

# Via Helsinki

The Magazine for Helsinki-Vantaa Travellers ● 1/2009



OLYMPIC  
**DESIGNER**  
FROM BEIJING

THE GREAT  
**SCIENCE OF**  
CHAMPAGNE

CHEWING  
**BIRCH**  
IS SWEET

time = \$ ..or does it?

THE MYSTERY OF  
**MURDERED**  
RASPUTIN  
OF ICE AND  
**DIAMONDS**

**viaservice:** shops, restaurants, gifts, souvenirs etc.

IN THE MIDDLE OF IT ALL



Aviapolis is a new global center of business and personal life being developed in the immediate vicinity of Helsinki-Vantaa international airport. It provides an international, centrally located environment for companies, residents, and business visitors. Read more about how we see the world: [www.aviapolis.fi](http://www.aviapolis.fi)

 **aviapolis**  
In the center of your world

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**EDITORIAL** *Irmeli Paavola*

# Welcome to Helsinki, Welcome to the World

**Unspoiled nature**, silence, thousands of lakes, the Northern Lights, snow and Lapland are matters of course for us Finns. What we long for are faraway places – in much the same way as our Chinese readers, who are familiar with the impressive Great Wall, or our Italian readers with the magnificent Duomo di Milano. We all want to see and experience new things. We travel to other countries to broaden our horizons.

**Travel offers** new perspectives. We Finns, for example, may not be aware that, seen from Asia, Finland is the closest European country – practically a neighbour when travelling by air. Via Helsinki, the route that passes through Helsinki Airport is the shortest between Asia and Europe, a modern Silk Road connecting East with West.

**International passengers** have consistently rated Helsinki Airport among the ten best airports in the world. Many are pleased with the high quality of service and lack of congestion. Others mention the cosy atmosphere and easy navigation. We are continually developing our services to make your trip even more successful and enjoyable; this new *Via Helsinki* magazine is one example of our commitment.

**When travelling abroad** we often pay attention first to differences:

language, clothing, culture. Yet we all have so much in common. Science has proved that all humans share the same genetic origin. Our minds are also similar, and the great questions we ponder are essentially the same. What is time? How can we be happy? What is love? What is the meaning of life?

**Via Helsinki, the route that passes through Helsinki Airport is the shortest between Asia and Europe, a modern Silk Road connecting East with West.**

**We also share** this planet, our home. Satellite images show us that national borders are mere lines drawn on water. Destruction of rain forests and oil leaks at sea, even on the other side of the world will affect us all. Cooperation beyond national borders is crucial if we wish to overcome such

global challenges as environmental problems or economic crises. Air transport carries us to the negotiation tables of the world. It is a physical Internet, bringing nations together to build a sustainable future.

**Exploring the concepts** of time and happiness, this issue invites you on a journey of the mind. We will take you from Helsinki Airport to Lapland, the Arctic Circle and a Finnish diamond mine that may well present the world with the next Great Star of Africa. Other topics include the life and times of the legendary Rasputin, an iconic Russian figure. We hope our stories will transport you to faraway places - whether you're about to leave or just returning home.

Have a fascinating journey!





There are **5.9** million hotels in the world

[www.worldtourismorganization.com](http://www.worldtourismorganization.com)



## In Figures

The oldest hotel still in operation is the Hoshi Ryokan, in the Awazu Onsen area of Komatsu, Japan which opened in

**717**



The world's fastest animal is the peregrine falcon (*falco peregrinus*), able to reach a speed of nearly **400** km/h in vertical dive. The fastest land animal in the world is the cheetah (*acinonyx jubatus*), capable of more than **110** km/h when hunting.



The world's busiest airport is Hartsfield-Jackson Atlanta, USA serving more than **90** million passengers annually with nonstop flights to more than **90** international destinations in **55** countries.  
[www.atlanta-airport.com](http://www.atlanta-airport.com)

The largest airport in the world (in terms of surface area) is the King Fahd International Airport in Damman, Saudi Arabia. It covers some **780** square kilometres – larger than many cities.  
[www.flightmapping.com](http://www.flightmapping.com)



## Colours Matter

**CREATIVE THINKERS:** surround yourselves with blue. If attention to detail is needed, red is your colour. Researchers at the University of British Columbia have shown that colours have an effect on intellectual performance. According to their results, blue feeds creative thinking and red improves attention to detail. The scientists tested the effect of colours on tasks such as solving anagrams, remembering word lists and coming up with ideas for children's toys. Some of the tasks were performed on paper, others on a computer using various background colours.

However, the researchers observed cultural differences in the effects of the colours. In western culture, blue is the colour of sky and water and has a calming effect. Red is generally used for warning and alert, and has an opposite effect. Blue is also considered to be cool while red is thought of as warm.

[www.sciencemag.org/scienceexpress](http://www.sciencemag.org/scienceexpress)

## Best of All Airports

Which airport gave you the best service? Which is the most comfortable? Aviation research organisation Skyrax asked 8.2 million travellers from around the world these very questions. According to travellers, the best airports of 2008 were:

1. Hongkong
2. Singapore Changi
3. Seoul Incheon
4. Kuala Lumpur KLIA
5. Munich
6. Kansai
7. Copenhagen
8. Zürich
9. Helsinki-Vantaa
10. Cape Town

[www.worldairportawards.com](http://www.worldairportawards.com)



## Location and Comfy Chairs

### WHEN LUXURY TRAVEL AGENT

Forbes Traveler listed the 400 best hotels in the world, the only Nordic establishment it included was Hotel Kämp in Helsinki. Kämp was particularly praised for its immaculate service, excellent location and the exquisite interior design. The 400 hotels on the list were not, however, ranked, as each hotel is unique and offers its own experiences.

[www.forbestraveler.com/forbes400](http://www.forbestraveler.com/forbes400)

## Hot View of the Runway

**ENJOY THE SOOTHING** heat of a sauna at the airport while you watch planes take off and land. In autumn 2009, a quality Spa & Wellness centre for long-distance travellers will open in the new wing of the Helsinki-Vantaa terminal. Relax with spa treatments or float in a mineral water pool while you listen to underwater music. The spa will be built in connection with the *via.helsinki* lounge for business travellers.

## Green Dreams

**EARLY THIS YEAR** the Hilton hotel at Helsinki-Vantaa Airport received the Swan ecolabel. The Swan label means the hotel is committed to reducing its energy and water consumption, using chemicals with low environmental effects, and sorting its waste.



chemicals with low environmental effects, and sorting its waste.

## Live2011.com Grand Prix Calls for Participants

**TURKU, FINLAND'S FIFTH** largest city, is organising a competition for world's best media art prizes in summer 2011. Turku will also be a European Capital of Culture that year. The competition consists of eight categories, the total sum of the prizes being EUR 140,000. **Linus Torvalds**, creator of the Linux operating system, will be patron of the competition, the eight categories of which will focus on such areas as free audiovisual expression, interactive artwork and creative interpretations of Turku. The entries will be presented on the Capital of Culture's Live2011.com site and in Turku during the Capital of Culture year. Deadlines for entries vary from November 2009 to June 2010.

[www.live2011.com](http://www.live2011.com)

## A FEW PENNIES IS A BIG HELP

**FIVE PLAN PASTIL** savings boxes at Helsinki-Vantaa collect money for improving living conditions for the world's poorest children and families.

# Ten km

**YOUR LUGGAGE ALWAYS TRAVELS WITH YOU, BUT IT TAKES A FEW DETOURS ALONG THE WAY.**



# Got Time?

**THREE TIPS TO PASS THE TIME WHILE YOU WAIT FOR YOUR FLIGHT.**

## 30 MINUTES

**Local food in a Finnish design environment.** Enjoy unique Finnish cheeses, reindeer and other delicacies produced by local, independent Finnish farmers, at Café Alvar A., where top Finnish design brands are also in evidence. The curvaceous counter follows **Alvar Aalto's** timeless Savoy vase design, the chairs are Artek classics and one entire wall is decorated by Iittala glassware pixel art.

**Café Alvar A.** Gate area, gate 24.



world are the most useless; peacocks and lilies for instance.”

- AUTHOR JOHN RUSKIN

# Luggage Trip

**In autumn 2009**, Helsinki-Vantaa will complete a new baggage centre. The larger space and modern technology will allow the airport to handle more than four million more items of luggage than its present facilities can. The overhaul will improve service and make for smoother travel to and from Asia.

The new baggage centre required that a 280 metre long tunnel be dug 22 metres below the terminal. The tunnel connects the current facilities with those in the new terminal. The entire handling system will be more than 10 kilometres long and able to handle more than 7,000 pieces of luggage an hour.

Finavia began current expansion of Helsinki-Vantaa in autumn 2006.



## ARRIVALS *Here and at the Other End.*

### ● HELSINKI-VANTAA: Online at the airport.

Wireless network is available in all waiting areas and in the customer premises of coffee shops and restaurants. An announcement of this automatically appears on your computer screen when the computer is within network range. If you have left your computer at home you might want to look in at the *Internet booth* or, if you need to work for a longer time, the *eService Bar* near gate 19. Web connection in both places is available for a fee. At the same time check out Finavia's new *B2B web site*, for information such as whether an Airbus can land at Kittilä Airport in Northern Finland. Finavia's web pages in English are designed to provide even better service for airline and travel agent customers. [www.finavia.fi](http://www.finavia.fi)

● **FRANKFURT: Under construction.** A new runway, a third terminal and a new maintenance hangar for the new A380 long-haul widebody aircraft are being planned for this airport. The first of these projects to be completed will be the new runway, which will be ready by the end of 2011. [www.airportcity-frankfurt.com](http://www.airportcity-frankfurt.com)

● **COPENHAGEN: Smoother travel.** Terminal Three which serves SAS will be under renovation during the spring. With additional space and new check-in services, it will reopen in early summer. **Scandinavian design.** The Illums Bolighus department store is launching a new concept at the three interior design units at the airport. The refurbished shops will be ready for the summer. [www.cph.dk](http://www.cph.dk)

● **STOCKHOLM-ARLANDA: Wings of love.** Since January, marriage ceremonies have been performed in the control tower and on the wing of a jumbo jet. The couple can spend their wedding night in a hostel in a jumbo jet. [www.arlanda.se](http://www.arlanda.se)

## 1 HOUR

**Missing a few presents for loved ones?** Helsinki-Vantaa shops offer a top-quality selection of cosmetic, fragrance and electronic brands, not to mention a wide selection of gift products, jewellery, watches and Finnish delicacies.

Passengers heading abroad can do affordable shopping in the gate area after security control. Passengers arriving from abroad can also visit the Finnair Arrival Shop and Duty Free Arrival Shop in the baggage claim halls.

## 5 HOURS

**A great view, peace and your favourite music.** Relax in comfort or work in peace while you wait for your flight in the Tower Lounge. In addition to snacks and soft drinks, the lounge offers a wireless network service and computers are available for your use. The speciality of the lounge is the Private Audio Space, where you can connect your laptop or mp3 player so you can listen to your own music – privately, without headphones.

**Tower Lounge.** Gate area, gates 25-26.

The Tower Lounge at Helsinki-Vantaa airport has been nominated as one of the most comfortable airport lounges with best services. Tower Lounge received the Highly Recommended award in the Lounge of the Year 2009 poll, with Priority Pass granting awards to 15 of the total of over 600 lounges included in its programme. The Priority Pass programme annually polls its cardholders on the best airport lounges. [www.prioritypass.com](http://www.prioritypass.com)





## MY MOMENT *in Finland*

"I walked with friends on the ice-covered Helsinki sea shore. It was a truly unique experience. I saw snow and ice for the first time in my life and felt the cold air in my lungs."

**Spyros Chatzisyrou,**  
programmer, Greece



"I enjoyed an excellent dinner with colleagues at the Chez Dominique restaurant in Helsinki. Both food and service were first-class. I particularly remember the dessert – fried Baltic herring with ice-cream. Delicious!"

**James J. Choi,**  
Assistant Professor  
of Finance, United States



"I met Santa Claus at Korvatunturi. It was a confusing moment. I didn't dare shake hands, I only looked at him from a distance. There were also elves in Santa's workshop, and outside there were reindeer."

**Beatrice Pang,**  
radiographer, Hong Kong



# Marlene's Sunday

## WITH SO MANY SPARKLING WINES IN THE WORLD, WHY IS CHAMPAGNE THE MOST PRESTIGIOUS?

**Champagne is a sparkling wine** produced only in Champagne, the northernmost wine district of France. Only hand-picked Pinot Noir, Meunier and Chardonnay grapes are used to make it.

The climate in Champagne is rather harsh and the grapes have little time to ripen in the cool weather. As a result, the wine is light with plenty of fruit acids, but only little alcohol. The best sparkling wines have these same properties.

**The traditional way to make champagne,** méthode champenoise is slow, arduous and expensive, including second fermentation in the bottle. A mixture of sugar and yeast called liqueur de tirage is added to the base wine after primary fermentation in tanks, and the bottles are

closed with crown caps. Bubbles form as the yeast and sugar start the second fermentation, prise de mousse.

The lees, or sediment, is removed from the bottle after riddling, or remuage, with the lees settling in the neck of the bottle. The neck is frozen in a salt solution and the cap is removed, allowing the pressure in the bottle to force out the frozen lees. Some wine will also leak from the bottle, and a solution of wine and sugar, called liqueur d'expédition, is added to maintain the level. Finally the bottle is closed with a cork.

**Several quality sparkling wines,** such as the Spanish Cava, are created the same way. Most sparkling wines, however, are produced faster and more cheaply. Fermentation will take place in the bottle as for champagne but the laborious and expensive yeast removal process is skipped and, instead of riddling, the bottles are emptied into a pressurised container to be filtered and finished. The most popular production method uses low-cost tank fermentation. There is no in-bottle secondary

## STEP BY STEP *How to Get to Lappi in Helsinki?*

**The Lappi restaurant is a mere hour and four euros away from Helsinki-Vantaa Airport.**

**1.** Leave the arrivals hall 2 through the sliding doors. Turn right, walk one hundred steps and turn left. **2.** Cross the road using the pedestrian crossing and look right: you will see bus stop number 21, barely a few dozen steps away. Take bus number 615. The bus ticket will cost you 4 euros. **3.** Get comfortable in your seat and enjoy the view. First the airport scenery flashes by. Next the bus turns to Tuusulantie, one of Helsinki's busiest roads. Gradually, the views become more urban as detached houses are replaced by blocks of flats. The bus continues on to Mäkelänkatu and then turns right to Hämeentie. Your final stop is Rautatientori, the central square next

to the main railway station in the heart of Helsinki. Duration of the trip: 50 minutes. **4.** Get off the bus and turn left, towards Kaivokatu. Cross the street and turn right at Makkaratalo the "Sausage" building, nicknamed for the concrete "tube" encircling its first floor. **5.** Walk along Kaivokatu until you come to Mannerheimintie, Helsinki's main thoroughfare. Cross the street and walk up Simonkatu. **6.** Take the first left to Yrjönkatu. Walk towards the Hotel Torni but turn into Eerikinkatu before you get there. **7.** Walk on and then turn left to Annankatu. Walk another hundred steps. **8.** Your destination is Annankatu 22.



### THE MOST POPULAR DISHES FROM LAPLAND

- Lappish plate for two (appetizer)
- Grilled fillet of reindeer (meat dish)
- Smoked fish selection for two (fish dish)
- Chocolate cake (dessert)



like black and grey.”

- WRITER GRAHAM GREEN

# Froth

fermentation and fermentation takes place in pressurised tanks. The easiest method is simply to pump the bubbles (carbon dioxide) directly into the bottle, as they do for soft drinks.

The traditional method used in champagne makes the bubbles small and enduring.

