

100

FINNISH THINGS TO DO IN THE UK

*Suomi
Finland*
100

Finland became an independent state on the 6th of December 1917. This year marks the centenary of Finland's independence and will be the most significant commemorative year for this generation of Finns.

The 100th anniversary emphasises Finland's strengths, such as equality and democracy by offering a diverse and international programme both in Finland and abroad, including the UK. The centenary celebrates an opportunity to better understand the past, experience the anniversary together and set the course for Finland's future success as an independent nation.

Here is a list of 100 Finnish things you can do all around the UK. Please join us in celebrating the centenary of an independent Finland – together with your family and friends



EMBASSY OF FINLAND
LONDON



The Anglo-Finnish Society
FOUNDED 1911



THE
FINNISH
INSTITUTE
IN LONDON



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MMANS



TOFFEE



1. Bake Finnish cinnamon buns, '[korvapuusti](#)'.
2. Eat fresh strawberries or blueberries with plain milk.
3. During the summer, keep the lights on for the whole night to simulate [the Midnight Sun](#).
4. Visit [the Moomin Shop](#) in Covent Garden.
5. Escape the city life for a weekend in the countryside, preferably by a lake.
6. Find one of the three blue plaques of a Finn in London, for example [the one of Jean Sibelius](#).
7. Spend a day in the forest, with a packed lunch in your backpack: a thermos flask of coffee and some rye bread sandwiches.
8. Learn the steps of a Finnish tango.
9. Try to speak without using gender specific pronouns (Finns use 'hän' for both men and women).
10. Have a sauna (e.g. at the [Finnish church](#)).
11. Play a rally or F1 on a game console and pick a Finnish driver to be the fastest.
12. Write a letter to [Santa Claus](#).
13. Visit the Finnish Christmas market in London.
14. [Go pick wild berries](#).
15. Visit [Futuro House](#) in London.
16. Visit the Finnish-owned [Piacha Tea Bar](#) in London.
17. Wear shorts as soon as it's sunny and the temperature rises above +10C.
18. Use [a heart rate monitor](#) while doing sports.

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19. Enjoy a cup of coffee from an Iittala mug at [Nordic Bakery](#) in London.
20. Play Angry Birds, Snake or some other Finnish mobile game while waiting for a bus.
21. Visit the [war memorial for Finnish soldiers](#) in Lewes.
22. Fall in love with Finnish design at Skandium shop in London.
23. Find an escalator made by Finnish company KONE.
24. Eat Finnish liquorice, for example Panda.
25. Spot the [James Finlayson plaque](#) in Edinburgh.
26. Try to pronounce lämpimämpi (warmer) or another exotic Finnish word.
27. Listen to a Finnish heavy metal band, such as Apocalyptica, Hevisaurus or Children of Bodom.
28. Browse through photos of Lapland and dream about [the Northern Lights](#).
29. Watch a Finnish movie, for example Aki Kaurismäki's tragicomedy "I hired a contract killer", which was filmed in London.
30. Have oatmeal as breakfast with 'voisilmä', a small lump of butter.
31. Check your keys – is your home protected with a Finnish ABLOY lock?
32. Gather your friends for a cosy get-together with coffee and blueberry pie.
33. Throw a party with Finnish May-Day 'Vappu' theme: have balloons , serpentine, meadlike non-alcoholic drink 'sima', doughnuts and funnel cakes.
34. Try cross-country skiing.

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35. Try [Midsummer spells](#).
36. Learn how to roll the R like Finns.
37. Go and see the U.S. Embassy building in London, designed by Finnish architect Eero Saarinen.
38. Enjoy classical music composed by Jean Sibelius, Finland's greatest composer.
39. Make a gingerbread house together with your friends and family for Christmas.
40. Listen to music played with a [kantele](#), the Finnish national instrument.
41. Get to know the Finnish "cultural specialities" by reading the webcomic [Finnish Nightmares](#).
42. Spend some time in comfortable silence – alone or in company.
43. Try 'salmiakki', the Finnish salty liquorice.
44. Get to know Finnish mythical heroes by reading Finland's national epic [Kalevala](#).
45. Explore Finnish culture at [Nordic Matters](#) – a year long celebration at Southbank Centre.
46. Go skinny-dipping (or just swimming) in a lake or a river.
47. Borrow a book by a Finnish author from a library.
48. Step further into [the Sauna culture](#) and make a birch whisk to gently hit yourself while having a sauna.
49. Drink milk with dinner.
50. Go see an ice hockey match (every year the nation goes crazy about Ice Hockey World Championship).
51. Use [Finnish expressions](#) such as "I love it like a crazy person likes porridge".

