Finland

I am going to be spending my exchange year in Finland. Finland is a world leader in education, ecology, and social welfare. The Finns themselves are hardworking, loyal, and quiet. But there is a quality that Finns have that no one else has. "Sisu", which is not directly translatable, basically means "Finnishness". The culture is very interesting and I am looking forward to the opportunity to be a part of it.

GEOGRAPHY

Finland is located in Northern Europe and is considered a Nordic country along with Denmark, Greenland, Iceland, Norway, and Sweden. Present-day borders stretch from the Gulf of Finland in the south to Norway in the north and from the Gulf of Bothnia in the west to Russia in the east. This gives Finland a total land area of 340,000 square kilometers and makes it the eighth largest country in Europe. Three countries have land borders with Finland, these being Russia, Norway, and Sweden. Located between the 60th and 70th parallels, about one third of Finland is north of the Arctic Circle and in the winter, the Aurora Borealis is visible from these latitudes.

Although the most recent ice age ended about 12,000 years ago, its effects are still very visible on Finland's landscape. A great example of this is the fact that Finland has thousands of lakes that the glaciers carved out and then filled in with the melted water left behind. The extreme weight of the ice also compressed the ground so much that the land is still rising thousands of years later. This rising of land is called isostatic rebound and in some places, land rises 1 cm annually. Historically, harbors have needed to be moved to a spot closer to the sea because the fishing boats began to scrape the ground during low tide.

Forests cover over two thirds of Finland's land area which makes it the most forested nation in Europe. A law in Finland called "jokamiehenoikeus" ('every man's right' in Finnish) allows the freedom to roam anywhere in the countryside as long as no damage is done to private property or the environment. This creates a great opportunity for Finns to go outside and also allows for the harvest of mushrooms, berries, and flowers. Many outdoor trails are made especially for skiing, hiking, running, and biking.

The natural landscape of Finland is conducive towards travel. Overall, it is very flat and the only factors limiting travel are the harsh winter weather and distance between population centers. In all of the major cities, public transportation is available for a quick transit between destination to destination. Outside major population centers, the air travel, road, and train systems combine to fully connect Finland.

The capital city of Finland is Helsinki. Helsinki is the second oldest city in Finland and the largest. In an effort to rival the growing power of Tallinn, Estonia in the mid-1500s, King Gustavus Vasa commanded Finns from neighboring towns to settle near the Vantaa river. Ninety years later, the town was moved to the present day location of Helsinki. The new location was on a peninsula and had the advantage of a natural harbor.

Finland was the the largest it ever was in the early 1940's preceding the events of WWII. Finns were living and working in the regions of Karelia in the southeast and Salla and Petsamo in the northeast. After fighting Russia for 5 years, Finland signed an armistice that brought peace but ceded these lands which made up 10% of its total land area. Another condition of the armistice was that Finland would lease Russia a naval base on a peninsula called Porkkala that, if occupied by enemy forces, would threaten St. Petersburg. Although the lease was for fifty years, it was returned to Finland after only eleven years. Porkkala is now a very popular bird watching location.

During the summer, it is common for Finnish families to take some time outside of the cities, often staying a month or more. A quarter of Finns own their own family cottage and the rest will rent a

summer home and just relax. There are almost half a million summer cottages called "mökki" and more than a million second homes. Popular things to do at summer cottages are boating, fishing, swimming, biking, and sauna bathing. The sauna (pronounced "sow-na") is a central part of Finns' lives. An estimated three million saunas exist in Finland, which means that there is one sauna for about every three people. Basically, a sauna is a wooden shed that is heated to a toasty 90 or so degrees. It is supposed to be a relaxing experience that cleanses both mind and body and is an important part of the Finnish cultural experience. It was also an important part of Finnish history as it was customary when homesteading to first build themselves a sauna for protection from the harsh winter, then a barn for the animals, and finally build a family home.

Tourism improves community development by creating jobs and a new source of revenue. Winter sports are a draw in the wintertime, but eco-tourism is an equally important attraction. Visitors come from around the world to experience Finland's natural world. In all, tourism employs about 135,000 people and earns over 6.5 billion Euros.

CLIMATE AND ENVIRONMENT

It would seem that Finland is a land of year-round ice and snow from how far north it is situated, but that is not the case. Instead it experiences temperatures similar to those of northern Canada and most of Russia. While the Lapland region in the north experiences a large amount of snow in winter, other regions farther south receive far less and sometimes only rain. The high latitudes Finland is located in have an effect on the lengths of days in winter. The Lapland region experiences a polar night for two months in which the sun will not rise above the horizon. This effect lessens in the more southern regions, the shortest day being around six hours long.