**The popularity of champagne** is largely explained by its carefully nurtured brand image, though quality champagne is well worth its prestige: it is produced manually from excellent ingredients according to carefully regulated methods. Champagne is the drink for every social occasion. As the German-born actress **Marlene Dietrich** said:

“Champagne makes you feel like it’s Sunday and better days are just around the corner.”

Santé!

*The expertise of restaurant manager Ismo Liimatainen from Helsinki-Vantaa airport was used to write this article.*

**Sparkling! To do justice to sparkling wine, pour it into a tulip-shaped glass. The glass guides the fragrance to a small area together with the bubbles, adding to the experience.**

## THE MOST POPULAR WINES AT WINE & VIEW

- 1 Freixenet Cordon Negro Brut (Cava)
- 2 Freixenet Carta Nevada Semi-Seco (Cava)
- 3 Nicolas Feuillatte Blanc de Blancs 2000 (Champagne)
- 4 Pinot Grigio della Venezie 2006 (white wine)
- 5 Veuve Clicquot-Ponsardin Brut (Champagne)

*Wine & View’s varying selection is chosen from the world’s thousand best mature wines, and we have a selection of modern wines, all served by the glass.*

Wine & View. GATE 28.



## HELSINKI-VANTAA: *The Numbers Rival Disneyland*

**More than** 13.4 million passengers passed through Helsinki-Vantaa Airport in 2008, an increase of about 2 percent over the previous year. The biggest growth was in international traffic.

Total traffic between Asia and Finland broke the 1.48 million mark. The most popular Asian destinations for scheduled and charter flights combined were China, Thailand and Japan.

Last year 1.9 million travellers changed planes at Helsinki-Vantaa. Of these, a record 1,084,000 were international transit passengers. This was an increase of

almost one-fifth from 2007. The number of international transit passengers destined for Asia also rose by one-fifth, to 458,000.

### HOW MANY IS 13.4 MILLION?

- The populations of Guatemala, Malawi or Niger.
- The number of visitors to California’s Disneyland in 2004.
- The television audience for the Tampa Bay Rays vs. Boston Red Sox game in the USA in October 2008. This was an all-time record for a baseball audience.



## Helsinki – Lovebird Destination Number One

IF THE BEST known romantic resorts of Europe are completely passé for you, bring your sweetheart to Helsinki. As a romantic destination, Helsinki even holds its own against Paris, says British newspaper The Times. According to the paper, Helsinki is full of surprises: the street cafes remind you of Rome, the neoclassical buildings St. Petersburg.

You might begin your day with breakfast at Café Success and then shop for quality clothing at Design Forum Helsinki. Then take a nap at Hotel GLO. Your beloved's heart will melt, if it hasn't already, when you

dine at the most romantic restaurant in the city – the Savoy.

Other cities on the Times list were Brussels, Belgium; Biarritz, France; Seville, Spain; Fes, Morocco; and Sienna, Italy.

[www.timesonline.co.uk](http://www.timesonline.co.uk)



## 3 Ways to the Finnish Summer

**1. Mushroom hunt in Mikkeli.** Empowering experiences in forest and lakeside landscapes. Finnish Forest Power Experts, Metsämatkat. [www.metsamatkat.fi](http://www.metsamatkat.fi)

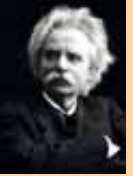
**2. Canoeing in the wilds of Lapland.** All-round trips and entertainment in Inari, Lapland is organised by Joiku-Kotsamo Safaris, Saariselkä, Inari. [www.saariselka.fi/joikukotsamo](http://www.saariselka.fi/joikukotsamo)

**3. Tango maniacs on Finnish dance floors.** Dance competitions, concerts, outdoor dances and a singing contest, culminating in the selection of the Tango King and Tango Queen. The Tango Festival in Seinäjoki, 8-12 July. [www.tangomarkkinat.fi](http://www.tangomarkkinat.fi)

### MUSIC Bergen, Norway

Sunrise, the closeness of death – these themes inspired **Edvard Grieg** (1843-1907) to create his masterful composition for the play *Peer Gønt*. The best place to hear the music of Norway's most important composer is his birthplace of Bergen, Norway.

*Troldhaugen Concerts* from 17 June until 6 August on Wednesdays, Saturdays and Sundays. Edvard Grieg Museum. Troldhaugveien 65, Paradis – Bergen. [www.kunstmuseene.no](http://www.kunstmuseene.no)



### SUPERMARKET Manchester, UK

The Morrison supermarket in Chorlton-cum-Hardy in Manchester looks exactly like thousands of other grocery shops around the world, but appearances deceive. This is the supermarket that appeared in *Cracker*, the British crime drama. Manchester cityscapes and life have also been seen in such TV series as *Coronation Street*, *Queer as Folk* and *Life on Mars*.

Guided walking tours are an even better way of getting to know the city. Crime show fans will particularly enjoy the *Criminal Events* and *Crime and Punishments* tours that present the dark side of Sin City.

Guided walking tours. Manchester Visitor Information Centre (TIC). Town Hall Extension, Lloyd Street, Manchester. [www.visitmanchester.com](http://www.visitmanchester.com)

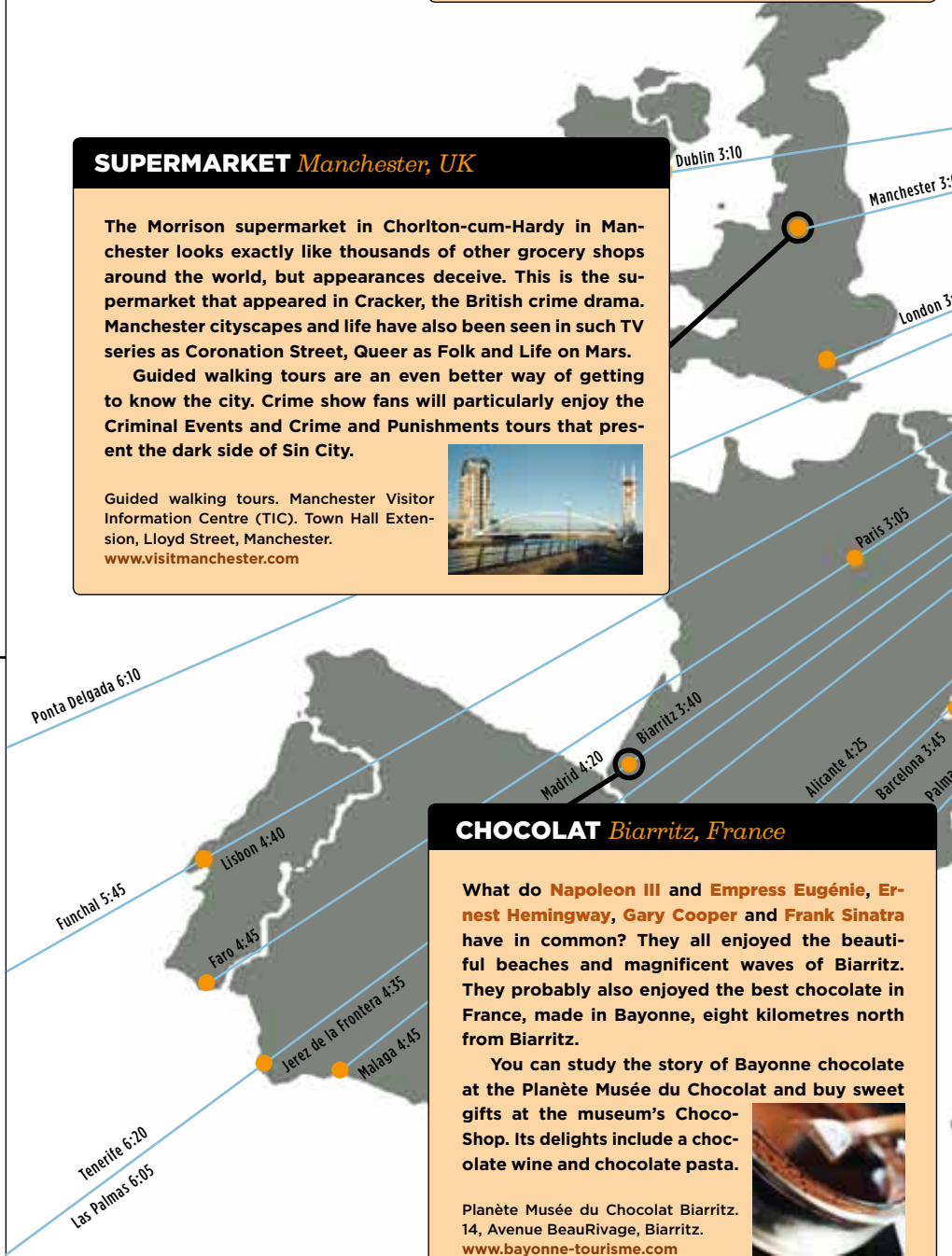


### CHOCOLAT Biarritz, France

What do **Napoleon III** and **Empress Eugénie**, **Ernest Hemingway**, **Gary Cooper** and **Frank Sinatra** have in common? They all enjoyed the beautiful beaches and magnificent waves of Biarritz. They probably also enjoyed the best chocolate in France, made in Bayonne, eight kilometres north from Biarritz.

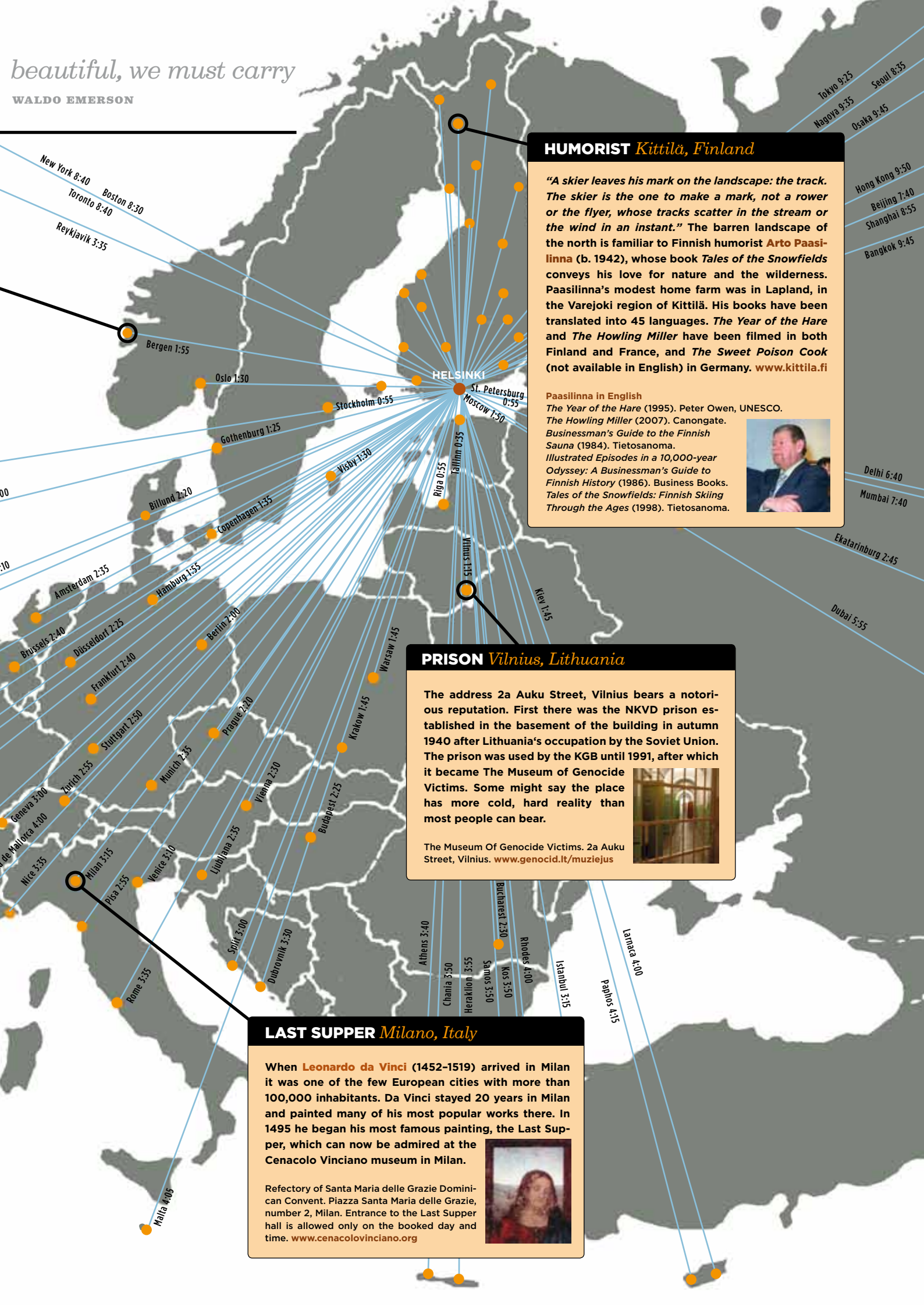
You can study the story of Bayonne chocolate at the Planète Musée du Chocolat and buy sweet gifts at the museum's Choco-Shop. Its delights include a chocolate wine and chocolate pasta.

Planète Musée du Chocolat Biarritz. 14, Avenue BeauRivage, Biarritz. [www.bayonne-tourisme.com](http://www.bayonne-tourisme.com)



beautiful, we must carry

WALDO EMERSON



### HUMORIST *Kittilä, Finland*

"A skier leaves his mark on the landscape: the track. The skier is the one to make a mark, not a rower or the flyer, whose tracks scatter in the stream or the wind in an instant." The barren landscape of the north is familiar to Finnish humorist **Arto Paasilinna** (b. 1942), whose book *Tales of the Snowfields* conveys his love for nature and the wilderness. Paasilinna's modest home farm was in Lapland, in the Varejoki region of Kittilä. His books have been translated into 45 languages. *The Year of the Hare* and *The Howling Miller* have been filmed in both Finland and France, and *The Sweet Poison Cook* (not available in English) in Germany. [www.kittila.fi](http://www.kittila.fi)

#### Paasilinna in English

*The Year of the Hare* (1995). Peter Owen, UNESCO.  
*The Howling Miller* (2007). Canongate.  
*Businessman's Guide to the Finnish Sauna* (1984). Tietosanoma.  
*Illustrated Episodes in a 10,000-year Odyssey: A Businessman's Guide to Finnish History* (1986). Business Books.  
*Tales of the Snowfields: Finnish Skiing Through the Ages* (1998). Tietosanoma.



### PRISON *Vilnius, Lithuania*

The address 2a Auku Street, Vilnius bears a notorious reputation. First there was the NKVD prison established in the basement of the building in autumn 1940 after Lithuania's occupation by the Soviet Union. The prison was used by the KGB until 1991, after which it became The Museum of Genocide Victims. Some might say the place has more cold, hard reality than most people can bear.

The Museum Of Genocide Victims. 2a Auku Street, Vilnius. [www.genocid.lt/muziejus](http://www.genocid.lt/muziejus)



### LAST SUPPER *Milano, Italy*

When **Leonardo da Vinci** (1452–1519) arrived in Milan it was one of the few European cities with more than 100,000 inhabitants. Da Vinci stayed 20 years in Milan and painted many of his most popular works there. In 1495 he began his most famous painting, the Last Supper, which can now be admired at the Cenacolo Vinciano museum in Milan.

