



## HANAKO Network

### SAFETY TRAVELLING TO FINLAND

25.10.2019

#### 1. GENERAL

Finland is a small country on a global scale. The population of Finland makes up just 0.07 per cent of the world's population and its area as much of the total world area. Finland is the safest and freest country in the world.

<https://toolbox.finland.fi/life-society/finland-as-a-tourist-destination/>

#### 2. FINLAND AS DESTINATION

##### 2.1. Passport and visa

Please check your visa rules <https://finlandabroad.fi/web/jpn/find-out-if-you-need-a-visa>

##### 2.2. Health Insurance

Citizens of the European Economic Area (EEA) are covered for emergency medical treatment on presentation of a European Health Insurance Card (EHIC), though they will be liable to pay a daily or per-appointment fee as a Finn would. Enquire about EHICs at your health centre, travel agency or (in some countries) post office well in advance of travel. Citizens from other countries should find out if there is a reciprocal arrangement for free medical care between their country and Finland. If not, health insurance is strongly recommended. Make sure your policy covers you for any activities you plan to do, such as skiing. (<https://www.lonelyplanet.com/finland/health>)

##### 2.3. Recommended Vaccinations

Specific travel vaccinations are not required for visitors to Finland.

##### 2.4. Language

Finland is officially bilingual country, you can find instructions in Finnish and Swedish. English skills are enough in Finland. You can easily find guidelines and guidance in English. Most Finns can speak **English**, with varying skills.

##### 2.5. Credit cards and cash

**Credit or debit cards are the most common form of payment in Finland**, so it is definitely worth checking with your bank in your home country whether using your card abroad is the most cost-effective way to make purchases.

Major credit cards such as Visa, MasterCard, and Diners Card are widely accepted in Finland. When making a purchase by credit card you will usually be asked to present some form of photo identification at the till.

Check with your bank about any charges that may or may not be incurred from making a withdrawal from an ATM. Most common ATMs are called **OTTO** and you will recognize them from the orange colour. Also, *Nosto* ATMs are around, but they might charge a fee.

In any case, most shops and restaurants in Finland accept payment by card. If you do not have enough cash on you or you cannot get to an ATM, it is well worth trying to pay with your card. (<https://www.justlanded.com/english/Finland/Finland-Guide/Money/Accessing-money>)

## 2.6. Electricity

In **Finland** the standard voltage is 230 V and the frequency is 50 Hz. You can use your **electric** appliances in **Finland**, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa). In Finland the power plugs and sockets are of type F. Type F: also known as "Schuko". This socket also works with plug C and plug E.

## 2.7. Health

Travel in Finland presents very few health problems. The standard of care is extremely high and English is widely spoken by doctors and medical-clinic staff, the level of hygiene is high and there are no endemic diseases.

The main health issues to be aware of are extreme climates (with the potential for nasties such as hypothermia and frostbite, or viral infections such as influenza) and biting insects such as horseflies and mosquitoes, though they're more an annoyance than a real health risk

Health care is widely available and standards are excellent. The 'Health services in Finland' page of the website [www.infopankki.fi](http://www.infopankki.fi) is an excellent source of information, with links to clinics and price-comparison websites.

## 2.8. Food: allergies and water

Finland is one of the most allergy-friendly places around Europe. it is quite common to write on menus if it includes gluten, lactose or nuts. You can always ask and staff can answer easily in restaurants.

**Finland's tap water** is among the highest quality in the world and is not only completely safe but a pleasure to drink. In **Finland tap water** has been found to be significantly cleaner than bottled water.

## 2.9. Phones and free WiFi

Prepaid packages are an easy way to get started with a Finnish mobile phone service, and a deposit is not required when setting up prepaid services. In recent years prices have dropped, and services have expanded to include Internet access.

Prepaid subscriptions can be purchased from outlets including R-Kioskis and larger service stations, as well as online. Simply buy a package, install the supplied SIM card, key in the codes provided and start using your phone. Your new phone number is included with the package. You will be alerted when your airtime is running out, and can then 'top up' the subscription from a dealer or online.

When using your mobile for international calls, **you can choose which operator you would like to handle individual calls**. Operators' rates per minute vary dramatically. Not only that but one operator may have cheap rates to *one* country while their rates to *another* country are comparatively high. Check the [operators](#) above for their rates to various countries; you may find one that will allow you to "phone home" cheap! Please note that you have to add the local network charge to the prices given on the Web pages. Sometimes the prices are shown without the 24% sales tax (ALV).

There is excellent mobile coverage right across Finland, including in Lapland. You can find free WiFi in many places in Finland (colleges, restaurants, hotels etc.). Visit the Finnish capital of Helsinki, and there is a free hotspot [almost everywhere](#). It's fast enough to allow video calling and HD streaming. And it doesn't require a reading of lengthy terms and conditions, nor a password, nor the need to divulge your age, gender, or email address. Helsinki doesn't want your identity, or your money, or your data—indeed the only warning before you hit "accept" is a reminder that public networks are insecure, so be careful out there. All it wants is to get you online.

[https://www.expats-finland.com/telecommunications\\_and\\_media/telephone.html](https://www.expats-finland.com/telecommunications_and_media/telephone.html)

## 2.10. Traffic

One difference from other parts of the world is that in Finland is drive on the right side of the road ((right-hand traffic). In Finland, drivers overtake (pass) on the left. In Finland, seat belts are mandatory for the front and rear seats.

The alcohol limit in Finland is 0.5 grams/liter for drivers, and the tolerance for this behavior is low in this part of the world. Keep in mind that the police can pull you over for testing at any time, and if you're over the limit, you're going to jail—it's that easy to see a Finnish jail from the inside.

Maintain awareness that bike lanes and cyclists are frequent sights across the region. As long as they are in designated lanes, cyclists have the right of way.

To rent a car, you must be at least 20 (age sometimes varies by car category) and to have held your license for a year. Drivers under 25 may have to pay a young driver fee to rent a car.

Validity of foreign driving licences in Finland you can check <https://ajokortti-info.fi/en/basic-information-about-a-driving-licence/validity-of-foreign-driving-licences-in-finland>

- 2.11. Host partner will organise the first guidance for trainees and students giving more information about the practical questions (traffic and tickets, cultural questions, Finnish language).

For more information: <https://www.visitfinland.com/>

### 3. IMPORTANT ADDRESSES

If you get into an accident or require other emergency services in Finland, **call 112 nationwide to reach the police, fire department, and ambulance.** You can immediately ask for an English-speaking staff member and have appropriate emergency services dispatched to your location.

#### Embassy of Japan in Finland

##### Postal and visiting address:

Embassy of Japan  
Unioninkatu 20-22  
FIN-00130 Helsinki

**Tel:** 09-686 0200

**Fax:** 09-633 012

Emergency number outside office hours: +358-9-81710418

**In Emergency situation** please go to Haartman Hospital (in other situation you can go to the nearest health center of your residence)

[https://www.hus.fi/en/medical-care/hospitals/haartman\\_hospital/Pages/default.aspx](https://www.hus.fi/en/medical-care/hospitals/haartman_hospital/Pages/default.aspx)



#### [HUS - Haartman Hospital](#)

The Emergency Department primarily serves patients over the age of 16 from southern, central, and western Helsinki. In urgent cases, care is provided regardless of place of residence.

[www.hus.fi](http://www.hus.fi)

#### Contact person in Finland

Ms. Sirje Hassinen, Coordinator of HANAKO Network

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#### Help in Japanese language

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