Despite the long winters, Finland has relatively warm summers. Warm air coming from the Baltic Sea and the Gulf Stream keep temperatures on average warmer than countries at the same latitudes like Greenland or Siberia. Days are very long in the summer for the same reason nights are long in winter.

Climate change is a very big concern in Finland. According to a study conducted by the University of Eastern Finland and the Finnish Meteorological Institute, over the last forty years, the average temperature has increased more than $0.2^{\circ}F$ per decade in Finland. This affects how early bodies of water freeze over and when the snow melts in the spring. For instance, one of the most critically endangered animals in the world lives in Finland. The Saimaa ringed seal relies on ice and snow cover to breed. A changing climate directly impacts its ability to survive.

The natural environment of Finland is one of the most clean in the world. It was not always as pristine, though. Unlike many other countries, Finland had a lot of advantages that helped to reverse some of the damage done by pollution. Finland is one of the wealthiest nations in the world, which allows more costly environmental protection measures to be taken. Low population density allows large areas of land to be protected without causing inconveniences to people living nearby. A lot of rivers and lakes have been cleaned so far and air quality is improving. Forests are now being managed effectively so that the growth rate is now higher than the harvest rate. All of these examples are benefits of pollution control and nature conservation guidelines that regulate air, water, and waste management.

Both Finland and the United States are signatories to the Paris Agreement. This international agreement is a plan for all the countries involved to reduce greenhouse gas production and slow global warming.

National parks and protected regions cover a large amount of Finland's wilderness. In total, there are 39 national parks that take up almost 3% of the nation's land area. The national parks are administered by the Metsähallitus, a state-operated group that manages all of the public forests.

HISTORY

As the last ice age ended around 9000 BC, people began migrating north into Finland from Eastern Europe and the surrounding regions. These settlers were mainly hunter-gatherer societies and lived this way for thousands of years. Eventually, these societies settled and began farming. Along with metalworking and ceramic pottery, farming contributed a large amount of progress to the early

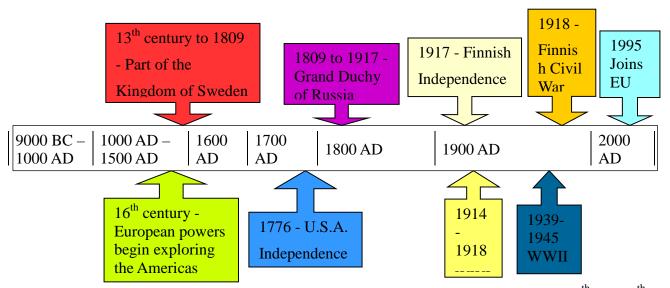
Finns. This constituted the Bronze Age and lasted from 1500 BC to 500 BC.

The Iron Age started in 500 BC and ended in the 14th century. During this period, the other Nordic countries were in the Viking Age. Finland was not affected much by any of the other countries until it was absorbed by the Kingdom of Sweden in the mid 13th century. Swedish missionaries to Finland probably influenced the Finns the most. Despite being ruled by another culture, the people living in Finland still had relative autonomy in domestic affairs. Importantly, they provided the Swedish crown with a vital buffer between the Novgorod Empire (later Russia) and Sweden.

Sweden ruled until 1809 when it was defeated by Russia in the Finnish War. Most of Finland was ceded to Russia and became the Grand Duchy of Finland. Nationalism in Finland reached a new high with the Swedish-speaking nobility encouraging the speaking of the Finnish language. As the Finnish culture developed, so did the desire for independence from Russia. In 1917 following the dissolution of the Bolshevik regime, Finland declared its independence. This was recognized by the new Soviet government on December 31.

The year following Finnish independence was marred by a brutal civil war fought by the White Guard (a volunteer militia) and the soviet backed Red Guard. The White Guard emerged as the victors, but not without leaving a division between the Finns that would take decades to heal. It was only through the threat of being invaded by Russia that the country unified to fight in the Winter and Continuation Wars. These wars were a part of World War Two and allowed Finland to become the only European country bordering the U.S.S.R. to fight against it and keep their independence.

The following time line shows events in Finnish history along with some related events in American history.