Refectory of Santa Maria delle Grazie Dominican Convent. Piazza Santa Maria delle Grazie, number 2, Milan. Entrance to the Last Supper hall is allowed only on the booked day and time. [www.cenacolovinciano.org](http://www.cenacolovinciano.org)







## WEARING WOOD

The outermost bark - called "tuohi" in Finnish - has been used to make shoes, knapsacks, beakers and in ancient times, even boat sails. Tuohi was also an important building material, used in roofing and as damp insulation in foundations and timber frames and as insulation in floors and ceilings. Designer Harri Koskinen has designed a modern version of the traditional wood shingle basket, the shingle bag, just the right size for a laptop. The bag is only available at Café Alvar A. at Helsinki-Vantaa Airport (GATE 24).

## AND YOU CAN SIT ON IT

The renowned Finnish designer **Alvar Aalto** often used pale, lightly treated birch in his furniture. The material also makes excellent plywood and firewood and has become an essential ingredient in fine-paper pulp.



## THIRST QUENCHER

Birch sap can be used to quench thirst, to dilute other juices, as water for tea, for baking or for making porridge. When it's no longer fresh it can also be sprinkled on flowers. Early in the growing season a milky sap flows through the tubular xylem system. This sweet, syrupy liquid contains sugar, proteins, amino acids and enzymes and in spring a birch will produce an average of five litres a day of this nectar.



# Brilliant Birch

**Birch ("KOIVU" in Finnish) is a family of plants that includes about 120 species of trees and bushes in the temperate zone of the northern hemisphere. The trunk and branches of birch are covered with a thin bark that peels easily and which is often white with black streaks. The tallest birch can reach as high as 25 metres and may grow to be a hundred years old. Finnish tradition holds that the tree combines femininity and innocence. Indeed, its scientific name of *Betula* derives from a Hebrew word meaning virginity.**



## RUDOLF KOIVU, SAKU KOIVU...

Koivu is currently the surname of 3,014 Finns. Famous Finnish Koivus include the painter **Rudolf Koivu** (1890-1946); ice hockey player **Saku Koivu** (Montreal Canadiens); **Timo Koivu** (1918-1985), the 171st recipient of the Mannerheim Cross for services in WW II 2; and **Sirpa Koivu**, Miss Finland 1956.

## ON DRUGGISTS SHELVES

A number of drugs containing flavonoids as active ingredients can be derived from birch, including birch-leaf tea, which can ease inflammations of the bladder and urinary tract. Birch can also relieve rheumatism and gout. And that's not all. Birch ash has been used as a cancer treatment and the tarry bark resin can help with skin problems.



## A SWEET CHEW

The sugar derived from birch is called xylitol and it has roughly the same sweetness as normal sugar, with a cool, fresh taste. Xylitol's benign effects on teeth were proved in Finland in the 1970s, and by preventing the growth and transmission of the streptococcus mutans bacterium from person to person it also hinders dental cavities. Xylitol-Jenkki, the xylitol chewing gum used in the research, was first marketed in Finland in 1975.



## PURIFYING WHISK

Finns love their sauna. First they warm themselves to a sweat. They then sling more water on the stones to heat the air. Next, they gently whisk themselves with a bunch of silver birch twigs, called a "vasta" in eastern Finland and a "vihta" in the west. The effect is to massage and purify the skin.



about the world is that it is comprehensible.”

- PHYSICIST ALBERT EINSTEIN

COLUMN by Tuomas Nevanlinna



Tuomas Nevanlinna is an author, columnist and translator currently living in Chicago, USA.

## Air Food and Other Flights of Fancy

**I have no fear** of flying in the clinical sense, but I always make sure to say goodbye to my loved ones when I leave, just in case. During takeoff I take stock of everything I believe in. As this takes alarmingly little time I then begin to search for evidence of strain in the flight attendants' smiles. Have the engines failed?

Until the promising sounds of clatter and bustle reach my ears. Oh yes! There will be food.

**Some things** go beyond the realms of parapsychology. I long considered my mysterious love for airline meals as one of them. In-flight meals are often disparaged as unecological, industrially standardised and processed bulk food.

Yet my deeply rooted respect for airline meals may not be completely inexplicable. Firstly, serving the food is a reliable sign of a return to normal after the risk inherent in takeoff. We are going to live after all. Secondly, opening the packets and eating give me something to do. And thirdly, it tastes good. Almost without exception.

My detractors would of course say that I'm merely projecting my relief onto the taste of the food. But what if the taste just doesn't reach them because they are blinded by their own "progressive" mantras?

**A while ago**, during a flight, my attention was caught by a family sitting across the aisle. They behaved very strangely, even though they broke no actual rules. So what was so odd? Probably that they acted as if they were on a train or a long-distance bus: they ate their own packed food, walked back and forth in the aisles and passed the time with a community sing-along. All that was missing was a card game, a caged parrot and a quiz game hosted through a megaphone.

With slow vehicles such as horse-drawn wagons, buses or the old trains, your journey. The process of travelling is an experience in itself, a genuine part of the trek. Travelling is not just a bothersome nuisance that has to be endured in order to get from A to B. Rail travellers are always active; they can wander from car to car, change seats and choose when to visit the restaurant car.

In an aeroplane you are not really travelling but transported to a destination. In transportation, the travelling process is just an obstacle in reaching the destination. It is paradoxical but true that technology aiming at ultimate convenience, efficiency and speed creates an illusion of slowness.

**Yet my deeply rooted respect for airline meals may not be completely inexplicable. Opening the packets and eating give me something to do.**

With a horse wagon the way does not seem so long because you don't expect to get there fast. But the hapless two minutes the microwave oven takes to nuke your food or the ten

seconds at the ATM waiting for the machine to spit out your receipt seem intolerable because instant service is what devices like these promise.

An aeroplane passenger is passive, merely a part of a transportation machine that has rules to comply with. This passivity also means that the passenger is not there to be served by the staff but cared for. In restaurants we play the demanding customer, but when the in-flight meals are served we become more like babies. The regression doesn't make us feel guilty, though, for we are not responsible for it.

In the centre of Warsaw there's a restaurant where the waiters dress as flight attendants and serve mock airline meals to 'passengers'. The burden of responsibility is lifted from the patrons' shoulders, and oppressive demands for individual initiative are gloriously absent. There's only "Mum", the flight attendant.



day hour second week april morning century summer year  
 tomorrow future month evening december night noon  
 afternoon winter july monday moment present decade  
 march june midnight blink millenium august week  
 july day may sunday month evening december cen-  
 tury may saturday autumn childhood winter  
 july monday moment present decade march  
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# The Ti

A dense, triangular word cloud at the bottom of the hourglass, composed of numerous small words in various orientations and colors (primarily white and light brown), including terms like 'today', 'moment', 'night', 'week', 'age', 'summer', 'friday', 'childhood', 'autumn', 'saturday', 'may', 'day', 'evening', 'december', 'century', 'sunday', 'month', 'may', 'sunday', 'month', 'evening', 'december', 'century', 'may', 'saturday', 'autumn', 'childhood', 'winter', 'july', 'monday', 'moment', 'present', 'decade', 'march', 'june', 'midnight', 'blink', 'millenium', 'august', 'week', 'day', 'may', 'sunday', 'month', 'evening', 'december', 'century', 'may', 'day', 'saturday', 'autumn', 'childhood', 'friday', 'summer', 'age', 'week', 'april', 'monday', 'moment', 'night', 'today', 'century', 'summer', 'age', 'week', 'april', 'monday', 'moment', 'night', 'today'.



NINA PINJOLA ILLUSTRATION LASSE RANTANEN

**A shopping centre in Helsinki, 6 March 2009.**

I hurry into the grocery shop and glance at my watch: twenty to seven already. If I shop fast I can be home by half past seven. I'll quickly heat up my TV dinner and then get back to the computer. In my head I scroll through a long list of things I must do for work – and another list of chores for the house: an unopened tin of paint and new brushes have long waited for me to paint the hall, the garage needs cleaning out, not to mention regular hoovering, the laundry, the messy closets. But work comes first!

I don't suppose I'm the only one who feels like this these days. In his *Short History of the Deterioration of Working Life* (available only in Finnish), **Juha Siltala**, psychohistorian and Professor of Finnish History at the University of Helsinki, puts it plainly: we have considerably less free time than our parents did. In the late 1990s, 85 per cent of Americans worked more than the 45 hours per week deemed safe for the health. By 2010 it is predicted that the weekly working hours of Americans will exceed 58 hours.

This means nearly 12 hour workdays. We will be right back where we started in 1830.

# me Is Now

**WE SAVE TIME. WE RUSH. WE REMEMBER THE PAST AND WORRY ABOUT THE FUTURE. YET NOW IS THE ONLY TIME THAT REALLY EXISTS. WE JUST DON'T KNOW HOW TO LIVE IN IT.**

In the 160 years between 1830 and 1990 the number of hours the average European spent working a year decreased from 3,000 to 1,700 hours. At the same time, the profitability of the work increased 25 fold. As recently as the late 1970s, European trade unions were working towards a 35

Starting point of the first period of the Mayan calendar.



600 BC. Under Babylonian influence, the Jewish people adopt the seven-day week.

"Time is the most valuable thing a man can spend."  
**Theophrastus** (372 BC–287 BC)

Year 1, 1st of January: The birth of **Jesus** later becomes the starting point for the Western calendar.

3113 BC

1500

600

204

105

45

1 AD

33

King **Amenophis I** of Egypt begins to use the earliest known sundial.

204 BC. Construction of the Great Wall of China begins.

105 BC. In China during the Han Dynasty, the papermaking process is developed

1 January 45 BC. Adoption of the Julian calendar, based on the sun, by the order of Roman Emperor **Julius Caesar**.

33 AD The Crucifixion of Christ.

# THE BUSIEST OF US HAVE PLANNED EVERY 10 MINUTES OF OUR TIME FOR YEARS AHEAD, WITH NO ROOM FOR THE UNEXPECTED.

hour working week and retirement at 60. But now, even in the Nordic Countries, that last bastion of the welfare state, those ef-

forts have largely been forgotten. In March 2009, the hottest topic in Finland was an increase in the retirement age. At the same time, the number of people doing regular overtime continues to rise. Stress, exhaustion and depression have become national diseases.

An old proverb says, ‘God made time, but man made haste.’ This may be true, but the constant rush is still a relatively new phenomenon. Its appearance coincides with the creation of modern western societies. The increasing speed of communication, tight schedules and various advanced methods for measuring time now hold us hostage. What was once a tool has now become an end in itself. Without realising it, we have got bogged down in a swamp of projects, schedules and the systems that keep track of them. More and more working hours are spent filling in hour-tracking systems instead of doing the actual work.

**Tapaninkylä in northern Helsinki**, the same evening at nine. I have changed into jogging bottoms and now sit on the couch tapping away at my laptop. At the very least, I have to get the Time article for *Via Helsinki* planned tonight and during the weekend to catch up with my schedule. I’m in a hurry – but what exactly does that mean? According to the Finnish Wikipedia, hurry is a tense state with a relation to time. Hurry is a strenuous feeling of having to do things too quickly. Hurry is always inversely proportional to your abilities. Solid professional competence will help you complete a task much faster than someone with less experience could, and you won’t even feel too busy. But sometimes not even speed is enough.

Hurry often emerges to a pattern: my day is planned so that I can get everything done. Then something comes up.



622, 16 July:  
Year one of  
the Islamic  
calendar begins.

622 AD

1088 The development of the Chinese water clock peaks with a clock designed by the mandarin Su Song. Its accuracy wasn’t exceeded until the introduction of pendulum clocks.

1088

1492 Christopher Columbus arrives in the Americas.

1492

In the 1500s, Spanish conquerors bring the potato to Europe from the South American Andes.

1538

1538 English law requires birth dates to be entered in parish registers.

Time travels in diverse paces with diverse persons.  
William Shakespeare (1564–1616)

1582

1582 The Gregorian calendar is adopted at the order of Pope Gregory XIII. The Pope orders that the year is to begin on 1 January.

1596

1596 Sir John Harrington, godson to Queen Elizabeth, invents the water closet (a “necessary”) for his godmother and himself.



1347 The Black Death, the most destructive epidemic of all time.

1347

1300s The mechanical clock invented in Europe. The 60-minute hour is adopted in Western Europe.



I have to postpone the work I had planned for the day. The same thing happens again, the work piles up and soon there's a rush. The pile of uncompleted work begins to weigh on me. My body sees hurry as a threat and goes into overdrive. My life is swept up in a whirlwind of too little sleep, no appetite, depression, and headaches and dizziness caused by muscle tension.

The busiest of us have planned every ten minutes of our time for years ahead, with no room for the unexpected. Each week is a constant struggle to survive and to clear all the fences. Even the commute home must be used for phone calls to allow even a tiny shred of time for relaxing at home. When you are in a hurry, falling ill is a disaster. There's simply no time to 'lose'; it must always be 'saved'. The words we use to talk about money are the same as we use to talk about time – and nobody sees anything strange in it.

"Time is a waste of money," said **Oscar Wilde** even in the 19th century. The same idea was developed by **Disney's Uncle Scrooge** with his favourite maxim: 'time is money'. Weirdly enough, the miserly duck having a morning swim among the coins and notes stacked in his money bin no longer seems the eccentric he used to be. On the contrary, there's something very familiar about Uncle Scrooge: he is a lot like the modern shareholder who is not happy with the company merely producing a profit; the profit must keep increasing. Uncle Scrooge's pattern of thought is no longer called greed, but productivity and competitiveness.

**Helsinki city centre, eight o'clock in the morning.** I'm back at work. Behind the Uspenski Cathedral I can see the clear blue sky of late winter. I remember another old proverb, drilled into my head since childhood, that still seems to guide me: 'the early bird catches the worm' – start early for best results.

In China, they express the same idea with: 'the best time to plant a tree was twenty thousand years ago. The second best time is now.' But what if a postponement is justified?

What if, by wasting time to rest, you could increase your efficiency at another time? Or what if the time is just not 'right', or the right time has passed? This was undoubtedly the case for **Victor**, the Wild Boy of Aveyron.

In 1797 a boy, probably 11 or 12 years old, was found in a forest near Toulouse, France. Apparently he had spent his entire childhood alone in the forest. A young medical student, **Jean-Marc Itard**, started to teach Victor to speak and to behave like other humans. It seemed that the boy was not able to hear music, human voices or even a gunshot fired behind him. Instead, it was familiar forest sounds, such as the rustle of twigs, that he responded to.

After much practice, Victor learned to walk upright. He came to know the meaning of some words and could express his needs with a simple form of writing, but he never learned to speak more than a couple of words. Victor and other similar feral children have shown us that a child's first years include critical periods, windows of opportunity. Once these are missed, it becomes very difficult or even impossible to learn certain skills. The time is not always right.

**Phuket, Thailand, March 2002.** I'm lying in an easy chair by the pool, reading a paperback: *General Relativity from A to B* by **Robert Geroch**. I'm trying to find the essence of time, but Geroch is not really helping me. He begins by explaining what a particle is. According to Geroch, a particle has 'extension in time', so it should be described as a group of events instead of a single point. We can capture an image of a particle by following it from one instant to the next, during its entire life cycle. This way, a line will be drawn in space-time, this line being called the world-line of the particle.

Like particles, people should also not be considered as beings fixed to a location. We continuously change in time. In ten years, not a single cell of our bodies will be the same as now. Will we be the same beings at all? It is unclear who or what the being – the human being, me – attempting to define time really is. But there's more. Defining time becomes

There is no antidote against the opium of time.

**Sir Thomas Browne**, English writer and physician, (1605–1682)

1703 The construction of St. Petersburg.

1769 A three-wheel steam vehicle called the world's first 'car' built by **Cugnot**.

1784 The stagecoach system is introduced in England. It is the first public transport network based on exact timetables.

1827 The first photograph.

1656

1656–57 Dutch **Christian Huygens** builds a pendulum clock invented by Galileo Galilei, the first truly practical and reliable clock.

