

# Discover Helsinki

Discover the unique charm of  
Helsinki, Finland







Cross-country skiing, island-hopping in the archipelago, picking natural superfoods, and visiting world-class museums, Helsinki offers it all.

# Top things to do in Helsinki

**1. Visit the Helsinki Zoo:** the Zoo on the Korkeasaari island is an attraction with tourists and locals, where you can see both Finnish and exotic animals from around the world

**2. Amuse yourself at Linnanmäki:** Linnanmaki Amusement Park is open from May to September. The park opened in 1950 and now has about 40 rides and attractions. The park is mostly known for its iconic wooden roller coaster.

**3. Explore historic Suomenlinna:** Suomenlinna is a historic sea fortress from the 1700s, and is now a UNESCO World Heritage site. It operates all year long and is home to about 800 years round residents

**4. Stroll along the shoreline:** One of the nicest things to do in Helsinki is to walk along the shoreline, which stretches for 123 kilometers.**5. Check out a museum:** Helsinki is a vibrant city of art, with five ambitious and prestigious museums; Ateneum, Kiasma, Amos Rex, Helsinki Art Museum HAM, and Kunsthalle Helsinki. Art lovers can buy a Museum Card for around 70 euros that gets you into over 50 museums in and around Helsinki.

**6. Oodi:** The central library, completed in 2018, attracts locals and visitors due to its diverse architecture and state-of-the-art liberty services.

**7. The Sibelius Monument:** One of the most photographed sights in Helsinki's Toolo district. A large sculpture, made of acid-resistant steel measures 8.5 meters in height. The monument is dedicated to Jean Sibelius, Finland's most famous composer.

**8. Kalasatama:** The Fish Harbor district is one of Helsinki's newest residential zones. Kalasatama is a former harbour and industrial lot some of its buildings have been renovated into restaurants and event spaces.



**9. Temppeliaukio Rock Church:** Excavated directly into solid rock, the Temppeliaukio Church is especially popular thanks to its acoustic qualities. The church hall is dominated by a dome that is lined with a row of windows. The brothers **Timo and Tuomo Suomalainen** won the architectural bid organised in 1960-1961 for the church's design.

**Helsinki: A Hub of Paediatric Science, Research, and Innovation**

Helsinki is not just a cultural and historical gem; it is also at the forefront of paediatric science, research, and innovation. The city hosts numerous world-class research institutions and hospitals that contribute significantly to advancements in paediatric healthcare.

**1. Helsinki University Hospital (HUS):** One of the largest hospital districts in Europe, renowned for its high-quality paediatric care and research. It collaborates with the University of Helsinki to drive clinical research and implement cutting-edge treatments in paediatrics.

**2. University of Helsinki:** A leading research university with a strong focus on medical and health sciences. Its Faculty of Medicine is involved in pioneering research in paediatrics, genetics, and public health, contributing to significant breakthroughs in child health and development.

**3. Biomedicum Helsinki:** A research and educational center that facilitates collaboration between scientists and clinicians.

**4. Finnish Institute for Health and Welfare (THL):** Conducts extensive research in public health and welfare, with a strong emphasis on maternal and child health.

**5. Helsinki Innovation Services (HIS):** Supports the commercialization of research innovations from the University of Helsinki and Helsinki University Hospital. It fosters the development of new medical technologies and treatments that enhance paediatric care and health outcomes.

# Travel Information: Getting to and Around Helsinki





# Getting to Helsinki

Helsinki is well-connected to major cities around the world, making it easily accessible for international travelers. Here are the primary options for getting to the city:

**1. By Air: Helsinki-Vantaa Airport (HEL):** Located approximately 17 kilometers (10.5 miles) north of the city center, Helsinki-Vantaa Airport is the main international gateway to the city. It offers direct flights to numerous destinations across Europe, Asia, and North America.

## Transportation from the Airport:

- **Train:** The local train (I and P lines) connects the airport to the city center in about 30 minutes.
- **Bus:** The Finnair City Bus and several public buses (e.g., bus 615) provide regular services between the airport and downtown Helsinki.
- **Taxi:** Taxis are readily available at the airport, with a ride to the city center taking around 30 minutes.