A great amount of emigration from Finland happened during the conflicts of the 19th and 20th centuries. Most of the Finns emigrating did so for safety and jobs. Some groups of the Finns returned to Finland, but the attitude towards the returnees was not very favorable because the government was critical of the emigrations in the beginning. The majority of immigration into Finland today is made up of EU citizens moving around the union. Recently immigrants from Africa and the Middle East have begun to settle in Finland. In larger cities like Helsinki, the culture is being diversified by many different groups' cultures.

I will celebrate a few new holidays in Finland. One of these is Finnish Independence Day on December 6, 2017. This year is a very special year because it is the 100th anniversary of Finland's independence. A number of celebrations will be happening and I hope I will be able to be involved. Another popular holiday is Midsummer's Eve/Day. This happens in the exact middle of summer and because of the northern latitude of Finland, the sun barely dips below the horizon. Above the Arctic Circle, the sun does not set at all and allows the festivities to continue all night. May Day on the first day of May commemorates students, both current and past. One characteristic of this holiday is the tradition of wearing white graduation cap.

RELIGION

The Evangelical Lutheran Church of Finland is one of the national religions. About 75% of the

population belongs to this religion. It was disestablished as the state religion in 1869 and was the first of the Nordic countries to do so. Almost 25% of Finns do not affiliate with any religion at all. This is the fastest growing group in the country. The Finnish Orthodox Church is the other national religion claiming 1% of the population. Most Finns describe themselves as not very religious and only attend church services on major holidays. Many religious holidays are a mixture of pagan rituals and Christian traditions.

Christmas and Easter are both major religious holidays celebrated in mostly the same way as the rest of the world. During the Christmas season, most of the festivities take place on the night before Christmas. Santa Claus lives in Finland and sometimes he will actually visit a family, bringing presents for the children. He is called "joulupukki" which means literally Christmas goat. It is said that early on Easter morning the sun will dance, so a popular tradition is to wake up before sunrise. Easter is also the equivalent of Halloween with children dressed up as witches to scare away evil spirits. The Easter witches go door-to-door giving decorated twigs as blessings in exchange for treats.

ECONOMY

The economy of Finland is primarily based on a mixed range of international trade and interior sectors such as petroleum refining and services. Foodstuffs, grains, iron and steel, petroleum, and textiles are all major imports. Most of these raw materials are used for manufacturing. A lot of finished products are exported like chemicals, electronics, machinery, and paper. Some natural resources are also traded. The logging industry produces raw timber and pulp for making paper.

The United States is Finland's fourth largest export partner. The main exports are electronics, paper products, and refined petroleum products. Notable imports from United States include agricultural products, computers, and medical equipment.

Finland chose capitalism early in the country's development and has been very successful as a result with a nominal GDP of about \$276 billion. The average Finn enjoys a per capita income of \$41,000 which is more than twice the global average. As of 2016, 8.6 percent of the population was

unemployed.

Finns usually retire between the ages of 63 to 68 when they are eligible for pension payments. The age of retirement is expected to be raised according to life expectancy rates. This is part of an agreement between EU member states. The reason for a rising minumum age is a low birth rate which directly affects the amount of young and middle-aged workers paying into the pension fund. Some Finns are choosing to receive their pension payments and continue to work part time.

The Euro is the currency used in Finland. Throughout the EU, the euro notes and the reverse side of the euro coin. The face of the coin is unique to each country using it and Finland has three different designs. On the 1, 2, 5, 10, 25, and 50 cent coins, is an image of a heraldic lion that is part of the Finnish Coat of Arms. The 1 Euro coin has an image of two whooper swans flying. Whooper swans are the national bird. On the 2 Euro coin, an image of a cloudberry, a golden berry found in Finland is visible. "SUOMI FINLAND" is stamped on the edges of the the 2 Euro. Suomi is the Finnish name for Finland. Below is a table with current exchange rates for the Euro and some of the currencies of neighboring countries:

Foreign	USD
0.92 EUR- Euro	\$1.00
6.82 DKK- Denmark	\$1.00
8.84 SEK- Sweden	\$1.00
57.01 RUB- Russia	\$1.00

Several social classes are present in Finland, mostly differentiated by income and occupation. Finnish society is very egalitarian, but the economic slump of the late 2000's widened the gap between the rich and poor. Everyone receives the same quality of education, but it takes individual drive to climb the socioeconomic ladder. Ethnicity is not really a factor and gender is not because Finland has one of the highest rates of gender equality.