1703

There is nothing to it. You only have to hit the right notes at the right time and the instrument plays itself.  
**Johan Sebastian Bach** (1685–1750)

1769

1700s The horological revolution: clocks become smaller, more accurate and more affordable.

1784



1827

Oh! Do not attack me with your watch. A watch is always too fast or too slow. I cannot be dictated to by a watch.  
**Jane Austen** (1775–1817)



# IT IS DIFFICULT FOR THE HUMAN MIND TO GRASP THE IDEA THAT TIME IS DIFFERENT IN DIFFERENT LOCATIONS, BUT THE CONCEPT OF TIMELESSNESS IS NEARLY IMPOSSIBLE TO UNDERSTAND.

even more difficult when we consider the fact that time varies not only depending on the observer, but also depending on the observation point.

Einstein's theory of relativity substantially shook up our conception of time. According to Einstein, time and space are connected more thoroughly than physics had assumed. The idea of time as the fourth dimension – the three others being length, width and height – was born.

Let's look at an example. Sunlight travels to Earth in about eight minutes. What has happened in the Sun less than eight minutes earlier or less than eight minutes later is not, however, unambiguously a part of the past or the future; the position of these events in time depends on the location of the observer. In science fiction films, the character living on Earth grows old faster than his twin brother travelling in space.

It is difficult for the human mind to grasp the idea that time is different in different locations, but the concept of timelessness is nearly impossible to understand. In our minds, the word eternity relates to eternal life, even if the connection is entirely mad. Eternity is not, after all, time at all; it is timelessness, something beyond the realms of time. The degree of difficulty only increases when we consider the mystics' concept that eternity is contained in the present, in the right now.

## The Flamingo, a well-being centre in Vantaa, Finland.

The treatment room is dim and quiet. The oriental music from the CD player and the movements of the attendant are the only sounds I can hear. I drove here straight from work through heavy afternoon traffic and now stare at the floor

through the opening in the massage table. The muscles in my upper back and neck are tense and aching. I try to relax. The attendant applies warm peat mass to my back. The hot compress is supposed to stay there for twenty minutes. The attendant tells me to enjoy it and promises to return half-way through the treatment. The door closes.

I feel restless. There's no one to talk to. How can I make these first ten minutes pass quickly? The seams of my trousers press uncomfortably against my midsection. Even under the cover, my toes are cold. I listen to the hum of the plumbing in the walls and feel frustrated. Why am I wasting my time lying here? I could have used it to get a lot of work done on my article about time.

Minutes pass slowly. Stuck here, I begin to examine my thoughts. I am edgy. I jump from one train of thought to another. Where I should spend my winter holiday? Should I book a flight somewhere? Go where it's warm or to Lapland? Or clean the house? There are still some e-mails to answer. The unfinished article on time also re-invades my brain.

I sense the attendant. Is everything all right, he asks. Half my relaxation time has passed. The door closes and my thoughts return to the massage table. This is where I am, after all. Why has the present become nothing but a springboard to the future for me? Why do I have this obsession about what will be? Do I think about the future to escape the uncomfortable present? What's so difficult about the present, anyway? I feel just fine. I'm no longer cold, and pleasant warmth spreads across my back.

**An island in southern Finland, July 1999.** It's a hot afternoon, and we sit at a small table in the cottage. Seagulls

1831 The first electrical power generator.

1831

1846 The first anaesthetic agents are introduced.

1846

Men talk of killing time, while time quietly kills them.  
**Dion Bouicault**  
(1820–1890)

1859 **Darwin's** Theory of Evolution.

1859

Time cools, time clarifies; no mood can be maintained quite unaltered through the course of hours.  
**Mark Twain** (1835–1910)

1876

1876 **Alexander Graham Bell** patents the first telephone in the United States.

1880

1880 **Thomas Edison** patents the light bulb.

1903 The American Wright brothers fly the first motorised aeroplane.

1903

Art produces ugly things which frequently become beautiful with time. Fashion, on the other hand, produces beautiful things which always become ugly with time.  
**Jean Cocteau**, French poet (1889–1963)

scream in the distance and the silvery sea sparkles. I watch amused as my 91-year-old grandmother **Hellin** cuts a piece of a bread and spreads a thick layer of butter. She settles into her rocking chair to enjoy it and I can't help but ask what makes butter so superior to margarine. To my grandmother, the answer is obvious: when she was young she was told that butter improves the eyesight. She simply refuses to conform to her time.

Time, after all, changes our knowledge and beliefs. From 1940 to 1960, the lobotomy was a common treatment for schizophrenia. The procedure was developed by the Portuguese neurologist **António Egas Moniz**, who received the Nobel Prize for medicine in 1949 for his efforts. Basically, a lobotomy means cutting the connections from the frontal lobes to other sections of the brain. The procedure affects the patients' personality, usually making them sedate and dull. When it was observed that lobotomies brought no benefit to patients, it was used less and less. In time, the procedure gained its current infamous reputation.

The opposite may also happen. The philosopher **Bertrand Russell** felicitously said that every great idea starts out as a blasphemy. In his time, the Italian **Galileo Galilei** made nonsense of the idea that man had a special role in the universe. Galilei claimed that Earth orbits around the Sun, not the other way round. The church wasn't particularly pleased. Galileo was examined by the inquisition and sentenced to permanent house arrest in his villa in Arcetri, Florence. Only later generations saw that Galileo was right.

Time also seems to create relationships. In one of the most popular books ever, **Antoine de Saint-Exupéry's** *The Little Prince*, a fox tells the prince how to make friends: 'It is the time you have wasted for your rose that makes your rose so important.' The fox believes that time creates a relationship between two beings, and the two will remain connected – and responsible for each other. On the other hand, 'time heals all wounds' when two people drift apart.

## The Music of Time

**"The more I think about time, the more obscure the concept seems to me. Time is an artificial measure invented by man. On the other hand, it measures something that would exist even without people – or concepts of time. Maybe time is not a gauge but a journey. In any case, time is equitable – we all get 24 hours a day, and most of us think it's not enough."**

### TEACHER OF PHILOSOPHY

*Arno Kotro*

**"The concept of time poses no problem for physics. It is, as Einstein proved, merely one of the four dimensions of space-time. It is no different from length, width or height – just another factor in equations describing reality. The problem is why we see time so differently from length, for example, in which we also cannot move freely as we like? But that is probably just a personal problem we have."**

### PROFESSOR

*Esko Valtaoja, Department of Physics and Astronomy, University of Turku*

**"We have no contact to time because it doesn't exist. Time doesn't follow our clocks. Time is controlled by higher powers – ones that we cannot see."**

### MUSICIAN

*Remu Aaltonen*

**"Time is a strange phenomenon: so uncompromisingly exact and still so relative. Time seems to move faster when you grow older. Time dominates Finnish lifestyle. Those who are truly happy are able – even occasionally – to forget the passage of time and fully devote themselves to an activity or way of life they particularly enjoy. This mental state is called 'flow'. It promotes mental health and well-being."**

### EXECUTIVE DIRECTOR

*Marita Ruuhonen, The Finnish Society for Mental Health*

**"For me, time – and particularly the way I forget it and detach myself from it – means peace amid the hurry; talking, eating, spending time together with family and friends."**

### VIOLINIST

*Réka Szilvay, Professor of violin music, Sibelius Academy*

1908 The Ford Model T is created.

1908

1914

1928

1929 Wall Street Crash.

1929

1914–1918 World War I. Men start using wrist watches instead of pocket watches.

1928 Penicillin is discovered.

1945 The first valve (tube) - based electronic computer, called Eniac, is completed at the University of Pennsylvania.

1945

1945 USA drops the world's first atomic bomb on Hiroshima during World War II (1939–1945).

The same costume will be Incident... 10 years before its time  
Shameless... 5 years before its time  
Outré (daring)... 1 year before its time  
Smart  
Dowdy... 1 year after its time  
Hideous... 10 years after its time  
Ridiculous... 20 years after its time  
Amusing... 30 years after its time  
Quaint... 50 years after its time  
Charming... 70 years after its time  
Romantic... 100 years after its time  
Beautiful... 150 years after its time."  
**James Laver (1899–1975)**

1948 The assassination of **Mahatma Gandhi** in India.

1948



# IF WE BELIEVE THAT THE FUTURE WILL BE WORSE THAN THE PRESENT, WE START TO FEAR AND WORRY WHAT IF I LOSE MY JOB?

**Tapaninkylä, north Helsinki, two o'clock at night.** I can't sleep. In the darkness my mind is clear and awake, as if it were daytime. Thoughts and observations of the previous day fill my mind with images I wasn't even aware of during the day. I suddenly remember things I have to do.

I make a mental note to write them down first thing in the morning. I mull over various scenarios even though I have no intention of doing anything about them right now, in the middle of the night.

An old story comes to mind. Two monks meet a woman by a river. The woman asks the men to carry her across the stream. The monks hesitate – they are not supposed to touch women. The woman pleads with them, and finally they agree. One of the monks carries the woman across on his back. On the other side the woman thanks the monks and goes her way, leaving the men. Long afterwards one of the monks asks the one who carried the woman: “Doesn't it bother you at all that you touched the woman when you carried her over?” The other monk is amused. “Not at all; she's not on my back any more. You still seem to be carrying her, though.”

Living life without the past may seem impossible. Without the past, we seem to vanish into thin air. The past gives us personality. Every day we interpret events based on the past and our previous experiences. If we had a fight with someone in primary school, we will remember it immediately we meet the person. Memory affects our attitudes. We can't tell the difference between our mental image of the past and the person in front of us.

**Inner courtyard of the Helsinki Deaconess Institute hospital, December 2000.** I have no idea how I got to my car, but somehow I must have, for now I'm sitting in the front seat, holding referrals for further tests in my hands. Time seems to slow down. My whole consciousness has changed.



1950 **Marion Donovan** – a harried New York housewife – invents the first disposable nappies.

We must use time as a tool, not as a crutch.  
**John F. Kennedy**  
(1917 - 1963)

1967 A new definition of the second is adopted, called the SI second.

1972 Official time signals are adopted, using the atomic second.



1950

1963

1967

1969

1972

1984

1963 The assassination of **John F. Kennedy**, 35th President of the United States.



1969 First flight to the moon. Astronaut **Neil Armstrong**: “That's one small step for (a) man, one giant leap for mankind.”

1984 CD-ROM is invented. The Apple Macintosh goes on sale.

Calendars are for careful people, not passionate ones.  
**Chuck Sigars**



Knowledge of the tumour inside me and the examinations and treatments ahead has brought time to a standstill. Seconds seem longer than they used to be, even if my watch claims they are exactly the same as always. Suddenly, I feel awake as never before.

In his book *The Power of Now*, **Eckhart Tolle** says that many people love dangerous things, such as mountain-climbing or car racing, because the feeling of danger forces you to take firm hold of the present. Tolle says presence is an extremely active, timeless state with no thinking, suffering or burden of personality. In the state of true presence, people stop worrying about past and future. This is exactly why the state is so liberating and you find yourself wanting to experience it again and again.

The essence of Zen is the same: remaining in the present moment. It is not easy, however. The mind seems to need to remember the past and imagine the future. Hope arises when the future seems better than the present. Hope gives us strength to go on, but also turns our eyes from the present.

Mystics claim that the reason for our inability to live in the present is that in the past things haven't gone as we wanted them to. We oppose both the current status of things and what happened to us before. Feelings of guilt, regret, resentment, bitterness, melancholy and grief arise from the past. If we believe that the future will be worse than the present, we start to fear and worry: What if I lose my job? What if I fall ill? What if it rains for my entire summer holiday?

The present is the only time that truly exists. The future and the past are nothing but clever hoaxes created by the mind. Everything that has passed has taken place in the present; only a memory imprint remains. Remembering the moment we recall the imprint, making it real in the present. The future is equally a part of the present, as nothing is really happening in the future.

**The Great Wall of China, 15 January 2009.** The sky is immense. Its vastness fills the air above the meandering moun-

tain tops, peaceful and timeless. The wall twists and turns like a column of ants. We sit on the stone steps to catch our breath. The stream of thought disperses and leaves behind a quiet mind, little more than an anonymous observer, like a hawk soaring above. It watches and observes but no longer reacts to what it sees with a constant stream of thoughts and feelings, ever shifting between past and future. I feel relieved. I'm not really aware of myself anymore, let alone worrying about unfinished work. I'm immersed in a deep feeling of beauty.

It's not on the way back down from the mountain that the feeling hits, but in the car, driving back to the hotel: I hope to see the Wall again some day. Anxiety has grabbed me, following on the heels of the moment's bliss: how can I hold on to this feeling? How can I bring the bliss back? My happiness has dissolved into addiction. I want to repeat the pleasant experience. How difficult it is to remain in the present!

In *Awareness*, the Catholic priest **Anthony de Mello** describes the highest obstacle we face when looking for happiness: we keep hoping for something better than what we have now. Mello says we have everything we need to be happy at all times, but we are not aware of it. 'Why don't you focus on what you have instead of forgetting the present and dreaming of a better future? The future is just another trap,' Mello writes. The great Zen master **Rinzai** is said to have helped his students to free themselves from the prison of time by asking: 'At this moment, what do you lack?'

**Confucius** had a similar purpose when he said: 'They must often change who would be constant in happiness or wisdom.' We must go with the flow instead of clinging to the past or reaching to the future. When listening to music, you can't hold on to a single note. To hear and enjoy the beauty of the music, you have to let the notes – and life – flow. ●

#### THE PRESENT DAY

Today our clocks tick according to Coordinated Universal Time (UTC). Global time is coordinated by the Central Bureau of the International Earth Rotation Service, located in Paris. Time is tracked by using a global network of caesium and hydrogen maser atomic clocks.

