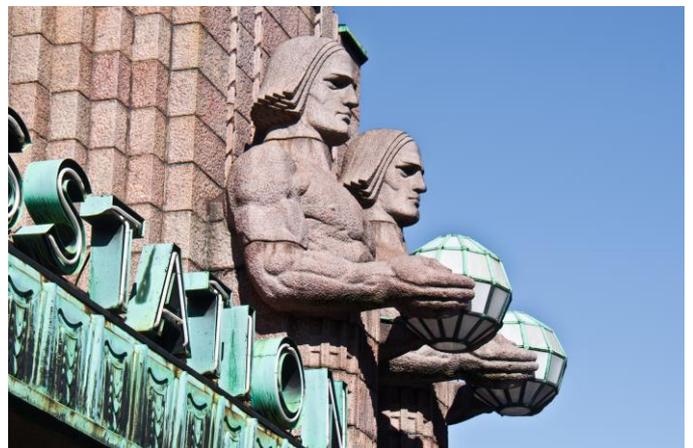


Tour
Information



Helsinki Art Nouveau to Post Modernism





Travel

Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to the Baltic States.

Visas

Visas are not required for British and EU nationals to enter Finland. For all other passport holders please check the visa requirements with the appropriate embassy.

Finnish Embassy:

38 Chesham Place, London SW1X 8HW.

Tel: (020) 7838 6200.

E-mail: sanomat.lon@formin.fi

Website: <http://www.finemb.org.uk>

Opening hours (visa section): Mon-Wed 1000-1200.
(appointments necessary)



Tickets and Flight Times

Included with your detailed itinerary is an e-ticket, which shows your flight reference number. You will need to quote/show this reference number at the check-in desk and you will be issued with your boarding pass. Online check-in is available 24 hours prior to departure.

Your ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With Norwegian your ticket includes one hold bag of up to 20kg plus one cabin bag no bigger than 55 x 40 x 23cm and a personal bag (handbag or computer case) no bigger than 25 x 33 x 20 cm.

Please contact the airline for further information.

<http://www.norwegian.com>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Departure Tax

The departure tax is included in the price of your flight tickets.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



Accommodation

Original Sokos Helsinki

The four-star Original Sokos Helsinki is ideally situated in the heart of the city very close to the Esplanadi market square and railway station. The hotel offers a bistrot restaurant, bar, sauna and modern bedrooms with private bath/shower, hairdryer, TV, telephone and wi-fi.

For more information please visit the hotel's website:

<http://www.sokoshotels.fi/en/helsinki/sokos-hotel-helsinki>



Food

Largely based on seasonal and locally sourced produce, the local cuisine's main ingredients are meat, potatoes, vegetables such as cabbage, seafood, and a delicious, deep, black rye-bread. Potatoes, meat, fish, milk, butter and rye bread are the traditional mainstays of the Finnish diet, but food in Finland has been greatly influenced both by Western (French and Swedish) and Eastern (Russian) cooking. Tourists can expect excellent fresh fish dishes on menus. Examples are pike, trout, perch, whitefish, salmon and Baltic herring. All are in abundance most of the year. Crayfish (a Finnish speciality) is available from July to August. One should also try reindeer meat, smoked or in other forms. Regional dishes include *kalakukko*, a kind of fish and pork pie, baked in a rye flour crust, and *karjalan piirakat*, a pasty of rye flour stuffed with rice pudding or potato and eaten with egg butter. Various kinds of thick soups are also popular.

In restaurants (*ravintola*) the menu is continental with several Finnish specialities. Restaurant prices are moderate if the set menu is chosen. Most restaurants have a special menu for children, or other half-price meals. Inexpensive lunches are served at places called *kahvila* and *baari* (the latter is not necessarily a licensed bar).



Drink

Restaurants are divided into two classes: those serving all kinds of alcohol and those serving only beers and wines. Waiter service is common although there are many self-service snack bars. Bars and cafés may have table and/or counter service and all internationally known beverages are available. The Finnish berry liqueurs, *mesimarja* (arctic bramble), *lakka* (cloudberry), and *polar* (cranberry), as well as the Finnish vodka (usually served ice cold with meals), are well worth trying. Finnish beer is of a high quality and mild beers are served in most coffee bars. There are strict laws against drinking and driving. In restaurants beer is served from 0900 and other liquor from 1100. All alcohol is served until half an hour before the restaurant closes. Nightclubs are open to serve drinks until 0200 or 0400. Service begins at 1100 and continues until the restaurant closes. The age limit for drinking is 18 years, but consumers must be 20 before they can buy the stronger alcoholic beverages. Locally brewed beers, such as *Švyturys*, *Gubernija*, and *Taurus*, are popular and come in a range of strengths and darkness. Lithuanians also produce different herb or fruit based spirits, such as *Trejos devynerios*, and excellent honey and herb mead (*Midus*).

