

Fast Facts

Finland

- Finnish is a notoriously difficult language to learn. It is a member of the Finno-Ugric language group (other members include Estonian and Hungarian).
- Finland hosts the annual Air Guitar World Championships as part of the Oulu Music Video Festival.
- Father Christmas lives in Finland. The Finns say his home is on the mountain of Korvatunturi in Lapland.
- Finland ranks near the top of the OECD's international assessment of student performance, and its tertiary system is ranked number one in the world (World Economic Forum).
- Finland was the first major European country to give women the vote (in 1906).



TRIPPING

In the Lap of the gods

Finland is home to thrilling landscapes and natural wonders, writes Marleena Forward

What do saunas, Sibelius and snow have in common? The answer lies east of Sweden, west of Russia and beneath some 23 million hectares of forest.

As far as European tourist destinations go, Finland flies under the radar for most travellers. For those who venture to this northern nation, however, unique experiences await.

With 69 per cent of its land covered by forest and 10 per cent beneath its 190,000 lakes, Finland is a nature-lover's paradise. Indeed, Finns themselves make regular trips to their forest morkkis (small wooden huts) during the summer months to soak up the country's natural beauty.

In winter, blanket snowcover makes for picturesque sightseeing and ideal cross-country ski conditions. And surely there is no more thrilling experience than ice-skating on the frozen ocean.

Twenty-four-hour sunlight is another natural wonder that can be experienced

in the country's northern Lapland region during summer; conversely, the nation is shrouded in darkness during winter, when temperatures can reach -50C in the north and -35C in the south.

With a population of just over 550,000, Helsinki is by far the country's most populous city. One of Helsinki's main attractions is Helsinki Cathedral in Senate Square. With its green domes and white exterior, this imposing building was constructed from 1830-52 to replace another church.

Other highlights include Suomenlinna (one of the largest maritime fortresses in the world), Temppeliaukio Church, which is carved directly into a rock hill, and Seurasaari Open-Air Museum. This island attraction provides insights into traditional Finnish life.

It may not be the world's premier tourist destination, but that's part of Finland's charm. If you're looking for tranquil beauty, Finland should be top of your list.

8 WEEKS PILATES & YOGA CHALLENGE



NO MATTER WHO YOU ARE. NO MATTER WHAT YOU DO YOU ABSOLUTELY, POSITIVELY DO HAVE THE POWER TO CHANGE.

- Strengthen & flatten your abdominals
- Develop long lean muscles
- Increase your flexibility
- Reduce your stress levels
- Relieve back & neck pain
- Improve strength, stamina & fitness
- Lose weight & tone up

- In **TWO** weeks you will be more **FLEXIBLE**
- In **FOUR** week you will have **STRONGER & FLATTER ABDOMINALS**
- In **SIX** weeks you will have **LONGER, LEANER MUSCLES**
- In **EIGHT** weeks you will have a **WHOLE NEW BODY!**

SO WHAT ARE YOU WAITING FOR?

- Suitable for all ages and fitness levels.
- Take the challenge on your own and make friends OR bring some with you.
- Groups of 5 receive 5% discount. 10 or more receive 10% discount.

RESULTS GUARANTEED CALL 9663 0047

Start Dates From – 29th October to 2nd November

**ABSOLUTE
LAST CHANCE
TO ENROL
CALL
NOW!**

Level 4, 169 Swanston Street, Melbourne 3000
t. 9663 0047 www.matrixpilates.com.au e. sales@matrixpilates.com.au



Deakin Medicine

Graduate entry Bachelor of Medicine Bachelor of Surgery*

*subject to approval of the Australian Medical Council
For more information, please contact 03 9251 7777

email hmnbs-support@deakin.edu.au
www.deakin.edu.au



The study of success

**Grant Street Neighbourhood
Precinct Community Consultation**

Your chance to have your say!



The Grant Street Neighbourhood Precinct Masterplan is a City of Melbourne public space project. This project will link the residential, institutional and arts quarters and create a new neighbourhood focus in Southbank.

Further to the recent Public Meeting on the Grant Street Neighbourhood Precinct Draft Masterplan, public review and comments are invited on the Draft Masterplan by **Friday 9 November 2007.**

The draft masterplan will be on display at www.melbourne.vic.gov.au/consultations or a hard copy is available on request from (03) 9658 9658.

This is your opportunity to participate in shaping part of the precinct's future identity.

Please forward any comments on the draft masterplan to:

Email: paula.kilpatrick@melbourne.vic.gov.au

Mail: **City of Melbourne**

Attn: Paula Kilpatrick
PO Box 1603 Melbourne 3001

Phone: (03) 9658 9658

**Like what
you see?**

You can purchase our
photographs for just \$22
(inc GST+postage)

For more info
or to place your order
phone 9473 4700
fax 9473 4701
or email

fcn.central@fairfax.com.au

Purchase price does not
include copyright.