Regret for wasted time is more wasted time.  
**Mason Cooley**

2006 On 25 February, the population of the world exceeds 6.5 billion.

1997

2001

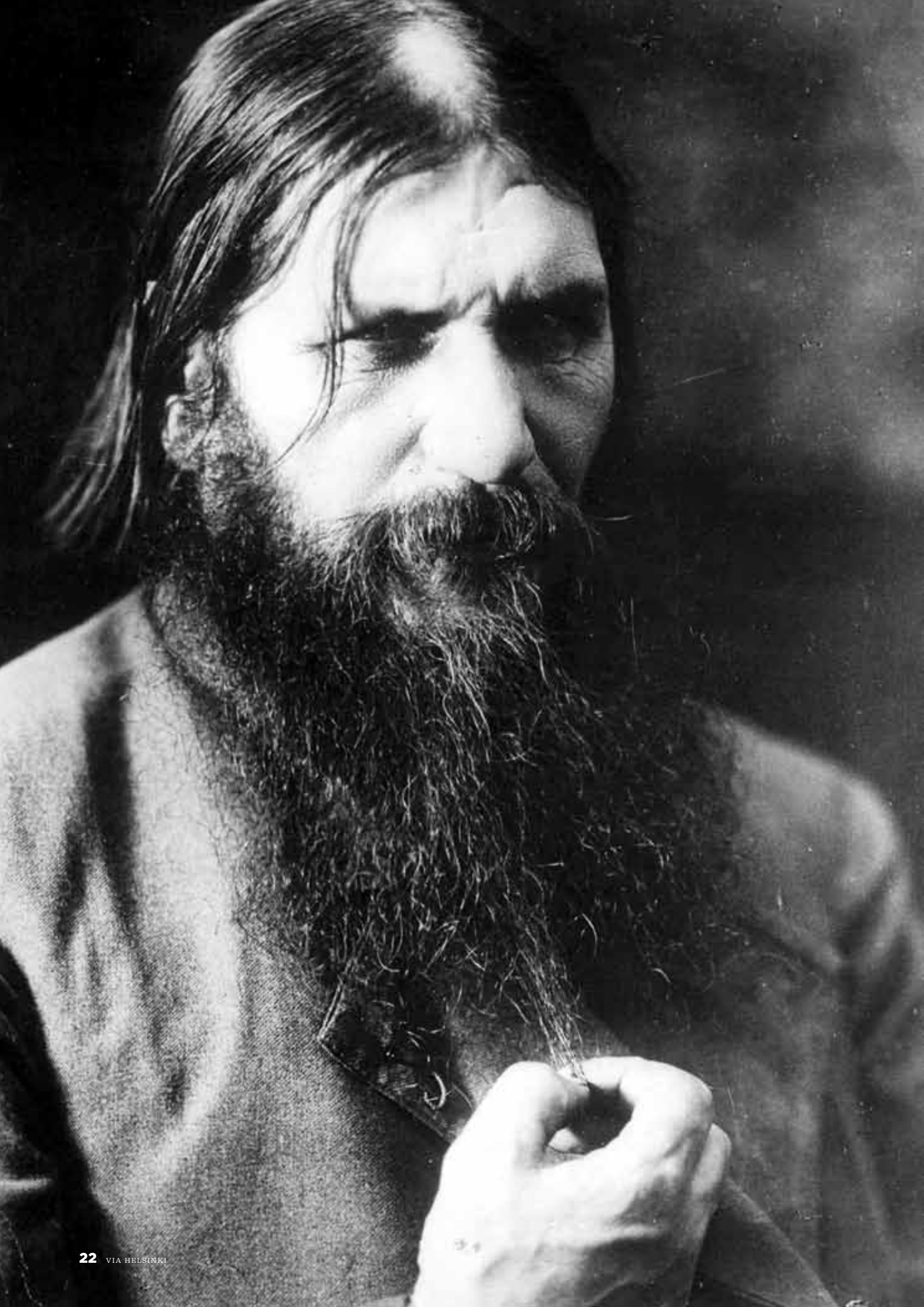
2006

2009

1997 Princess **Diana** is killed in a car accident in Paris.

2001 September 11 terrorist attacks in New York.

2009: **You** are using your time to read Via Helsinki.



# Holy Sinner

## Who Refused to Die

**GRIGORI RASPUTIN**  
 FAITH HEALER AND  
 VIRTUAL TSAR, INCREDIBLY  
 EVADED THE POISONS AND  
 BULLETS OF HIS ENEMIES  
 - FOR A WHILE.

**S**t Petersburg, December 1916. The famous charismatic healer Grigori Rasputin has been asked to visit his friends. The mystic, who is known as an incorrigible womaniser and political schemer, arrives unsuspectingly at his friends' house.

The "friends" first give him sweets poisoned with cyanide. Rasputin is not in the habit of eating anything sweet so he declines. He is then offered wine, laced with a dose of cyanide sufficient to kill him many times over. Rasputin likes his drink and eagerly downs the wine, but miraculously is completely unaffected by the poison. The group of noblemen are showing signs of unease: perhaps it is true what is said, that Rasputin really has made a pact with God or the Devil and it is impossible to kill him.

One of the frustrated hosts pulls out a gun. One bullet goes through Rasputin's heart, several enter his head. But the healer still survives! Eventually the conspirators bludgeon Rasputin to death with a heavy wooden mallet and drag him to the shores of the River Neva. The body, tied in a coarse sack, is swallowed up by the icy black water.



## “THE SOUL OF THIS CURSED MUZHIK IS SEWN ONTO HIS BODY.”

**11 years earlier.** It is late autumn in 1905. **Grand Duke Alexei** is gasping in pain. His mother, **Tsarina Alexandra**, and father, **Tsar Nikolai II**, exchange desperate glances. The doctors are at a loss: there is no cure for haemophilia, a hereditary disease which impairs the body’s ability to control the clotting of blood.

As the boy’s agony worsens, the mother snaps at the maid: Go and fetch Grigori Rasputin, now!

Rasputin, a self-taught mystic, sometimes regarded as a madman, sometimes as a wild libertine, seems to have a

### RASPUTIN MUST-SEES

Rasputin Walks with English-speaking guides are organised in St Petersburg ([www.peterswalk.com](http://www.peterswalk.com)), introducing places related to the life of Rasputin. You can also trace Rasputin’s footsteps on your own. Here are a few tips on the sites you should not miss:

**Tsarkoje Selo** is a fabulous royal palace dating from Peter the Great’s time. Rasputin was a frequent visitor in its salons and parks.

- 30 kilometres from St Petersburg by the Gulf of Finland
- open to the public from Tuesday to Sunday 10.30am–5.30pm. Closed on Mondays and the first Tuesday of each month
- the park has 150 fountains and waterfalls that are in operation from the last week of May until the first week of September

**Before his death Rasputin lived in a house** where his enemies would observe him night and day to report on his every move.

- address Gorokhovaya Ulitsa 64

**The Yusupov Palace** is famous for the narrow flight of stairs along which Rasputin tried to escape with his life. The last moments of Rasputin’s life have been reconstructed in the palace: wax figures of Rasputin and his assassins are placed in an authentic setting in the basement of the palace owned by **Prince Yusupov**, who shot at Rasputin.

- by the Moika Canal, address Naberezhnaja reki Moiki 94

**The State Museum of the Political History of Russia** displays documents and rare photographs of Rasputin’s body after it was recovered from the River Neva.

- address Kuibysheva Ulitsa 2/4

“hypnotic power” over the Royal family, which is increasingly shunned by the public. People know very little about him but the rumours are all the more rife. The Tsarina thinks she knows better: she believes Rasputin is truly a man of God.

Grigori Rasputin arrives at the door. Bowing to the Tsar and Tsarina, he kneels by the child’s bed, makes a quick sign of the cross and starts talking to the child, his round eyes unblinking, his haggard face earnest. His narrow lips utter Russian phrases in a monotonous, chanting tone. The flickering flame of a candle throws the shadow of his large nose and straggly beard upon the wall opposite.

Rasputin talks about God’s love bringing peace to restless hearts. Another miracle: the feverish gleam disappears from Alexei’s eyes, he breathes more easily and falls asleep. The swelling in his joints subsides.

The Tsarina is humbled, and she bows her head in grateful prayer. She has more than fulfilled her duty to the country: she has given birth to four healthy, beautiful daughters and now to one son, the heir apparent, whose birth was celebrated with three hundred cannon salutes. Mortally ill, the boy would not, however, ever be allowed to ascend the throne. The fate of the royal family is in Rasputin’s hands, who now simply nods his head and quietly leaves the room.

**Rasputin – Tsarina’s confidant.** Rasputin, the wandering prophet, has a reputation that long has preceded him in St Petersburg. The Tsarina is intrigued by anything mystical and immediately feels a strange connection to Rasputin, who seems to be a lonely soul, just as she is.

Alexandra still feels like a stranger in a foreign land despite the many years she had by then spent in the Russian Court: she would always be the “German princess” who had lost her mother at the age of six, been brought up in the strictly formal royal household of Britain, and who was destined to remain unaccepted by the Russian people.

Caged by her own pain, she fails to see that the foundations of the Russian monarchy are crumbling around her. She is oblivious to how the entire country is moving towards a new order, restlessly and inevitably like a flood tide. She and her spouse Tsar Nikolai II are only vaguely aware of how the courtiers are talking at Tsarkoje Selo, the royal residence where they feel most at home. They catch only fragments of whispers and glimpses of flashing eyes hungry for each new piece of gossip. It is a time when loyalty is for sale to the highest bidder.

Furthermore, the Tsarina is reluctant to hear what is being said about her dear friend Rasputin. It is, ultimately, the people's deep aversion to Grigori Rasputin and the air of distrust created by the secrecy around the heir's illness that will eventually cause the monarchy's demise.

**Rasputin - religious man who rejoiced in sin.** The people of St Petersburg know only a few facts about Rasputin. They know that he is a man of religion, but despite all the talk, he is not a priest or a monk. He leads a highly disciplined life, and for example, does not eat anything sweet.

He is known to have a wife and several children somewhere in Siberia. He also acquired a reputation as having been a drunk and a womaniser in his youth, but after turning to religion he has given up excessive drinking. He still has many women in his life, as always.

Rasputin is rumoured to have participated in the nightly rituals of a sect called the Khlysts, which are said to turn into disgusting orgies, despite the fact that those caught are punished more violently than anyone previously. The clergy are confident the rumours provide clear evidence of how much this sect has affected Rasputin's thinking.

According to the heretic thought system of the Khlysts, indulging in sin leads to repentance and through repentance to the epiphany of God's presence, bringing the soul fighting temptation closer to its Creator. According to this logic, sinning is in fact desirable, and the sectarians happily oblige!

**Rasputin - the prophetic "ruler".** Rasputin's reputation as a debauched, ruthless opportunist and even as the lover of the Tsarina has gained him several enemies among the nobility, who would stop at nothing to be rid of him. Rasputin, however, outwits his opponents: he has for some time protected his back by providing advice to his dear friend the Tsarina on who should be appointed to which office and whom she should immediately dispose of. Tsar Nikolai, in turn, worships his beautiful wife and willingly agrees to her suggestions. Gradually, the court and important offices are filled with people who favour Rasputin.

It is the First World War, and Rasputin practically runs the country together with the Tsar and Tsarina, now that the Tsarina has expelled the army's commander-in-chief, her husband's cousin, the loathsome **Nikolai Nikolajevitch**.

Despite these precautions, two attempts on Rasputin's life have been made. The first was all but fatal. "The soul of this cursed *muzhik* is sewn onto his body," say those who had wished him dead.

When the third, successful attempt is made the group of assassins includes close family members of Grand Duke Nikolai Nikolajevitch.

## IN WORLD WAR I RASPUTIN PRACTICALLY RULED RUSSIA. HE WAS REPUTED TO BE THE LOVER OF THE TSARINA.

*The body is recovered from the River Neva three days later. Despite the bullets and a crushed skull, Rasputin had almost managed to free himself from his restraints. His lungs are filled with water, which proves that he died by drowning, and had still been alive when thrown into the river.*



*After Rasputin's death, a mysterious letter finally reaches the royal couple. In the letter Rasputin predicts his own fate as well as that of the royal family. Rasputin writes that he will die before January 1 – he met his death a week before that date.*

*He also writes that if he is killed by commoners the royal family will be safe. If, however, he should be murdered by the relations of the Tsar, none of the family will live for more than two years and will be killed by their fellow Russians. As we know from history, Alexandra, Nikolai II and all five of their children were murdered in 1918.*

*The mystery of how Rasputin could predict the future with such uncanny accuracy has never been explained. Perhaps it never will. ●*

Sources: Alex de Jonge: *The Life and Times of Grigorii Rasputin*; Edvard Radzinski: *Rasputin*; Alexander Palace *Time Machine*.

### KEY YEARS

- **Grigori Yefimovich Rasputin (1869/1871–1916)**
- Tsar Nikolai II (1868–1918)
- Tsarina Alexandra Feodorovna (1872–1918)
- Grand Duchess Olga (1895–1918)
- Grand Duchess Tatyana (1897–1918)
- Grand Duchess Maria (1888–1918)
- Grand Duchess Anastasia (1901–1918)
- Grand Duke Alexei (1904–1918)
- The First World War (1914–1918)
- The Russian Revolution 1917



# Olympic Gold. Designer

## XIAO YONG WINNING REVOLUTIONARY MIND SEEKS FAMILY.

**I**t is the 14th of January. The Chinese New Year, or the Spring Festival, is near and the streets of Beijing are already congested. Professor Xiao Yong is one of the many preparing to leave the city for the holidays. He will head for his hometown Jinan to meet his 93-year-old grandmother, the woman who raised him, and his parents. Now though, Yong is sitting back and relaxing in a soft hotel lounge chair, joking about how he is thinking of starting a family during 2009. “I’d better hurry up.”

He is half-serious, because, although a successful 40-year old, he has so far dedicated his life to building a career. Yong works as Professor of Graphic Design at the Central Academy of Fine Arts in Beijing, and is a sought-after university lecturer throughout the world. He also runs his own graphic design studio in Beijing.

Yong’s studio has been behind campaigns for some of the biggest international brands entering the Chinese market and has created graphic design projects for various public spaces and festivals. His team also won the competition to design the





## I AM ORDINARY BUT I DON'T WANT MY ART TO BE ORDINARY. CREATIVITY IS ABOUT BREAKING RULES.

medals for the Beijing Olympic Games, beating 275 entries from 19 different countries.

“Two of the three shortlisted suggestions were from our design team,” says Yong with pride, showing off pictures of the medals. “The winning design was dramatically different from what Olympic medals have looked like for the past hundred years.”

**Creativity breaks rules.** Yong’s winning the design competition was in fact a small miracle, since, he says, the Chinese cultural ethos is very different from the European one. Whereas European tastes emphasise individualism and uniqueness, Asia relies on the tried and tested.

“I for one don’t want to design anything ordinary, something that we’ve seen before,” he says. “I am an ordinary person, but I don’t want my art to be ordinary. Creativity is about breaking rules.” He admits that coming up with a new idea for the medals was a struggle at first. “I tried several materials before settling on jade. In China, jade is not merely a type of stone, it is also an important symbol.” The gold medal is made of white, the silver of grey and the bronze of green jade. The medals represent traditional values, such as Chinese spirit and culture, but their design idiom is fresh: simple and modern.

The same goes for the man himself. Yong describes himself as a typical Chinese man, but one whose thoughts are far from conventional. “I have the mind of a revolutionary. I hope my work will be remembered after I die.” His sense of time, too, is far from conventional. Trying to meet him in the morning, for example, is hopeless. Yong prefers to sleep late. “I care about being efficient, not about the time of day,” he explains. “I can work with my laptop wherever and whenever I want.”

Xiao Yong is part of the new generation of Chinese who have studied abroad. In 1991 he left China for Helsinki, taking the train across Siberia and through Moscow. The journey lasted a week. “When I finally arrived at Helsinki Railway Station I thought I’d ended up in the wrong place,” Yong laughs, “I had pictured Western cities quite different. I realised later that many European cities look just like Hel-

sinki, more like a small village than a sprawling metropolis. And that’s ok. Small can be good, too.”

**Two years in Finland.** Yong stayed in Finland for two years studying graphic design at the University of Art and Design Helsinki. He speaks fondly about his time in Finland, and remembers Finns as nice, friendly, and modern, if a little on the quiet side. “Finns may not easily talk to a stranger on a bus, but they are always ready to help you when need be.” He finds that Finns and Chinese have a lot in common.

He is not sure where it stems from, but Finns seem to have the impression the Chinese are terribly interested in Finland. In Beijing, however, you soon notice that few have the faintest idea whether Finland is a city or a country. “Yet Finland is better known in China than many other European countries,” he says. “Business and cultural circles are aware of Finnish high tech and clothing design and that Finland is not that quick to react to trends, and is instead more likely to rely on timeless style.”

The professor is confident that in future the Chinese will travel more and more. “People are more likely to choose not to buy a car than give up their travel. Young people want to study abroad, and designers seek influences from other countries.” Yong loves to travel, too, and has visited over 50 countries. His university courses are periodical, so he is tied up by teaching only part of the year. Sometimes he also takes his students along on his trips. “It is fascinating

### OLYMPIC MASCOTS

● **MOSCOW 1980:** Misha bear, or more correctly, Mikhail Potapych Toptygin, is one of the all time favourite Olympic mascots. It was designed by the children’s book illustrator Victor Chizikov.



