

## Finland – Culture Smart!

### The Essential Guide to Customs & Culture

By Elena Barrett and Terttu Leney

The people of this land of white summer nights and pristine lakes are famous for their *sisu*, a form of enterprising stoicism. They are survivors: if you were stranded on a desert island, your ideal companion would be a Finn. Before you knew it, the sauna would be ready, fishhooks positioned, a fire burning, and any edible berries picked and prepared for eating. Shaped by the harsh physical beauty around them, the Finns can be melancholy, yet have a great sense of humor. Their music is often in the minor key, but they love to dance, sing, and perform. They cherish their traditions, from name days to near-pagan rituals, yet they are great innovators.

*Culture Smart! Finland* describes the historical, geographical, and cultural influences that have shaped the Finnish psyche, and guides you through the working and social lives of the Finns today, offering you a deeper, more rewarding experience of this beautiful land.

***Culture Smart!* guides are created to help travelers have a more meaningful and successful time abroad through a better understanding of the local culture. Chapters on values, attitudes, customs, and daily life will help you make the most of your visit, while tips on etiquette and communication will help you navigate unfamiliar situations and avoid faux pas.**

**Elena Barrett** is a teacher, writer, applied linguist, and long-time resident of Finland. Originally from Connecticut, USA, she has taught English to Finnish adults and upper-secondary students. She is presently finishing her studies and researching language use in legal contexts at the University of Jyväskylä, Finland.

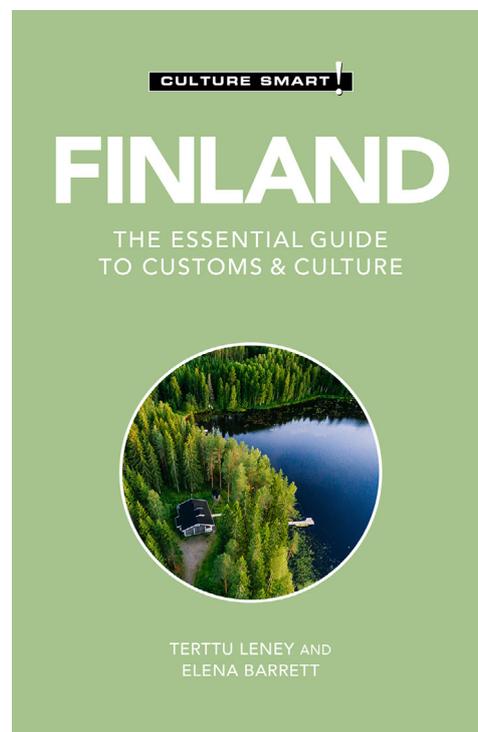
**Terttu Leney** is a Finnish teacher, trainer, broadcaster, and writer who worked for the Foreign Office in London as a professional development coordinator preparing British diplomats and businessmen for overseas postings. She has written several publications, including *Teach Yourself Finnish*, *Finn Talk 1*, and *Finn Talk 2*.

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**CULTURE SMART!**



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