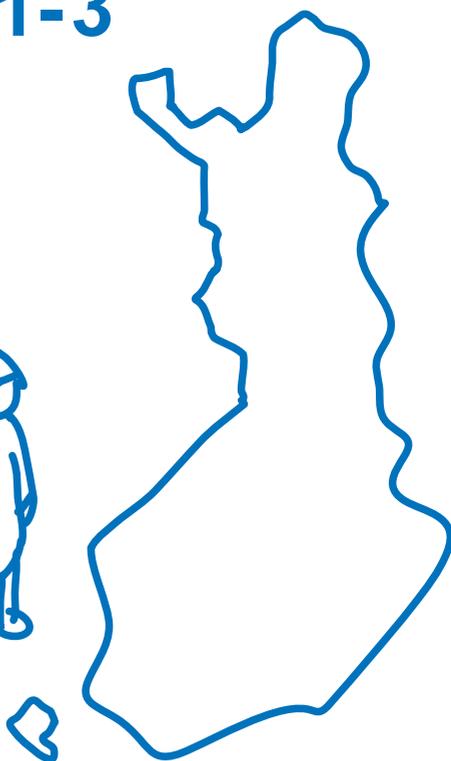
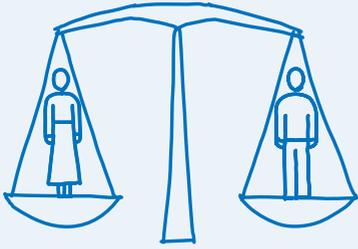


# Beginner's Guide to *FINLAND*

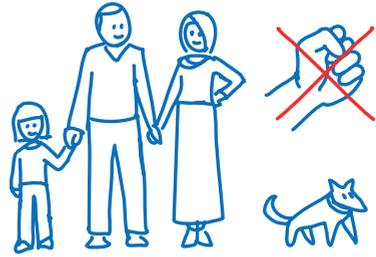
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## Equality is important

All men and women are equal in Finland. Here everyone has the right to dress how they want and go out when they want, be with whom they want and choose their own profession.



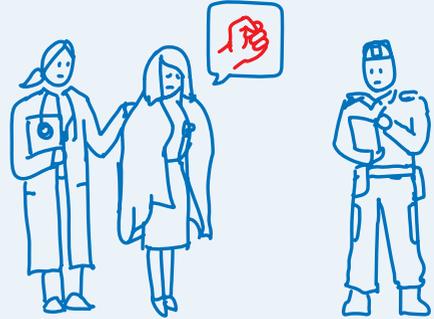
## Violence is forbidden

It is forbidden by law to physically or mentally harm another living being. You cannot hit or discipline men, women, children and animals. Domestic violence is also forbidden and will be penalized.



## Harassment is not tolerated

It is also forbidden to grope, grab, hit, follow, force and verbally harass another person. In Finland you can be sentenced to jail for these offences, and even be exiled from the country.



## Rape is a serious offence

Rape is a serious offence that leads to a penalty. The victim can report the rape to the police, and the offender will be sentenced based on the victim's testimony and doctor's examination. You can be sentenced to years in jail for committing rape, which complicates the asylum process.



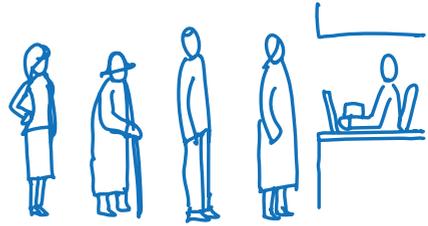
## Public officials are safe and reliable

Public officials can be trusted in Finland. Doctors are professionally trained, and can be visited alone or with a translator. Dealing with the police and other public officials is also safe, for both women and men.



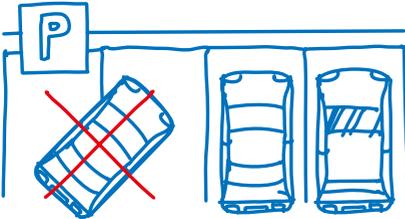
## Finnish are quiet people

Finnish people are quiet and peaceful, and they respect personal space. For example, nobody speaks or sits next to a stranger on the bus. People keep their distances in other public places too.



## Finnish love queuing

Queuing is a custom in Finland. Here people stand in straight lines and patiently wait for their turn. Cutting in front of the queue is rude and gets people angry.



## Finnish follow rules

There are strict rules to parking. You should always park your car on designated spots, otherwise you will face an angry Finnish and a fine.



## Finnish respect time

Finnish people are punctual and keep to schedules. Being late from an appointment is impolite and creates problems. Being late is like stealing someone's time.



## Finnish value work

Working is important to the Finnish. Whether you are a cleaner or a manager, hard work and dedication is appreciated here.



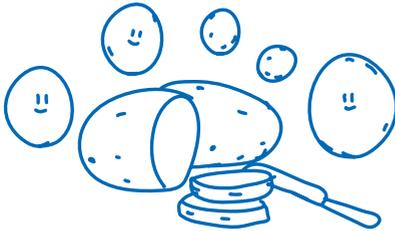
## Nature is part of being Finnish

Finnish love nature above all. Here people spend a lot of time in forests and at the countryside alone or with their families. Nature is respected and protected, do not throw garbage on the ground or waste water.



## Finland rests on public holidays

The Finnish have few significant national holidays each year. Christmas, Easter and Midsummer's Day is when people spend time with their families and the streets become quiet. But there are many other occasions when the Finnish like to get together and celebrate outside.



## Potato is part of everything

Finnish people eat potatoes on daily basis as well as special occasions. Finnish love their potatoes and will serve it every chance they have.



## Alcohol is often part of celebration

Alcohol is enjoyed on celebrations and some end up drinking too much. It makes people talkative and sometimes even aggressive. In this case you should just walk away and ignore them.



## When you begin to understand Finnishness, you will learn to love it

In many ways Finland is a strange country with strange customs. But once you learn to live with the Finnish, you might find out that Finland is one of the best countries in the world.