● **LOS ANGELES 1984:** The patriotic Sam the Eagle was named after and dressed like the famous American symbol Uncle Sam.



● **SOUL 1988:** The Hodori tiger was based on old Korean legends in which the tiger is portrayed as friendly and amicable. The first part of the name Ho means ‘tiger’ and dori is an endearing diminutive.



to think that in the old days teachers spent weeks travelling with their students on elephants and now we can fly to the other side of the planet in a matter of hours.”

**Financial crisis an opportunity.** Yong is an intriguing combination of a deeply patriotic Chinese man and a global world citizen. He keeps close tabs on current foreign affairs, but is also involved in helping his own country develop.

“The Nordic countries are leaders in innovative culture and leadership, while Germany, Switzerland, South Korea, Singapore and Japan have served as models on how to succeed in international competition.”

He says China is currently struggling with a multitude of problems such as bureaucracy and the widening gap between older and younger generations. He also thinks the emphasis on knowledge, science and technology at the expense of design will hurt China in the long run. “Technology and machines are no more than tools, they do not create anything new,” he says. “Designers could help China succeed. By training and educating the new generation of talent we could help create a new China.”

Yong sees the global financial crisis as an opportunity. “It is maddening that our industry has so long based itself on manufacturing copies. In order to succeed we have to be more competitive and creative. The financial crisis may bring more logical and innovative thinking and actions in its wake.” He says the phenomenon is similar to falling ill: a bedridden patient has to identify what made him ill in the first place and what could be done to avoid the illness next

time. “If nothing ever goes wrong, you are not forced to stop and think and change the course of your life. But problems will eventually ensue, sooner or later.”

**You are not what you own.** Does Yong have any other dreams apart from starting a family? He nods and reveals that he would love to design signs for a major airport. He explains how important it is for passengers to understand immediately where they are in an airport and where they should proceed to next.

“Helsinki-Vantaa Airport is a model of clear and functional signage.”

Although Yong keeps reverting to the subject of his work, he stresses the importance of family and friends. Money and fame are, he says, of no interest to him. He remarks that there are happy people living in the countryside who own nothing – and millionaires in the city who commit suicide. “As time passes and we get older, we formulate our own life philosophies. My philosophy is: You are not what you own.”

Yong says he has no need to own houses because he has friends all over the world. “The world is my home, and airports the door to my home.” ●



*Olympic winner (trap shooting) Satu Mäkelä-Nummela with her gold medal from Beijing.*

*Olympic mascots were first introduced at the 1968 Winter Olympics in Grenoble.*

● **BARCELONA 1992:** The Cubist sheepdog Cobi was named after the Barcelona Olympic Organising Committee, COOB.



● **ATLANTA 1996:** Izzy was the first Olympic mascot designed with a computer. The abstract figure of the mascot aroused questions: “What is it?” – hence Izzy!



● **SYDNEY 2000:** Ollie, Syd and Millie were a kookaburra, a platypus and an echidna, animals native exclusively to Australia and near-by regions. Their names refer to the Olympic Games, Sydney and the Millennium.



● **ATHENS 2004:** The designs of Athena (the goddess of wisdom and the patron of the city of Athens) and Phevos (the Olympian god of music and light) were based on ancient Greek terracotta figures.




● **BEIJING 2008:** One of the Fuwa, or good-luck dolls, got its shape from the Olympic flame, while the other four were derived from the most popular animals in China, the fish, the panda, the Tibetan antelope and the swallow. The names of the Fuwa have two syllables. Together the syllables form the sentence “Bei Jing Huan Ying Ni”, which means ‘Welcome to Beijing’.







# Is This Place Worth



HE CLAIMS  
HE IS STANDING  
ON ONE OF THE  
RICHEST DIAMOND  
DEPOSITS IN  
THE WORLD.  
**IS HE MAD?**

**T**he sleepy countryside stretches in all directions, the coniferous woods cleft by patches of fields, farm houses and small villages. The town of Kaavi in Eastern Finland seems to be far from anywhere; Helsinki lies 450 kilometres south west. A decent drive from Kuopio I see a green off-road vehicle by the road and **Kalle Grandell**, who has promised to take me to the Lahtojoki diamond deposit. His firm handshake tells me I'm dealing with a determined man.

He quashes my doubts immediately. "You are not the first to find it impossible to believe there could be a diamond deposit here. You just wait, though. I won't only tell you, I'll show you." The narrow road ends in a clearing. Complete silence greets us once the engine is turned off. Virgin snow

SAMI LAAKSO PICTURES JOONAS HUKKANEN

Millions?





## THE WORD 'DIAMOND' COMES FROM THE GREEK 'ADAMAS' – THE UNCONQUERABLE.

covers the landscape and nothing distinguishes the area from the seemingly endless countryside around. Grandell breaks the silence to explain that it is an illusion. Mining preparations are only suspended for the holidays and the white snow hides a huge amount of work.

**Great Star of Lahtojoki?** Grandell says 60,000 lorry loads of earth have been removed to reach the deposit and about 300 test holes, 75–100 metres deep, have been drilled to confirm the diamond content. The test results have encouraged Mantle Diamonds Ltd to continue their investment in the joint project with Kopane Diamonds Plc, an affiliate of Grandell's and **Eva Thorén's** A & G Mining. So far, about EUR 32 million have been spent on preparations. Actual mining is planned to begin next year.

"Drilling indicates the diamond content of the deposit is more than 20 carats per hundred tonnes, which is of-

ten considered the break-even point. Here the content is somewhere between 32 and 72 carats. Lahtojoki is the best surveyed diamond deposit to date in the EU," he says.

These figures, he explains, mean that for every 10 tonnes of earth there may be a little over one gram, or five carats, of diamonds. "But even

if the diamond content is brilliant, commercial operations can only be profitable if we find a few big stones, like the Great Star of Africa," he grins.

**Depths of time and earth.** Grandell's facts and figures seem sound, though I find it hard to believe immense riches lie beneath my feet. We drive a few more kilometres to seek tangible evidence of diamonds, to an old school, converted into a home and workshop by Kalle and Eva Thorén. The couple moved here from the suburbs of Helsinki seven years ago, when they found out about the deposit and put in a claim. Two Belgian shepherd dogs inspect visitors and with Thorén bid them welcome. Grandell finds a map of diamond deposits around the world and explains them, starting almost from the beginning of time.

"Here you see a plate called the Karelian shield, reaching into both Finnish and Russian territories, which 630 millions ago lay 340 kilometres south of the Equator. It has slowly drifted here since. There are many diamond deposits in the Karelian shield. For example in Arkhangelsk, Russia, work has begun at the big Lomonosova mine."

Next he cites a doctoral thesis on kimberlite, a volcanic rock sometimes containing diamonds. Kimberlites are carrot-shaped pieces of rock reaching down from the earth's surface, a few hundred metres in diameter at the top and gradually narrowing the further down they go.

"Kimberlite is a host rock to diamonds, responsible for their logistics. Lava erupting from the core of the earth has picked up diamonds from a couple of hundred kilometres' depth and carried them towards the surface. There are 14 kimberlite pipes in Kaavi, eight of which contain diamonds."





**Crystallised beauty.** The lesson is over and tangible evidence follows. Eva Thorén takes the lead and guides me to her work table in the next room. And there they are: red, green and dark little gemstones sparkling in the light, neatly sorted in boxes according to colour. This is Eva's territory. Beneath a bright lamp she picks through the enriched mineral material from the prospecting site with a pair of tweezers. The meticulous work finally rewards her.

"When I find something like this pretty red stone among the dirt, I feel exhilarated," she declares, pointing her tweezers at a gemstone. She says a day's work typically produces 10–20 gems: diamonds, garnets, diopsides and xenoliths. The

## CARAT IS A UNIT USED TO MEASURE THE MASS OF GEMSTONES. 1 CT = 0.2 GRAMS.

largest diamonds found in Lahtojoki until now are a little over two carats, meaning a little over a centimetre in diameter. She says she still stops to admire every stone she finds.

"I see wonderful colours and shapes. I particularly like these xenoliths. They don't have the sparkle many people want, but the colours are beautiful. Each stone has a personality, just like people," she says.

**Real and honest.** The crowning moment is when a stone finds its place in a piece of jewellery. "We use the stones in their natural form, uncut, in rings, brooches and earrings. I could make these unbelievably gorgeous green diopsides into a necklace, like a string of pearls," she enthuses.

Kaavi gemstones have already been worked into jewellery in several projects. Thorén, a trained goldsmith, has also invited students to design jewellery. She worries about the many evils of the gemstone and jewellery business, the

### A STONE RAINBOW

**Diamond:** transparent; besides colourless stones, yellow and brown hues are common

**Diopside:** transparent; white, green or yellow

**Garnet:** varies from transparent to opaque; common colours include red, orange, yellow, brown, green, black and colourless

**Ilmenite:** opaque, black

worst perhaps being the use of child labour. She does see a ray of light, however, and is convinced that consumers increasingly value ethical and green production methods.

"People want to own something real and honest. Kaavi gemstones are certainly not and will never be excavated or cut by child labour, as so many diamonds are elsewhere," she stresses. "A piece of jewellery is like music, filling you with contentment and faith. Jewellery stays with you and awakens memories. You can touch it and carry it with you."

Her words silence me. It's time to thank Kalle and Eva for their hospitality and my fascinating visit to a world new to me. Outside, the frost deepens and night has fallen. My car starts easily, though, and the old school appears an idyll amid the snow. In the headlights the snow sparkles in a myriad diamonds. ●

*Finnish diamonds adorn a pendant by Eva Thorén.*



SARI LAPINLEIMU PICTURE GETTY IMAGES

### Gate to the North

**Rovaniemi Airport** is the hub for air traffic to Finnish Lapland, Murmansk and Archangelsk in northeast Russia, to northern Norway and to Luleå in northern Sweden. It is also the official airport of Santa Claus: Santa Claus' Village is only two kilometres away. In 2008, more than 400,000 travellers from all over the world passed through the airport.

A narrow glass section several dozen metres long traverses the roof of the Rovaniemi airport. This architectural installation gives the building a cosmic dimension: the thin line of light it lets fall on the floor shows where the Arctic Circle was in 9,648 BC, 1958, 1962, 1974, 1984 and 1990. The next visit is still a long way off – about the year 47,954.





# Arctic Circle

## The Sun's Shifting Border

**TODAY THE ARCTIC CIRCLE IS EXACTLY WHERE I STAND. TOMORROW IT WILL HAVE MOVED A FEW CENTIMETRES NORTH.**

**Crossing the Arctic Circle** from south to north is a major step – into the land of dark winter days, light summer nights and, of course, Santa Claus. The Arctic Circle is the southernmost latitude where the sun will not set on one day of the year (the summer solstice) and, conversely, will not rise on one day of the year (the winter solstice). It is the southern borderline of sunless winter days and summer nights with no sunset. This is true at least in theory: actual observations may vary due to the asymmetrical shape of the Earth and the dispersion of light in the atmosphere

The closer to the North Pole we go, the longer the midnight sun or the winter darkness will last. At the northernmost tip of Finland, Nuorgam, the summer sun shines non-stop for 73 days and remains below the horizon for 51 days in winter.

**Ever moving.** The Arctic Circle crosses the territories of Finland, Sweden, Norway, Iceland, Denmark (Greenland), Russia, Canada and the United States (Alas-

ka). In Finland, it cuts Lapland in half, passing through the municipalities of Pello, Ylitornio, Rovaniemi, Kemijärvi and Salla. Of the 510 million square kilometres of the world, approximately 21 million are located north of the Arctic Circle.

Though the Arctic Circle is defined as 66.5° north of the Equator, it keeps moving back and forth over short and long periods. Its southernmost extremity is at the level of Kemi (65.5° north of the Equator) and the northernmost near Ivalo (67.9°). In an oversimplification, the nearly 300 kilometre long-term shift is caused by variation in the axial tilt of the Earth, which is in turn affected by the relative positions of the Earth, the moon and the sun.

At the moment, the Arctic Circle is a little north of Rovaniemi and moving north. It progresses by about 14 metres a year, less than four centimetres a day, at which rate, the one-way trip from Kemi to Ivalo will take about 25,000 years.



## Buy It Here

### ● Alcohol and tobacco

#### HELSINKI AIRPORT DUTY FREE

Traditional Finnish spirits as well as all the most popular international brands and the latest cosmetic products.

GATES 26-27 AND GATE 30

#### FINNAIR SHOP TAX FREE

Pay a visit to Helsinki-Vantaa Airport's best wine cellar. Or browse the cigar selection in Finnair Shop's humidor. Purchases here will add to your Finnair bonus points.

GATE 28

### ● Bags

#### STOCKMANN ACCESSORIES

Boss, Burberry and more - choose from a selection of the world's top fashion labels.

GATE 30

#### LACOSTE

Tennis star René Lacoste was known as the Crocodile. The crocodile logo of the clothing company he founded has also found its way onto bags.

GATES 26-27

#### MARIMEKKO

Looking for a Finnish classic? Get the Olka-laukku bag designed by Ristomatti Ratia in 1971.

GATES 26-27

#### M-BOXI

Match your wallet, your handbag and your mood! Orange will give you energy, while coral green will sooth you. At M-Box you can find always elegant Longchamp and Tumi products.

GATES 26-27

#### TIE RACK

England's Tie Rack is the place to go for that new tie or belt you've been needing.

GATE 14

#### FINNAIR SHOP TAX FREE

Guess! Purchases here will add to your Finnair bonus points.

GATE 28

### ● Books and Newspapers

#### READER'S

To quote an Arabic saying: "a book is a garden carried in your pocket." Reader's has the best selection of books at Helsinki-Vantaa Airport.

GATE 30 AND GATE 14

#### R-KIOSKI

R-kioski is Finland's best-known kiosk chain. All Finns are familiar with the company's slogan, "fast and pleasant shopping". R-kioski stocks newspapers and magazines, paperbacks, confectioneries, gifts, souvenirs and hygiene products.

GATE 28

#### POINT SHOP TO GO

Taking a flight with no paperback to help you pass the time? Point shop saves the day with a wide selection of the latest titles.

SERVICE FLOOR

## "Oh, There Are Moomins Here!"

Some think it's a snowman but most know this face: it's Moomin! The Moomin Shop puts a smile on passing faces at Helsinki-Vantaa Airport, and many come in.

"The British remember Moomin comics from the Evening News paper decades back, and the Japanese are great fans," says shop manager Gabriella Tuomi, citing examples of the international fan base of the Finnish fairy tale character.

Even though Moomins only live in fairy tales, not everything in the shop is meant for children: there are articles such as trivets, tableware, kitchen towels, coast-

ers... Of course, the characters themselves are always ready to travel with you.

"Moomintroll is the most popular character, followed by Little My and Snufkin," Tuomi laughs: "On the other hand, the Japanese very much like the not so common Hattifatteners, which are grown from seeds, according to the books."

If the story of the Moomin is not yet familiar to you, the Moomin Shop will fill you in: Moomin books are available in Finnish, Swedish, Russian, French, German, Italian and English. What does the shop manager like best about the stories?

"Their versatility: they have so many levels. You will find something new every time you read them. The peace of Moomin Valley is also wonderful." GATE 26



©Moomin Characters™

#### FINNAIR SHOP TAX FREE

Paperbacks in English, Swedish and Finnish. Purchases here will add to your Finnair bonus points.

GATE 28

### ● Design

#### PENTIK

Finnish design company Pentik manufactures tableware and a range of interior decoration products with an emphasis on muted, earthy colours.

GATE 27

#### STOCKMANN SHOP

Stockmann Shop offers a wide selection of Iittala glassware. The Iittala design philosophy is built on the thinking of designer Kaj Franck: the ultimate purpose of all articles is to be sensible, durable and functional. The hottest sellers at Iittala's shop-in-shop include Moomin tableware, Mariskooli bowls and Aalto products.