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – two dinners at the hotel



Destination

Helsinki has in recent times been the World Design Capital (2012) and regularly voted the most liveable city in the world (2011). Called the 'Daughter of the Baltic,' its situation on the southern tip of the Vironniemi peninsula and 315 islands has along with its late urbanization, by European standards, produced the recipe for a unique and vibrant capital city. More than 600 Art Nouveau buildings survive and throughout the twentieth century, the city continued to develop a set of spectacular buildings. This and more are explored on this superb new tour.

Details of places of interest included in your tour:

Helsinki

The Art Nouveau or Jugendstil architecture of the turn of the 20th century developed strong national characteristics in Finland. Helsinki was growing rapidly at the time and Jugendstil imprinted its image on the city's face in the districts of Katajanokka, Ullanlinna and Eira. Renowned Jugendstil creations include the eclectic National Museum, the Headquarters of the Pohjola Insurance Company and the former headquarters of the Helsinki Telephone Company. Hvitträsk with its interiors is a unique residential environment, executed for their own use by the architects Gesellius-Lindgren-Saarinen.

For more information about Helsinki:
<http://www.visithelsinki.fi/en>

Museum of Finnish Architecture

The fundamental task of the Museum of Finnish Architecture, one of Finland's national museums, is to collect and distribute knowledge about architecture and increase its understanding among the general public as well as experts. It is an information centre for topical architectural practice, research and critique, oriented toward the future even as it records history. The museum builds a bridge between architecture and its users, and on the other hand it is a link in the interaction of professionals. It focusses on post-1900 architecture. The museum, established in 1956, has large collections of drawings and photographs, a number of models and an extensive library.

For more information:
<http://www.mfa.fi/>

Design Museum

Design Museum is located in the Kaarti section of central Helsinki in the former building of the Brobergsgka Samskolan high school (architect Gustav Nyström 1895), it is an internationally recognized national specialist museum of Finnish design, which Museum researches, collects, stores and design documents.

For more information:
<http://www.designmuseum.fi/>

Tempeliaukio Church

Quarried out of the natural bedrock, Tempeliaukio Church is one of Helsinki's most popular tourist attractions. The interior walls are created naturally by the rock. The church was designed by architects Timo and Tuomo Suomalainen and opened in 1969. Due to its excellent acoustics the church is a popular venue for concerts.

For more information:
<http://www.helsinginkirkot.fi/en/churches/rock-church-tempeliaukio>

Taidehalli

The Taidehalli building was designed by Hilding Ekelund and Jarl Eklund. Completed in 1928, the building is a prime example of Nordic Classicism in Finland. The building has been renovated several times and the latest major refurbishment was completed in 2009.

For more information:
<http://taidehalli.fi/>

National Museum of Finland

The National Museum of Finland illustrates Finnish history from prehistoric times to the present day. Major archaeological finds, the historical, numismatic and ethnological collections have been put together for over 200 years. Workshop Vintti on the third floor is an interactive exhibition especially designed for children, where visitors can study the history of Finland and its culture using their hands and heads.

For more information:
<http://www.kansallismuseo.fi/>

Ateneum Art Museum

The Ateneum is Finland's best-known art museum and the home of Finnish art. The images held by the Ateneum are ingrained in the collective memory of the Finnish people: the beloved works in Ateneum's collections date from the period from the 19th century to the modern age. The hugely popular exhibitions of Finnish and international art open up new perspectives into the past and the future. The guest stars of the temporary exhibitions have included names such as Tove Jansson, Carl Larsson, Pablo Picasso and Helene Schjerfbeck. To be on display until 2020, the Stories of Finnish Art exhibition celebrates the Ateneum collections. The exhibition guides visitors through the development of Finnish art, from 1809 up until the 1960s. On display, side by side, are Finnish and international masterpieces from Ateneum's collections, such as Le Corbusier's *Two Women* (1939), Eero Järnefelt's *Under the Yoke (Burning the Brushwood)* (1893), Edvard Munch's *Bathing Men* (1907–08) and Ilya Repin's *Portrait of Natalia Nordmann* (1900).

