

## **Contents**

|                               | Page |
|-------------------------------|------|
| Map of Finland                | 6    |
| Introducing Finland           | 7    |
| Early Life in Finland         | 14   |
| A Free Land                   | 18   |
| Matters of State              | 25   |
| Helsinki—the Capital City     | 27   |
| Other Cities and Towns        | 33   |
| The Countryside               | 37   |
| Trout, Bears and Cloudberries | 45   |
| Education in Finland          | 46   |
| Games and Sports              | 53   |
| The Sauna                     | 55   |
| Lapland                       | 63   |
| Living in Finland             | 72   |
| Finland in the Modern World   | 81   |
|                               | 93   |
| Index                         |      |