GATE 26

### ● Electrical Equipment

#### CAPI ELECTRONICS NON-SCHENGEN

The shop for boys, young and old: CDs, cameras, radios, wrist-top computers, mobile phones and small electronics.

GATE 30

#### CAPI PHOTO ELECTRONICS

No one goes on holiday without a camera. Capi, has everything to make your holiday memorable: memory cards, camera accessories and, of course, cameras. Capi outlets also stock all the leading mobile phone brands and their accessories, mp3 players, video cameras, Suunto and Polar wrist-top computers and GPS devices. CDs, DVDs, games, headphones and

dictating machines as well as Finnish music are also available, but don't miss Capi's special Gadgets department, where you can find such fun items as remote-controlled helicopters.

GATE 28

#### CAPI HOME ENTERTAINMENT

Cameras, memory cards, camera accessories. Capi outlets are the place to find all leading mobile phone brands and their accessories, mp3 players, video cameras, Suunto and Polar wrist computers, GPS devices - and much more!

GATE 26

#### AIR-FOTO

In addition to photography services, Air-Foto is a Nokia Premium Care outlet, maintaining your existing Nokia devices and providing you with new ones.

ARRIVALS HALL 3

### ● Fashion and Accessories

#### STOCKMANN ACCESSORIES

Stockmann is the most famous department store in Finland, and the company's Helsinki-Vantaa Stockmann shop carries a full range of popular brands.

GATE 30

#### FINNAIR SHOP TAX FREE

Products from international fashion houses: Burberry, Guess, Feelmax and Golla. Purchases here will add to your Finnair bonus points.

GATE 28

#### LUHTA SHOP AIRPORT

Luhta invests in the sporty everyday look known as "street sport". The Finnish brand is owned by L-Fashion Group Oy, a leading Nordic clothing company in business since 1907.

GATE 28

**TIE RACK**

Tie Rack provides you with everything you might have left at home: socks, belts, boxer shorts. The selection also includes ties and scarves - for yourself or for loved ones.

**GATES 26-27 AND GATE 14**

**LACOSTE**

Tennis star René Lacoste was known as the Crocodile. The Lacoste Pique shirt is one the brand's most recognisable and popular products.

**GATES 26-27**

**MARIMEKKO**

Jackie Kennedy, the wife of President John F. Kennedy and a fashion icon, made Marimekko dresses famous in the 60s.

**GATES 26-27**

**M-BOXI**

Longchamp, Tumi and Rimowa bags are the backbone of M-Box.

**GATE 26-27**

**MOOMIN SHOP**

Moomin and his friends look good on anything and anyone: the extensive product range is not just for the kids.

**GATE 26**

● **Gift Items**

**FINNAIR SHOP TAX FREE**

Perfume is a gift guaranteed to make an impression. A wine bottle is another safe choice. You will find these traditional presents and much more at Finnair Shop: scarves, ties, shoes, jewellery, watches and bags from Guess and Golla. Purchases here will add to your Finnair bonus points.

**GATE 28**

**PENTIK**

The seasons change four times a year at the Pentik interior decoration shop but the basic product line remains. The company's founder, Anu Pentik, also designs unique dishes and plates, which have travelled to all parts of the world from Helsinki-Vantaa Airport.

**GATE 27**

**MOOMIN SHOP**

Finnish Foreign Minister Alexander Stubb is one of the many regulars at the Moomin Shop.

**GATE 26**

**STOCKMANN SHOP**

Helsinki-Vantaa's largest souvenir shop is the Stockmann Shop, easily recognised by the stuffed reindeer standing out front- and, of course, by the people who stop to pet it.

**GATE 26**

**SUKLAA JA PUUTERI**

The appropriately named Suklaa ja puuteri (Chocolate and Powder) offers everything delicate and beautiful, such as fragrances, cosmetics, confectionery, films and gifts.

**GATE 14**

**ARRIVAL SHOP**

Pick up a last-minute gift! While you wait for your bags stop at the Arrival Shop, conveniently located in the baggage claim hall.

**BAGGAGE CLAIM 2 AND 3**

● **Groceries**

**STOCKMANN GOURMET**

Salmon and special cheeses, herrings and Karelian pasties, lanttukukko (swede baked in a crust) and false morel are just some of the delicacies of Finnish cuisine on offer in this gourmet paradise, along with world-famous caviars and other treats. There are even dried strawberries.

**GATE 26**

**TAKE AWAY DELI**

Sweet and savoury snacks to take with you, coming or going.

**ARRIVALS HALL 2**

**POINT SHOP TO GO**

Point shop is the corner shop of the airport, offering kiosk products, coffee and fresh pastries, take away items, foodstuffs, hygiene products, newspapers and magazines and paperbacks.

**SERVICE FLOOR**

● **Jewellery and Watches**

**ASEMAN KELLO**

If you're into watches then Aseman Kello is the place for you. Find all the top brands as well as the best and brightest in jewellery.

**GATE 30 AND GATES 26-27**

**KALEVALA KORU - LAPPONIA JEWELRY**

This is as Finnish as jewellery gets: Kalevala Koru and Laponia Jewelry represent the peak of Scandinavian jewellery design. Kalevala Koru's original patterns, real ideas and inspiring stories make each piece unique. The sculptured design and softly glowing surfaces of Laponia Jewelry are known all around the world.

**GATE 14**

**FINNAIR SHOP TAX FREE**

Guess, House of Elliot, Nomination, Misaki, Dalvey... Purchases here will add to your Finnair bonus points.

**GATE 28**

● **Kiosk Products**

**R-KIOSKI**

Finland's most recognisable kiosks sell newspapers and magazines, paperbacks, confectioneries, gifts, souvenirs and hygiene products.

**GATE 28, DEPARTURE HALL 1 AND 2**

**TAKE AWAY DELI**

Time is tight, but hunger calls. Change course for the Take Away Deli! Sandwiches, salads, foodstuffs and fresh bread to go.

**ARRIVALS HALL 2**

**POINT SHOP TO GO**

Point shop is the airport's corner shop, offering kiosk products, coffee and fresh pastries, take away items, foodstuffs, hygiene products, newspapers and magazines and paperbacks.

Finns love the lottery and other kinds of betting. At Point shop, you too can take a chance on winning. Fill in your lucky numbers today!

**SERVICE FLOOR**

● **Perfumes and Cosmetic Products**

**HELSINKI AIRPORT DUTY FREE**

The world's most popular cosmetic brands and fragrances.

**GATES 26-27 AND GATE 30**

**FINNAIR SHOP TAX FREE**

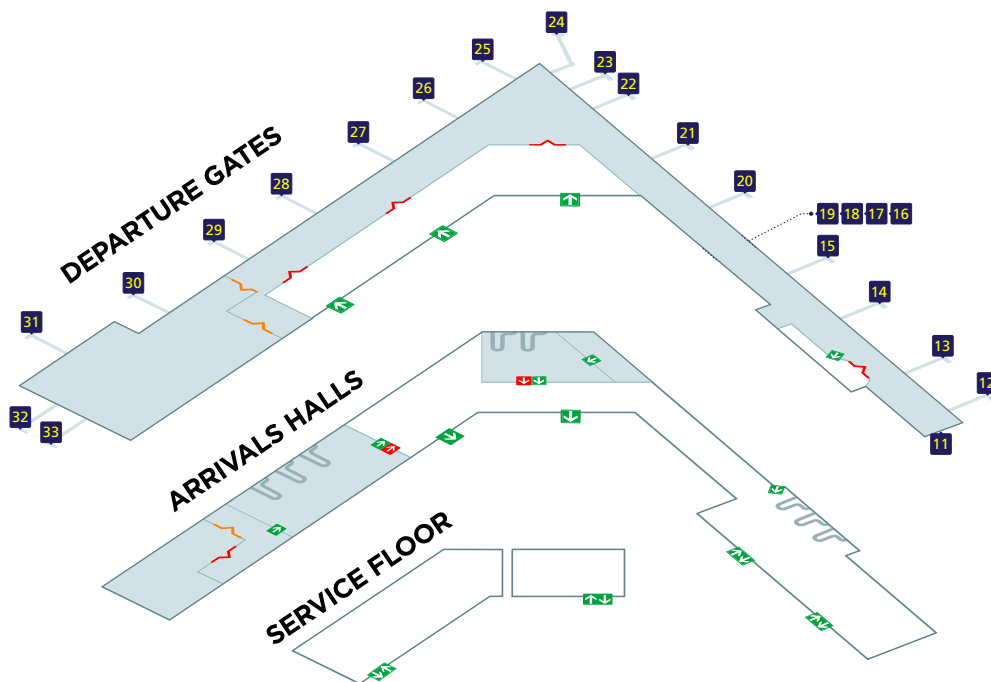
Perfumes, aftershaves, lotions, make-up from Boss, Lancôme, Gucci, Prada...

**GATE 28**

**SUKLAA JA PUUTERI**

The appropriately named Suklaa ja puuteri (Chocolate and Powder) offers everything delicate and beautiful, such as fragrances, cosmetics, confectionery, films and gifts.

**GATE 14**



## ARRIVAL SHOP

You've arrived empty-handed, but don't worry! Drop in at the Arrival Shop, conveniently located in the baggage claim hall, and choose from our large selection of perfumes, cosmetics, confectioneries and children's gifts.

**BAGGAGE CLAIM 2 AND 3**

## Sweets

### HELSINKI AIRPORT DUTY FREE

Fazer Blue is the best-loved chocolate in Finland. You can buy this and many other favourites at the Duty Free.

**GATES 26-27 AND GATE 30**

### FINNAIR SHOP TAX FREE

Sugar + cream = fudge. It's so good you won't feel guilty indulging! At Finnair Shop there's something for every sweet tooth: fudges, chocolates, liquorice, fruit drops - you name it.

**GATE 28**

### SUKLAA JA PUUTERI

Nine out of ten love chocolate and the rest lie about it, some wise soul has said. The appropriately named Suklaa ja puuteri (Chocolate and Powder) offers everything delicate and beautiful, such as fragrances, cosmetics, confectionery, films and gifts.

**GATE 14**

### R-KIOSKI

Chocolate bars, pastilles and candy bags - all lined up and ready to take with you.

**GATE 28, DEPARTURE HALL 1 AND 2**

### STOCKMANN GOURMET

Stockmann's sweets section is as reliable as the savoury selection.

**GATE 26**

### ARRIVAL SHOP

Don't worry about arriving empty-handed - buy presents at the baggage claim when you return from your trip! Choose

from a wide range of perfumes, cosmetics, sweets and children's gifts.

**BAGGAGE CLAIM 2 AND 3**

### POINT SHOP TO GO

Returning from a long trip with nothing but the light waiting for you in the fridge? Point shop is the airport's corner shop, offering kiosk products, coffee and fresh pastries, take away items, foodstuffs, hygiene products, newspapers and magazines and pocket books.

**SERVICE FLOOR**

## Restaurants and Cafés

### FRESH COFFEE & BAR & KITCHEN

Fresh is the combined bar, restaurant and coffee shop in the non-Schengen area. Its menu is available in English, Chinese, Russian and Japanese and includes freshly baked pastries and take away items as well as Asian and Mediterranean dishes.

**GATE 30**

### PRONTO

Enjoy a private meal away from the rush on the second floor of the airport building. Favourites include pizza, pasta, salads and burgers.

**GATE 29**

### CAFÉ TUULI

Café Tuuli is located in one of the busiest areas of the Helsinki-Vantaa Airport. When time is tight, get it to go from Tuuli. But if you have time to kill, sit down and enjoy the café's range of sweet and savoury delicacies and selection of refreshing drinks.

**GATE 28**

### WINE & VIEW

A unique wine bar, not just in Finland but anywhere. The varying selection includes the world's best mature wines and a range

of interesting modern wines. Delicious tapas are also available. Wine & View will serve you wines from all continents. The wine list is updated regularly and has included a number of rarities, such as port from 1861.

**GATE 28**

### FLY INN

Enjoy the range of dishes at this à la carte restaurant while you take in a fantastic view of the runway.

**ABOVE DEPARTURE HALL 3**

### COFFEE SPOON

The clock on the Stockmann building in central Helsinki is one of the city's most popular meeting spots. At Helsinki-Vantaa, Spoon plays a similar role. Sweet and savoury pastries, sandwiches and baguettes prepared in the coffee shop's own kitchen, fresh salads, special coffees, smoothies and ice-cream - also to go. P.S. The soup special for the day costs only €4.90 and the salad special €5.90. Open 24/7

**DEPARTURE HALL 2**

### DELI TOWER

Helsinki-Vantaa's best-kept secret! The Deli Tower, next to the Tower Lounge, has a great view of the runway and delicacies from the Mediterranean, Scandinavia and Asia. Menu favourites include Scandinavian tapas.

**GATE 22**

### CAFÉ ALVAR A

Alvar Aalto (1898-1976) was a Finnish functionalist architect and designer. His most famous building is the Finlandia Hall in Helsinki. The Café Alvar A at Helsinki-Vantaa Airport is named after Aalto and represents the best of Finland, in philosophy, design and food, much of which is produced locally by small and independent Finnish farmers.

**GATE 24**

### ROBERT'S COFFEE

Robert's Coffee is one of the airport's landmarks - it's the most popular and well-known coffee shop and a frequent meeting point for people taking a trip together. Special coffee, self-made pastries and baguettes, sandwiches and filled rye bread - also to go.

**GATES 24-25**

### THE OAK BARREL

If this cosy Irish pub were to be renovated, its patrons would probably riot. Many trips have begun in this haven for beer and whisky lovers.

**GATE 22**

### GO!CAFÉ

The story of the GO!Café is similar to that of the Eiffel tower: both were meant to be temporary structures, but plans changed. As the GO!Café became increasingly popular, its selection and services have also increased. Now the café offers you an excellent selection of take away food as well as a charging station for your laptop - and a tabletop to put your laptop on.

**GATE 20**

### INTERMEZZO RESTAURANT & BAR

Quickly off the menu! At Intermezzo, pizza, pasta, burgers and traditional Finnish food are served with a smile. The salmon soup and beef sandwich are favourites with many regulars.

**GATE 14**

## A Glass of Wine You Never Knew Existed

First opened on Valentine's Day 2008, **THE WINE & VIEW BAR** is the crown jewel of Helsinki-Vantaa Airport. Kalle Ruuskanen, Managing Director of SSP Finland, the bar's operator, is certain that Wine & View is the only restaurant in the world to sell vintage wines such as Chateau Petraux 1949 and 1947 - by the glass.

"Our wine list changes constantly. At one point we even had a 1861 port," Ruuskanen says, clearly excited.

Travellers are no less enthusiastic: Ruuskanen has received feedback from satisfied customers who have planned their route to include Helsinki-Vantaa, just for the opportunity to enjoy this little glass of luxury. However, Wine & View is not just about quality wines. Social gastronomy is the key.

"In the morning we serve bread and fruit. There's always something sweet to be washed down with coffee, and our tapas selection includes Finnish delicacies such as salmon and reindeer, as well as international favourites, olives, honeydew and prosciutto. **GATE 28**





## What's in Your Bag, SANDMAN?

**Come evening** and the Sandman is in a hurry. He has far to go and many kids to visit, sprinkling sand in their faces to make them rub their sleepy eyes. He has to remain awake and alert, though, so before he sets off he swallows an invigorating smoothie.

Sandman obviously packs something to

read, and a few sweets to nibble. Around his neck he wraps his lucky charm with its winged amulet. For though his journey to meet the world's children of the night is long, he will have his wings to speed him. And for backup, should his sleep-sand fail, he packs his storybook and for the tiny toddlers, a cuddly music box.