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52. Taste (or bake!) [Karelian pasties](#).
53. Visit the [Finnish Grillikota](#) on the Isle of Lewis, Scotland.
54. [Eat pea soup on a Thursday](#) and have a piece of Finnish pancake for dessert.
55. Visit Finland Road, Finland Street or Helsinki Square in London.
56. Try knitting a pair of woollen socks – the crazier the colours the better.
57. Go to a classical music concert conducted by a Finn.
58. Watch a Finnish animated movie (Niko & the Way to the Stars) or animated TV-series (The Moomins).
59. Use [Finland emoji's](#) when messaging.
60. Spot clothing or accessories by a Finnish brand such as Marimekko or Minna Parikka.
61. Introduce playful learning to children by combining a fun activity with education.
62. Treat yourself to a piece of Finnish chocolate.
63. Have a Finnish-style afternoon tea with open sandwiches and coffee.
64. Play a game of [Mölkky](#).
65. Enjoy coffee from a paper cup and a Finnish-style crêpe with strawberry jam at a market square.
66. [Finland's Face](#): have your portrait turned into a cartoonlike picture.
67. Play Darude's Sandstrom at a party.
68. Come up with a bizarre sport, such as wife-carrying, and organise a world championship contest.

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69. Barbecue with family and friends during the summer – no matter what the weather.
70. Watch the national sport, Finnish baseball [online](#) or try playing it.
71. Find a painting by a Finnish artist in an art gallery, for example ‘Lake Keitele’ at the National Gallery.
72. Try ice skating.
73. Chew xylitol gum, a Finnish invention which is good for your teeth.
74. Visit Finland Road in Stockport or drive along Sibelius road in Hull.
75. Take off your shoes at a house party.
76. Celebrate the success of your favourite sports team the Finnish style: gather at a market square!
77. Have a quiz night with a Finland theme.
78. Build a snow lantern from snowballs.
79. Draw a picture of a famous Finn.
80. Find out which Finnish artists or bands are touring in UK this year.
81. Enjoy salted herring and new potatoes for lunch.
82. Use the famous orange-handled Fiskars scissors.
83. Answer honestly when someone asks you how you are.
84. Get inspired by the Helsinki’s [Restaurant Day](#) and organise a pop-up restaurant in your home.
85. Consider nature to be your second home.
86. Like a true Finnish fashionista, head out with the combination of socks and sandals.

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87. Say "I love you" to somebody you love very much in Finnish: minä rakastan sinua.
88. [Finnish your dinner](#) 25.–27.8. – organise a Finland 100 dinner party.
89. Don't give up but go through hard times with Finnish mentality, '[sisu](#)'.
90. Learn about '[virpominen](#)', children dressing up as a witches at Easter and going door to door.
91. Eat rye bread, [the national food of Finland](#), along with creamy fish soup.
92. Participate in 'talkoot', a voluntary gathering to get something done for someone, e.g. fixing up the garden.
93. When going to your next meeting, arrive 5 to 10 minutes early.
94. Seek out the portraits of former Finnish president Risto Ryti and the Finnish actress Aino Ackté at the National Portrait Gallery.
95. Use a Finnish mobile app, for example [Sports Tracker](#).
96. Spot the flag of Finland at the [Embassy of Finland in London](#).
97. Bask in the sun like a [Saimaa ringed seal](#), an endangered species that lives only in Lake Saimaa, Finland.
98. Try the Nordic French menu by a Finnish chef Helena Puolakka at the restaurant [Aster in Victoria](#), London.
99. Tweet about Finland with #Finland100 and #Finland100UK.
100. Celebrate the 100th birthday of Finland on the 6th of December together with friends and family.

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