For more information:
<http://www.ateneum.fi/>

Hvittrask

Hvittrask was built between 1901-1903 by architects Herma Gesellius, Armas Lindgren and Eliel Saarinen. The main building, designed in National Romantic style, built of logs and natural stone, was both a common studio and a home for Saarinen and Lindgren for some years after it was completed. During that time Gesellius lived in the courtyard building and later moved into the north wing of the main building after Lindgren relocated to Helsinki.

During the early decades, the main building served as both an architectural office and as a cultural home. It was visited by such esteemed figures as Jean Sibelius, Axel Gallen-Kallela and Maksim Gorki. The office's staff also lived at Hvitträsk, and this is where the plans were drawn up for the Helsinki Railway Station, the National Museum of Finland and the monumental Munkkiniemi-Haaga project. Hvitträsk is also the boyhood home for world famous architect Eero Saarinen, who made his reputation primarily in the United States designing buildings and monuments such as the Gateway Arch in St. Louis, Missouri.

The Saarinen home is a museum today, and within the courtyard building are a restaurant and a café. Hvitträsk and its lovely English style garden are

surrounded by beautiful nature near the shore of Lake Vitträsk.

For more information:
<http://www.kansallismuseo.fi/>

Reading suggestions

Helen Dunmore, *House of Orphans*.

Set in Finland at the turn of the 20th century *House of Orphans* is a spellbinding story of love and loneliness is also about the tension between reform and revolution, and a country emerging into Independence.

Richard Rayner, *The Cloud Sketcher*.

The Cloud Sketcher is a rich, intricate sweeping historical epic. Growing up in rural Finland in 1901, 11-year-old Esko bears scars on his face which he received trying to rescue his mother from their burning house a year before. Bereft and meek, Esko is later left by his political activist father with the local priest, who encourages his early interest in architecture by showing him a picture of the very first lift to be installed in Finland.

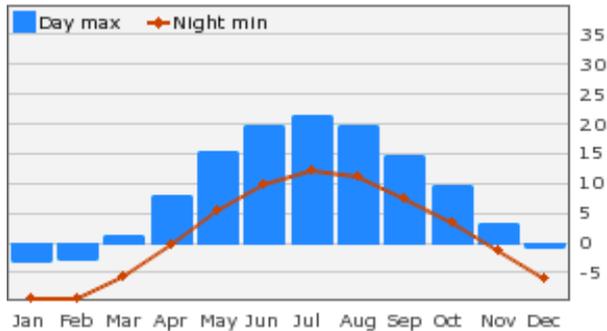
Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



The Basics

Climate – The weather in Finland at this time of year is likely to be pleasant. However, it can get chilly in the evenings, and there is always the chance of the odd shower, so our best advice is to be prepared.



Time – GMT +3 hours (Summer time Apr-Oct); GMT + 2 (Standard time Nov-Mar).

Language – Lithuanian, Latvian, Estonian.

Religion – predominantly Roman Catholic (Lithuania), Lutheran and Catholic (Latvia), majority non-religious, with some 20% Christian (Estonia).

National holidays

New Year's Day (01 Jan); Epiphany (06 Jan); Good Friday; Easter Sunday; Easter Monday; Labour Day (01 May); Ascension Day; Whit Sunday; Midsummer Day (25 Jun); All Saints Day (01 Nov); Independence Day (06 Nov); Christmas Day (25 Dec); Boxing Day (26 Dec).

Currency

Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe in Finland, although it has high mineral content and can be cloudy. Therefore, bottled water is safer and widely available.

Shops and museums – Shops and stores are generally open Mon-Fri 0900-2100. Many are also open at the weekend including Sundays. Please note that most museums are closed on Mondays.

Clothes & Shoes – You may like to bring medium weight clothing and a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>

 **Emergencies**

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Embassy Helsinki

Itäinen Puistotie 17

00140 Helsinki

Finland

Email: info.helsinki@fco.gov.uk

Tel: +358 922865100

Fax: +358 922865262

Open Mon-Fri 0900-1630

Travel Editions

3 Young's Buildings, London EC1V 9DB

Tel: 020 7251 0045

Email: info@traveleditions.co.uk www.traveleditions.co.uk

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