Back home he takes a shower and curls up in his own soft sheets, having squirted his toes with a refreshing foot spray. A nice cup of tea and a warm blanket complete his comfort, ensuring his own journey into the land of nod even as dawn's pale fingers part the sky. And when he wakes he starts his "day" like the rest of us – with a cup of coffee.



**INNOCENT SMOOTHIE** is innocent because it is always completely pure, fresh and unadulterated – 100 % natural. Available at most Helsinki-Vantaa cafes.

**THINGS TO DO**, things to read and travel snacks are available at all Helsinki-Vantaa R kiosks (look for R-kioski).



**MUSIC BOX** from the Moomin Shop plays Brahms' lullaby. The very first Moomins book, *The Moomins And The Great Flood*, published 1945, is the story of Moominmamma and Moomintroll's search for the missing Moominpappa and how they found their way to Moominvalley. It is the beginning of all the Moomin adventures and an extraordinary introduction to Tove Jansson's creations. **GATE 26**



**WINGS JEWELLERY** from Kalevala Koru. **GATE 14**



**NIGHT-WEAR** from Marimekko's Tasaraita collection, for bed time or for lounging around the house, for men and women. **GATE 26-27**

**QUALITY BATH TOWELS** from Luhta come in colours for the seasons. Available in three sizes. **GATE 28**



## TAKE AWAY DELI

Leaving the airport on an empty stomach? The Take Away Deli will make sure you leave satisfied! Sandwiches, salads, foodstuff and fresh bread to go.

ARRIVALS HALL 2

## CAFÉ PICNIC

Picnic is known for its baguettes, baked potatoes and special coffees. Salads, soft drinks and pastries are also available.

Open 24/7  
ARRIVALS HALL 2

## CESAR'S FOOD MARKET & PIZZA

Helsinki-Vantaa staff know this breakfast, lunch and dinner spot well, located just downstairs from Departures Hall 2. Buffet with a wide range to choose from. Pizza and filled baguettes also available.

SERVICE FLOOR

## Lounges

### LONG HAUL LOUNGE (FINNAIR)

GATE 33

### FRESH LOUNGE (SSP)

GATE 33

### GOLDEN GATE LOUNGE (FINNAIR)

GATE 28

### GATEWAY LOUNGE (SSP)

GATE 28

### SAS BUSINESS LOUNGE

GATES 25-26

### SILVER WINGS LOUNGE (FINNAIR)

Finnair's newly redecorated main lounge breathes the essence of Finland, from Eero Aarnio's Ball Chairs to blue and white tableware by Arabia.

GATES 25-26

### TOWER LOUNGE (SSP)

The peaceful Tower Lounge presents Finnish innovation in practice: the Private Audio Space, where you can connect your own computer or mp3 player to listen to music - privately, with no headphones.

GATES 25-26

## VIP Services

### VIP CENTRE/HELSINKI AIRPORT CONGRESS

More than a dozen meeting rooms for business travellers - and for more romantic occasions: Every few months, a happy couple exchanges marriage vows in the airport's VIP facilities. Then let the honeymoon begin! Contacts: Tel. +358 9 8277 3117, <http://www.helsinki-vantaa.fi/vip>  
DEPARTURE HALL 2

## Hotels

### SCANDIC HOTEL GATEWAY

The 40 comfortable rooms of the Scandic hotel are located on the service floor of the airport building.

SERVICE FLOOR

### HILTON HELSINKI-VANTAA AIRPORT

At the five-star Hilton hotel you can check in for your flight and wait with no rush until passengers are called to the gate. Some rooms also have a sauna. A stone's throw away from the International Terminal.

NEXT TO THE INTERNATIONAL FLIGHTS TERMINAL

## Air Freight Services

### ● Air freight and messenger services

#### AIRPORT TRAVEL CARGO

tel. +358 9 6151 3936 (24h)  
ARRIVALS HALL 2

## ATMs

You can get cash from the ten ATM machines in the terminal.

## Authorities

Managing control and providing services.

## BORDER GUARD

Passport control  
Open 24/7  
tel. +358 71872 6600

## POLICE

Opening hours Mon-Sun 7-19  
tel. +358 71878 2120  
LENTÄJÄNTIE 1 B, 3RD FLOOR

## ● Customs

### CUSTOMS CLEARANCE

Open 24/7  
tel. +358 20 391 109  
ARRIVALS HALL 3

### CUSTOMS

Two telephone service booths are available for travellers for issues related to exports and tax free. Open 24/7  
DEPARTURE HALL 4 GATE 29

## Business Flights

**THE BUSINESS FLIGHT TERMINAL** serves business airlines and private aircraft. Arrival and departure formalities are taken care of in minutes. All services required by travellers and business airlines are available 24/7. tel. +358 9 8277 2780  
[business.efhk@finavia.fi](mailto:business.efhk@finavia.fi)  
LIIKELENTOTIE 8

## Car Hire

Renting a car at the airport is a convenient way to travel: put your bags in the car and drive away! Advance booking over the Internet makes travelling even faster. Rental car parking is located on the ground floor of car park P3.

### AVIS

tel. +358 9 822 833  
CORRIDOR BETWEEN TERMINALS

### BUDGET

tel. +358 207 466 610  
CORRIDOR BETWEEN TERMINALS

### EUROPCAR

tel. +358 40 306 2800  
CORRIDOR BETWEEN TERMINALS

### HERTZ

tel. +358 20 555 2100  
CORRIDOR BETWEEN TERMINALS

### SIXT

tel. +358 9 872 4433  
CORRIDOR BETWEEN TERMINALS

## Conference Services

Are you planning an international event in a quality environment?

**HELSINKI AIRPORT CONGRESS** has nine flexible meeting rooms, the largest one accommodating up to 140 people. The meeting rooms provide modern audiovisual equipment and

## For Lounge Lizards

Helsinki-Vantaa has three lounges operated by SSP, another three hosted by Finnair and one SAS lounge. Whoever the host, all lounges have one objective: to create a haven of peace in the middle of the busy airport. For business people travelling frequently, the lounge is also an ideal working environment. All lounges



have an extensive selection of newspapers and magazines as well as food and drinks.

Not many people know that access to the lounges is not always limited to holders of airline bonus cards. Anyone can use the SSP lounges by buying a €29 single ticket at the lounge reception point.

communications. A professional conference assistant will help you with all the practicalities. tel. +358 207 629 732 sales@sspfinland.fi DEPARTURE HALL 2

**THE DOMESTIC TERMINAL** has one large meeting room accommodating 20–30 people and three smaller rooms for meetings with 2–8 participants. The large meeting room has modern audiovisual equipment and communications. tel. +358 9 8277 3117 vip.helsinki-vantaa@finavia.fi DEPARTURE HALL 2

**VIP PRESIDENT TERMINAL** is ideal for large groups and state visits. Weddings and other private events can also be organised here. The facilities readily accommodate 10–100 guests. Visitors have access to two conference rooms and a lounge as well as a festive lobby plus a separate press room. tel. +358 9 8277 3117 vip.helsinki-vantaa@finavia.fi LIIKELENTOTIE 10

**HOTELLI SCANDIC GATEWAY** sauna area has room for 2–6 people. The meeting rooms at Hotel Hilton Helsinki-Vantaa Airport can accommodate 14–400 participants.

**SCANDIC GATEWAY** tel. +358 9 818 3600 gateway@scandic-hotels.com SERVICE FLOOR

**HILTON HELSINKI-VANTAA AIRPORT** tel. +358 9 73 220 helsinki.vantaa.airport@hilton.com NEXT TO THE INTERNATIONAL FLIGHTS TERMINAL

## Currency Exchange and Banks

**NORDEA**  
GATE 26 AND SERVICE HALL

**SAMPO BANK**  
SERVICE FLOOR

**TRAVELEX**  
DEPARTURE HALL 2 AND 3, ARRIVAL HALL 3 AND GATE 33

## Ground Handling

Reliable handling of passenger and baggage check-in, security and border control and field transport.

**AIRPRO**  
Arrival services  
tel. +358 (0)40 7753103  
BAGGAGE CLAIM 3

**INTER HANDLING**  
tel. +358 9 4243 2400  
office@interhandling.fi  
DEPARTURE HALL 1

**NORTHPORT OYJ**  
Arrival services: RTG Ground Handling Oy

tel. +358 30 6244 160  
arrival.service@readytogo.fi  
BAGGAGE CLAIMS

**SAS GROUND SERVICES FINLAND OY**  
tel. +358 20 585 6700  
ARRIVAL HALLS 2 AND 3

**ARRIVAL SERVICES: RTG GROUND HANDLING OY**  
tel. +358 30 6244160  
arrival.service-fi@readytogo.fi

INTERNATIONAL TERMINAL:  
BAGGAGE CLAIMS 2 AND 3  
DOMESTIC TERMINAL: BAGGAGE CLAIM 1

**SERVISAIR**  
Arrival Service  
tel. +358 10 230 4120  
INTERNATIONAL TERMINAL,  
BAGGAGE CLAIMS 2 AND 3

**TICKET OFFICE**  
tel. +358 10 230 4170  
DEPARTURE HALL 3

**CARGO SERVICES**  
tel. +358 010 230 4141  
RAHTIKUJA 1

**TOUCH N' GO**  
Duty phone tel. +358 440 258815  
Check in tel. +358 40 411 0301  
The telephone service opens approximately 1.5 hours before the departure of the flight.  
helsinki@tng.fi  
DEPARTURE HALL 4

## Hair Salon

Do you need a quick trim, or even a major makeover? Whatever you need, the airport's hair professionals are there to help you!

**SALON FLY HAIR**  
tel. +358 9 822 206  
SERVICE FLOOR

## Internet and Work Facilities

### ● Wireless network

Do you need to check your connecting flight or e-mail a colleague? You can do just that via the Helsinki-Vantaa wireless network, available for you free of charge and covering all waiting areas, cafés and restaurants. When your computer is within network range, the message "Free wireless internet" automatically appears on your screen.

### ● Internet kiosks

If you leave your computer at home, you might want to use one of the ten Internet kiosks available to you for a fee. You can also make Skype phone calls from these kiosks. You can use all common credit cards to pay for the connection fee.

### ● Other work areas

You can get more work done at the eService Bar, with its six Internet connected computers available for a fee. You can

## How Marimekko's Poppy Bloomed

Every Finn knows Marimekko's popular Unikko (Poppy) pattern but how many know how it came about?

It's an amusing story. The fashion house's founder, **Armi Ratia**, often and publicly declared her view that flower designs should on no account be printed on textiles because flowers are more beautiful in nature and were not for decorative purposes. But designer **Maija Isola** couldn't accept rules and restrictions and in 1964 designed her collection of stylised floral patterns. One of these was Unikko, which over the years has become one of Marimekko's best known classics around the world. Timeless and cheerful, the Poppy blooms on a host of products, which also happen to be available at Marimekko's refurbished airport shop.

"We expanded the shop in March so now we can present a more comprehensive range and offer a moment of excitement and connection amid the fleeting bustle of the airport. The rejuvenated shop has a range of goodies, from designs to bags to interior decor items. We have the evergreen classics and some fabulous new products too," says **Piia Rossi**, manager of Marimekko shops. GATES 26–27





## A Flight for the Mind

Fascinating stories about about flying, the nature of Finland and its people. Now they have been collected in Finavia's brand book entitled **MindWings**. The volume includes stories, commentaries, photographs and poems, an introduction to an igloo village in Lapland, a chat with Santa, a promenade down the red VIP airport carpet, and looks at the symbolism of runway lights and the international world of business.



Commentaries by well known Finnish opinion makers will take you to the heart of humanity. You will be guided on your trip through Finland by the likes of ski jumping coach **Mika Kojonkoski** and world-famous conductor, composer and musician **Leif Segerstam**. You will feel the ever-changing seasons and the wonders of Finnish nature, great and small.

This marvellous souvenir of your trip to Finland is available in English and Finnish (**Perillämatkalla**) from the Duty Free shop at Helsinki-Vantaa Airport (gates 26-27) and the WSOY book shop in the centre of Helsinki, at Bulevardi 12.

pay the connection fee using any common credit card or buy time at the adjacent Go!Café during its opening hours.

**eService BAR**  
Open 24/7  
GATE 20

## Lost and Found

Oh, I've left my wallet on the coffee shop table! Don't worry - **FINLAND'S FOUND PROPERTY** will help you. For items forgotten at the airport or aboard aircraft, passengers can contact Finland's Found Property Service by telephone or by filling in an online enquiry form. The best time to enquire about lost property is the following day. Finland's Found Property charges a fee for lost items stored.

**FINLAND'S FOUND PROPERTY**  
Customer services  
tel. 0600-41006 (within Finland),  
0900-1090909 (from Sweden), +358  
600 41006 (other countries)  
[WWW.LOYTOTAVARA.NET](http://WWW.LOYTOTAVARA.NET)

## Parking Customer Service

Many options for parking your car - and if you need it, help to get you moving again. Parking customer service helps in all matters concerning parking. Free vehicle starting service is available around the clock.

**PARKING CUSTOMER SERVICE 24H**  
tel. +358 9 8277 3200  
[pysakointi.efhk@finavia.fi](mailto:pysakointi.efhk@finavia.fi)  
SERVICE FLOOR

**PARKING CUSTOMER SERVICE T1**  
tel. +358 9 8277 3200  
[pysakointi.efhk@finavia.fi](mailto:pysakointi.efhk@finavia.fi)  
ARRIVALS HALL 1

## Pharmacy

**LENTOASEMAN APTEEKKI**  
An extensive range of medicines and other care products associated with travelling.  
ARRIVALS HALL 3

## Storage Services

If you're travelling to warmer climes you can leave items such as winter coats, keys or skis here.

**AIRPRO TRAVEL SERVICES 24H**  
Open 24/7  
tel. +358 600 03360 (1,46 €/min+Inc)  
ARRIVALS HALL 3

## Tax Free Refunds

Didn't use all your tax free cheques? You can get a refund at Global Refund. Refunds are available from Travellex in the long-distance flight area

**GLOBAL REFUND**  
GATE 25

**TRAVELEX**  
GATE 33

## Taxi Operators

**SUOMEN AIRPORT TAXI**  
Fixed fare shared taxi  
tel. +358 100 4800  
ARRIVALS HALL 1 AND 2

**TAXIPOINT**  
Special taxi services  
Open 24/7  
tel. +358 9 8256 5566  
SERVICE FLOOR

## YELLOW LINE AIRPORT TAXI

Fixed fare shared taxi, tours, chartered drives  
tel. +358 600 555 555  
ARRIVALS HALLS 1, 2 AND 3

## Tour Operators

**TOIVELOMAT: AURINKOMATKAT, DOMINA TRAVEL, FINNMATKAT, LOMAMATKAT, MATKA-VEKKA, TAKEOFF, TJÄREBORG DETUR HISPANIA TOIVOMATKAT**

The desk opens approximately two hours before the departure of the flight.  
ARRIVALS HALL 2

## Travel Agencies

Travel services for private and business needs. Airpro Travel Services 24 hour service point sells bus and boat tickets, Lippupalvelu (Ticketmaster) tickets, Helsinki Cards and single-trip travel insurance policies from the Eurooppalainen insurance company. Here you can book hotel rooms in Finland and leave items such as your car keys, winter clothes or skis for storage.

**AIRPRO TRAVEL SERVICES 24H**  
Open 24/7  
tel. +358 600 03360 (1.46 €/min+Inc)  
ARRIVALS HALL 3

**AREA**  
Business Travel Centre  
telephone service 24/7  
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