EDUCATIONAL SYSTEM

The opportunity to receive education is truly one of a kind. Finland transformed itself from an agrarian society in the 1940's and 50's into the world leader in education. Tuition is completely free and lunch is provided at no charge in schools. Homework is minimal and school, in most cases, rarely lasts more than 6 hours. And being a teacher is one of the most prestigious jobs available in Finland.

Daycare is available for babies and toddlers. This allows both mothers and fathers to work during the day. After daycare, there are preschool and kindergarten programs. School is compulsory from ages 7 to 16 years old. From 7 to 13, Finnish students have the same teacher who moves up a grade along with the class. The relationship between teacher and student is really strengthened by this. At 16 years old, a student can choose either a general academic or vocational secondary school. The choice is entirely up to the student and lets the student choose their future.

The biggest difference between the educational systems in the United States and Finland in my opinion is the fact that there is almost no difference in the education you receive in two different schools in Finland. Schools offer the very same opportunities as others. In the United States, your education depends on location, the budget for the school, and whether the school is public or private. Of course, the United States has more high school and college students than Finland's entire population which makes it a bit more difficult to change the system radically.

A certain amount of core classes are required to be taken and after these, a student can graduate. When graduating high school in Finland, a matriculation exam is taken and if a student passes, they receive their certification stating that they graduated. Finnish graduation is such an important event that it is treated almost on the same level as a wedding ceremony.

A very friendly and strong relationship exists between students and teachers. It is a relationship built on respect on the student's part and trust on the teacher's. Teachers are respected because of their knowledge and dedication. Almost ninety percent of students that apply to be teachers are rejected and only the very best make it to the classrooms. Students are trusted to complete their work and be in class on time. If a student does not classes (in the older grades), they are free to leave the school.

As of 2011, 39% of Finnish adults held a tertiary degree. The entire university system is free of charge. Even international students can attend English-speaking programs for free. In Finland, there are 17 universities and 27 universities of applied science (vocational/technical). All the universities are equivalent and do not reward the prestige factor that private colleges in the United States do.

FOOD

Famous foods from Finland include rye and oat breads, Salmiakki licorice, Mämmi (an Easter pudding), and kalakuuko (fish pie). Some examples of indigenous cuisine include Poronkäristys, a sautéed reindeer dish from the Sami people in Lapland, and Mustamakkara, a blood sausage from Tampere in central Finland. Reindeer is a staple food in the north while beef and pork are preferred in central and south Finland. Regions that border the sea usually rely on fish and Swedish-speaking areas in southwestern Finland and the Åland archipelago crayfish are very popular in season.

Food prices are higher in Finland than in the United States. Most of the time the prices are almost 25% more expensive. Below are average food prices in Helsinki:

Liter of milk - \$1.10

Pound of butter - \$2.75

Dozen eggs - \$2.20

Loaf of bread - \$2.50

I may have the chance to try some new wild berries or mushrooms, but not many unusual fruits or vegetables are present in Finland. Some common spices used in cooking are cardamom, cinnamon, clove, allspice, nutmeg, and juniperberry. The Finnish cuisine does not commonly use a lot of spicy foods or substances. Also the water is very pure and safe to drink.

Finland's national nutritional guidelines are called Eat Well, or Syö Hyvää in Finnish. One interesting difference I found was a recommended reduction in eating meat. Finns have one of the highest per capita consumptions of meat in the world.

HEALTH

Life expectancy is 78 years for men and 84 years for women. This figure has been steadily rising along with advances in modern medicine nutrition. Birth rates are averaging about 20 per 1000 and infant mortality is 3.4 per 1000. Seventeen percent of Finns still smoke cigarettes daily, but this number is expected to fall as anti-smoking campaigns intensify. Only 0.1% of the entire population has HIV and 0.14% of the population has tuberculosis. According to the WHO, Heart Disease, Alzheimer's/Dementia, and Strokes are the three leading causes of death in Finland. Compared to the data for the United States, Finland's health is very similar to the United States, but with less of a trend of unhealthy behaviors.

When a Finn is sick with a minor sickness that does not need medical attention, they will first try to use the sauna to cure themselves. The sauna is very sterile and almost every person born in Finland before 1950 was born in a sauna. If it is a serious sickness, Finns will go to a health care clinic. Finland's health care system is free to taxpayers and is one of the best in the world. When traveling to Finland no immunizations are necessary because it is an industrialized nation.