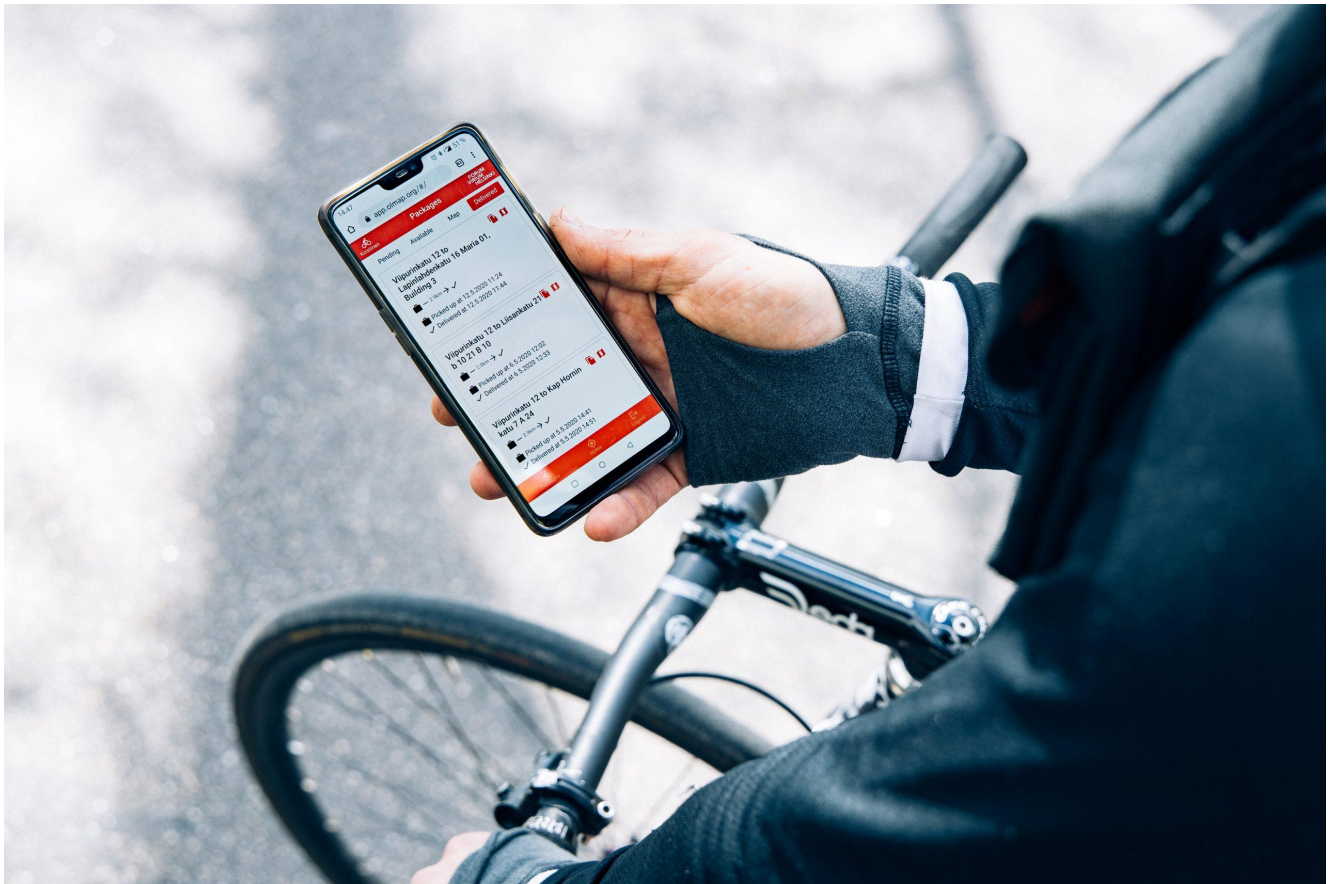
**2. By Sea: Ferry Services:** Helsinki has several ferry terminals that connect it to neighboring countries, including Sweden (Stockholm), Estonia (Tallinn), and Germany (Travemünde). Major operators include Viking Line, Tallink Silja, and Eckerö Line.

## 3. By Train:

- **Domestic Trains:** Finnish Railways (VR) operates extensive domestic routes, connecting Helsinki to other major cities in Finland.

**4. By Bus: Long-Distance Buses:** Several companies, including OnniBus and Matkahuolto, operate long-distance bus services to and from Helsinki, providing an affordable travel option.









# Getting Around Helsinki

Helsinki boasts an efficient and user-friendly public transportation system, making it easy to navigate the city.

## 1. Public Transportation

- **HSL (Helsinki Regional Transport Authority):** HSL manages an integrated network of trams, buses, commuter trains, and the metro. Tickets are valid across all modes of transport and can be purchased via the HSL app, ticket machines, or at kiosks.
- **Trams:** The tram network is extensive and particularly convenient for exploring the city center and nearby neighborhoods.
- **Metro:** The Helsinki metro runs from the city center to the eastern suburbs and Espoo, providing quick and reliable service.
- **Buses:** Buses cover areas not served by trams or the metro, including routes to and from the airport.

## 2. Cycling

- **City Bikes:** Helsinki offers a popular bike-sharing program with numerous docking stations around the city. The bikes can be rented using the HSL app or at docking stations.
- **Bike Lanes:** The city is bike-friendly, with many dedicated bike lanes and scenic cycling routes.

## 3. Taxis and Ride-Sharing

- **Taxis:** Taxis can be hailed on the street, booked via phone, or through apps like Valopilkku. They are metered and offer a reliable way to get around.
- **Ride-sharing:** Services like Uber operate in Helsinki, providing an alternative to traditional taxis.

**4. Walking:** Helsinki's compact city center is pedestrian-friendly, with many attractions within walking distance of each other. The city's design makes it pleasant and safe for walking.

**5. Car Rentals: Rental Services:** Several car rental companies operate in Helsinki, including international brands like Hertz, Avis, and Europcar. Renting a car is an option for those planning to explore beyond the city limits.

**6. Ferries and Water Buses: Island Hopping:** Ferries and water buses operate routes to nearby islands such as Suomenlinna, Pihlajasaari, and Korkeasaari (home to Helsinki Zoo), offering scenic views and unique experiences.

## Practical Tips

### Travel Cards

Purchase an HSL travel card for unlimited travel on public transport within selected zones for 1-7 days.



## Mobile Apps

Download the HSL app for real-time public transport information, route planning, and ticket purchases.

## Language

English is widely spoken, and signage in public transport is available in both Finnish and English.

## Weather

Check the weather forecast and dress accordingly (during May temperatures average 10-15°C).