 Pizza dinner	17.00 Polish: Dinner preparations, Others: freetime
Social games	Slovenian Evening.	Romanian Evening	Finnish movies (Nousukausi) and relaxing at KY basement	19.00 Polish Evening
			Helsinki nightlife	

WED 10.1.	THU 11.1.	FRI 12.1.	SAT 13.1.
9.00 Breakfast	10.00 Breakfast Take outdoor clothing & saunastuff for the evening!	8.30 Breakfast	Breakfast
11.00 WS8: City challenge	12.00 WS9: Cultural aspects of working life (Cajsa& Politicus)	10.00 WS11: International Labour Organisation at Mannerheim-Sali	End of the exchange
14.00 Lunch (UNICAFE Porthania)	14.00 Lunch at Cajsa& Politicus	13.00 Lunch at Mannerheim-Sali	Lunch
Free time, refreshing in Medioma	15.00 WS10: Problems of Employment (Cajsa& Politicus)	14.00 WS12: Final evaluation at Mannerheim-Sali	(Travel cards off)
	17.00. Info about Europass		
19.00 Dinner at BENITA	17.00 Ice skating	17.00 Dinner preparations	Dinner
Benita pre-party	19.00 Finnish dinner & program (KY 3rd floor)	19.00 Sitsit, Finnish student's traditional dinner party.	
21.30 -> Onnela. No busses 2.00-5.00. Taxi trips on your own expenses.	Sauna 21-23 ↓	

Dresscode is SMART CASUAL

Men: Preferably trousers, collared shirt and a necktie. Suit is even better.

Ladies: Skirt or something appropriate.

HOW TO ENJOY FINNISH SAUNA

In Finland there is one sauna per every three Finns. You can find a sauna in nearly every home, and also in hotels, summer cottages and even in office buildings. An average Finn goes to sauna 1-3 times a week. A sauna is not just a place to relax and wash yourself, people invite their friends to sauna just like they invite friends for a dinner. Even businessmen meet their business partners in a sauna.

1. Heat up the sauna to 70 °C - 120 °C. Most Finns prefer 80 °C.
2. Tie together a bunch of birch twigs to make a “vihta” (also known as “vasta”). In sauna you beat yourself with a vihta to stimulate your blood circulation. Going to sauna without a vihta is also just fine.
3. For sauna you also need a bucket of water and a scoop.
4. Take off your clothes (you can wear your swimming suit if you want to). Take a shower if you want to, and then go into the sauna. Sit on the bench (“laude” in Finnish). Notice that it is much more hotter sitting in the upper laude than in the lower.
5. Throw some water on the stove. Steam will rise and it gets hot. If you think it is not yet hot enough, shout: ”Lisää löylyä!” (More Steam!)
6. Sing some sauna-songs (optional).
7. When you get too hot go outside and cool off on the patio or take a swim in the lake. In the winter you can roll in the snow or swim in a lake by making a hole “avanto” in the ice.
8. You can repeat going to sauna and cooling in the lake as many times as you like.
9. If you want to wash yourself or wash your hair you can also do that.
10. Before/after/between/in the sauna drink some refreshments like beer/cider/soda. Finns also like to sit in front of the fire place and eat sausages “makkara” after sauna.



The sauna essentials

DIRECTIONS & NUMBERS

Address of lodging place “Medioma”: Paraistentie 15, 00280 Helsinki

Bus stop closest to Medioma on Mannerheimintie (the big street) is **”RUSKEASUO”**. Buses that go via this stop to/from **KAMPPI: 39, 39A, 40, 41, 45, 47**. Last 39A leaves from Kamppi at 1.35.

Easiest way is to use bus **23**. One end of the line is in front of Medioma and the other at Railway Square (in Finnish **”RAUTATIENTORI”**). Last bus 23 from Rautatien tori at 1.35.

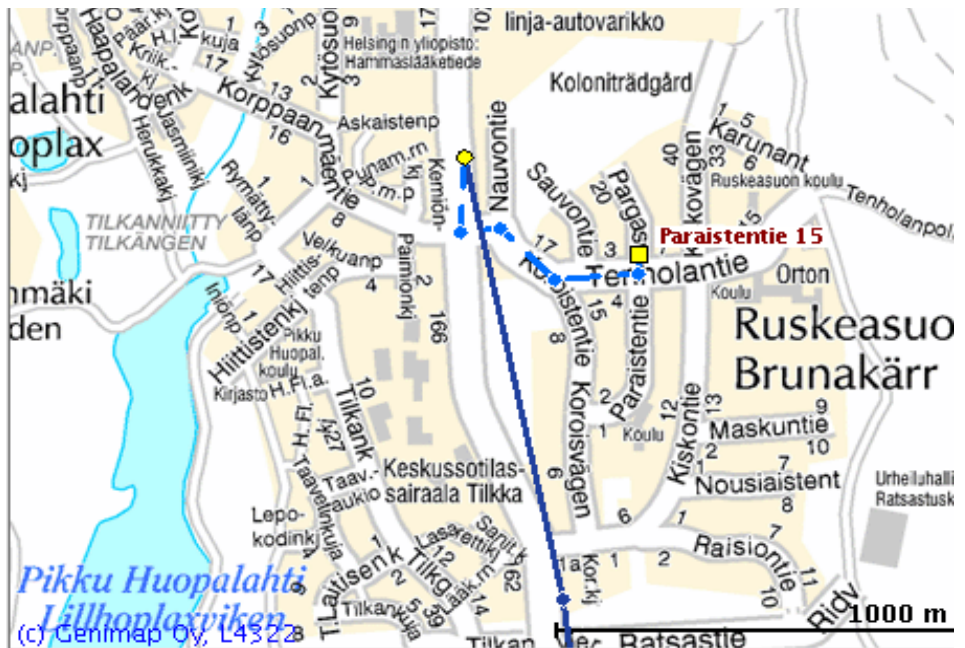
Absolutely last bus from downtown is 194N at 2.12. It leaves platform 25 on ”Eliel” square between Railway Station and Head post office. You must get off at stop **”TUKHOLMANKATU”** and walk 1,5 km to Medioma along Mannerheimintie.

If you get lost, just ask people. Almost everybody speaks English in Finland.

Organizers

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Booklet design:
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