Despite having one of the highest rates of death from heart disease 70 years ago, the Finns are now one of the healthiest nations in the world. Activities such as walking, running, cycling, and cross-country skiing are encouraged very energetically. Sports centers in cities and towns are even subsidized by the government. Exercise is incentivized by companies to get their employees to cycle to work and contests are held where the person with the longest distance cycled wins a prize like a vacation.

CURRENT EVENTS

Current social and political issues are problems that other nations are facing, especially other countries in the region. Finland was hurt by the loss of Nokia as a major employer and exporter. While the economy is bouncing back from this loss of jobs and revenue, the timber industry is also being affected by the revolutionary uses of technology. For the first time, paper is not the primary way that information is being recorded and demand for paper products is down. Joining the Euro stabilized the currency for a while, but the lack of a untethered currency lessens the economy's ability to fluctuate

and absorb losses. Perhaps the most controversial issue now are the diplomatic relations between Russia and Finland. The EU is critical of Russia's use of force in Eastern Ukraine and Crimea. Since Finland is part of the EU, it is involved in this criticism, but as Russia's neighbor they must preserve the relationship, so they are in a difficult position.

The main English language newspaper is the Helsinki Times and is available on the Internet. Two of the leading print newspapers are the Helsingin Sanomat and the Ilta Sanomat. Radio stations are broadcast by the national public broadcasting company, Yleisradio. There are even Swedish-speaking stations for the Swedish communities in Finland.

Finland and the United States have had continued diplomatic relations since May 7, 1919 which is the date the United States recognized Finland as a sovereign nation. Both are members of NATO and the Finnish military even trains American soldiers in winter warfare. Not many issues are disagreed upon by Finland and the United States. Trade is very strong and both countries have common goals that by working together, they can achieve.

Not many subjects are taboo in a conversation with a Finn. In familiar company, it is not impermissible to speak about religion and politics, or even complain about the government or taxes. Finland ranked number one on the Press Freedom Index for the years 2010 to 2016. This year its ranking fell to number three.

The crime rate is very low. Finland has the lowest ratio of police-per-capita in the world.

Overall it is very safe and in most of country, there is no cause for concern about safety. In larger population centers, petty crime is still an issue. Travelers should always be aware of their surroundings and their belongings. One way to stay safe and lower risk of being a target is to keep a low profile and not carry large amounts of cash.

GOVERNMENT

The government of Finland is a legitimate one with very low levels of corruption. Voting age is 18 years old and voting is a constitutional right. The last election was fair and elected Sauli Niinistö as

the twelfth President of Finland in 2012. Most Finns are supportive of President Niinistö and it is hoped that he will lead Finland out of the economic troubles it has been facing in the last two decades. Critics of the president say that he is not doing enough to denounce Russia's actions in Crimea and Ukraine.

Organization in Finnish government is very compartmentalized. On the national level, there are the Parliament with legislative powers, the Head of State (president), and the Cabinet, which is composed of the Prime Minister and the other ministers. Six regional State Administrative Agencies exist in Finland and 311 municipalities on the local level. The regional and local roles are designed to handle the administration of daily matters while the national role is to handle foreign policy and trade relations. Military and government are definitely separate entities in Finland. No coups nor dictatorships have occurred in the past 50 years.

The social welfare system in Finland is often described as a Nordic welfare state. This means that there is a structured system that takes care of the citizens despite socioeconomic status. Health care is free to taxpayers and the social security system provides a pension to the elderly and aid to the poor. In the last couple of decades, this welfare has been reduced, but is still among the most successful models being used by a nation.

Charles C. Adams, Jr. is the United States ambassador to Finland and Kirsti Kauppi is the ambassador from Finland to the United States. The United States Embassy is located in Helsinki. Finland has an embassy in Washington D.C., and Consulate Generals in New York and Los Angeles.

Drug trade and usage is illegal. It is dealt with strictly and offenders will be prosecuted. There is a zero tolerance of drug usage in most if not all occupations.

ADOLESCENCE

The drinking age, driving age, and age of adulthood are all the same at 18 years old. Minors over 15 are fined for possession of alcohol and their guardians are notified. Driving in a vehicle with a BAC (Blood Alcohol Level) over 0.05% is considered driving under the influence of alcohol and

penalties are very severe. Heavy fines and/or jail time are the punishment for drunk driving.

Finnish teenagers are given a lot of freedom and are expected to act mature. They are trusted to complete their schoolwork. In Finnish families a teenager is treated almost as an adult, hosting and visiting guests. It is very common for teenager to greet other teens using first names and when greeting adults, use their last name and a title like Rouva (Mrs) or "Herra" (Mr). Teenage Finns usually give a hand with household chores and run some errands like going to the store. Curfews vary but are commonly before midnight.

Fashion is usually pretty simple for teens in Finland. Jeans and a t-shirt is common for boys while jeans and a top is normal for girls. Going to the movies or a party are popular things for teens to do. Other times, they will exercise or just spend time with friends. Finns in general are very quiet, but social situations are easygoing and there is no single way that everyone interacts.

LANGUAGE

Finnish is a Finno-Uralic language related to Estonian and Hungarian, distantly. It is not at all similar to the languages of the other Nordic countries which are mutually understandable despite minor differences. When Finland was ruled by the crown of Sweden, the norm was to speak Swedish as it was the language of the ruling class. Finnish was only by the peasant class and did not have a written form. In the 16th century, a Finnish bishop named Mikael Agricola developed the grammatical foundation for the language and it became more popular to use Finnish in everyday life.

Newcomers to Finland do not really influence the language in many ways. However it is common to use "loaned" words from other languages to describe terms that do not translate directly in Finnish. More than two-thirds of the Finnish population speak more than one foreign language. About 42% speak English and 34% speak Swedish as a second language.

A distinct sense of humor exists in Finland and it is obvious in some of the Finnish idioms. One popular saying "Menneen talven lumia" which is the English equivalent "its water under the bridge", but literally translated is "it is snow of the past winter". Depending on who or what is the subject is, the

noun case changes dramatically. The phrase "kuusi palaa" alone has nine different meanings ranging from "your moon is on fire" to "the spruce returns".

Mainly, the differences in dialects between eastern and western Finland are not so much accents, but in the different colloquial terms used. Sometimes in eastern Finland, people will speak a little faster. Karelian is a Finnic language that is spoken by about ten thousand people that moved into Finland after their territory was ceded to Russia.

I plan to attain functional fluency before I leave on exchange by practicing Finnish for 30 minutes each day and listening to Finnish entertainment, eg. radio broadcasts, television shows, music, and documentaries when I have more than 30 minutes. My plan to study Finnish while I am on exchange is to use Finnish everyday to read or write in a journal and to try to learn a couple new words every day. If I am in a region where Finnish classes are available, I will enroll in those so that I can be around other people learning the language.

The table below shows some common English to Finnish equivalents:

English:

Hello

Moi, Hei, Terve, Moikka, Haloo, Päivä, Moro

Thank you

Kiitos, Kiitos paljon, Suurkiitos

I appreciate that

Arvostan sitä, että.

You are so kind

Olet niin kiltti.

Nice to meet you

Hauska tutustua, Hauska tavata

Goodbye Hei hei, Näkemiin, Hyvästi

I hope to see you again Toivottavasti nähdään taas.

How can I help? Miten voin auttaa?

What would you like me to do? Mitä sinä haluaisit minun tekevän?

I would really like to help Haluaisin todella auttaa.

SPORTS

Sports are very popular in Finland and many Finns are involved in athletics on a regular basis, whether individually or on community teams. Ice hockey, football, skiing, running, and swimming are some of the sports regularly practiced. Football was introduced in the late 19th century by English sailors. It became well liked very quickly and the Football association of Finland was started in 1907. The next year, Finland's football league joined FIFA. Some of the big rivalries between teams are the Helsinki vs. Haka, Helsinki vs. Tampere, and Tampere vs. Turku.

Sporting activities are available in schools, but schools do not have sports teams. The emphasis is placed less on the competition and more on exercise and learning. To play for a sports team, teenagers and adults can participate in a community sports club or at a city-sponsored recreational center. The opportunities for girls and women to play sports are the same for boys and men, but sometimes there will be a separate team or league.

ROTARY

Rotary was first established in Finland in 1926, just eight years after independence from Russia. The first meeting consisted of members of Rotary from around the world. At the time, a YMCA conference was taking place in Helsinki and the president of the Stockholm Rotary Club invited some of these members to a meeting. This was only the beginning of Rotary in Finland. Russia and Germany, both allies and enemies of Finland at different times, were suspicious of the American organization in WWII. In spite of all the difficulties, Rotary was kept alive and is thriving in Finland today.

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