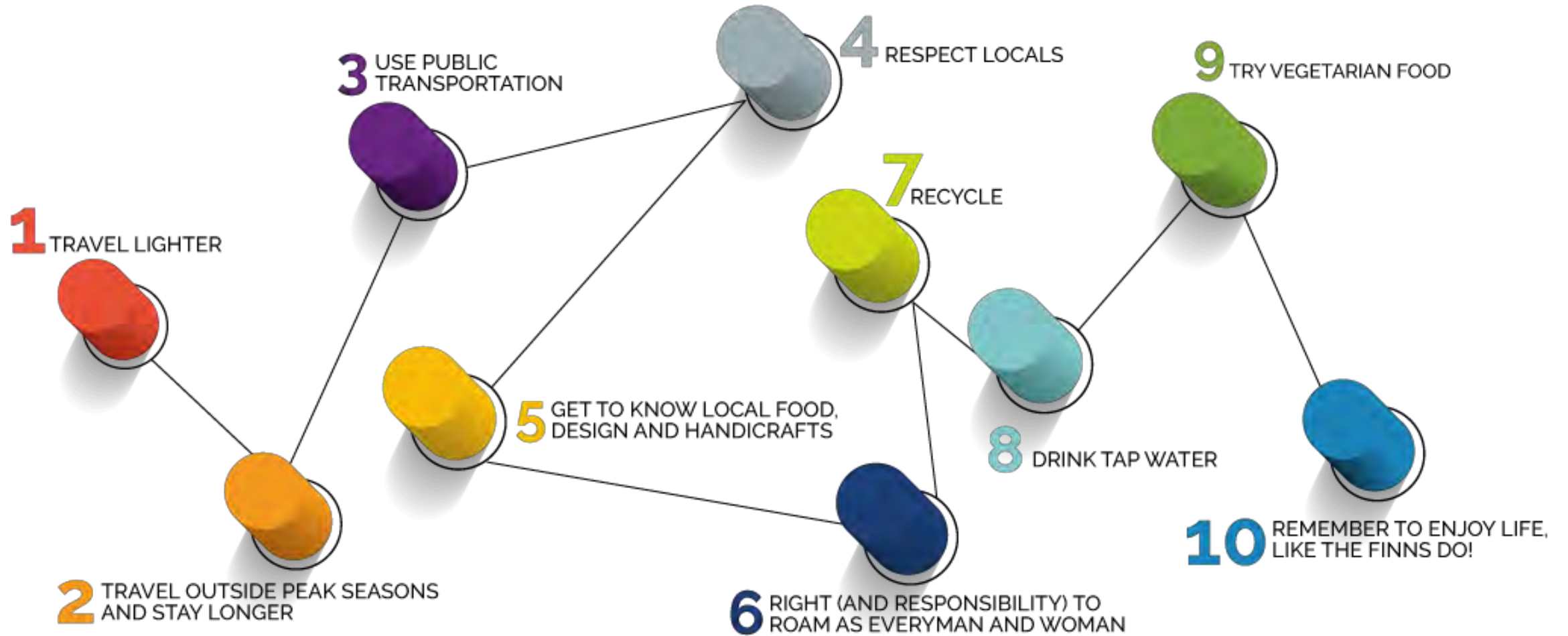




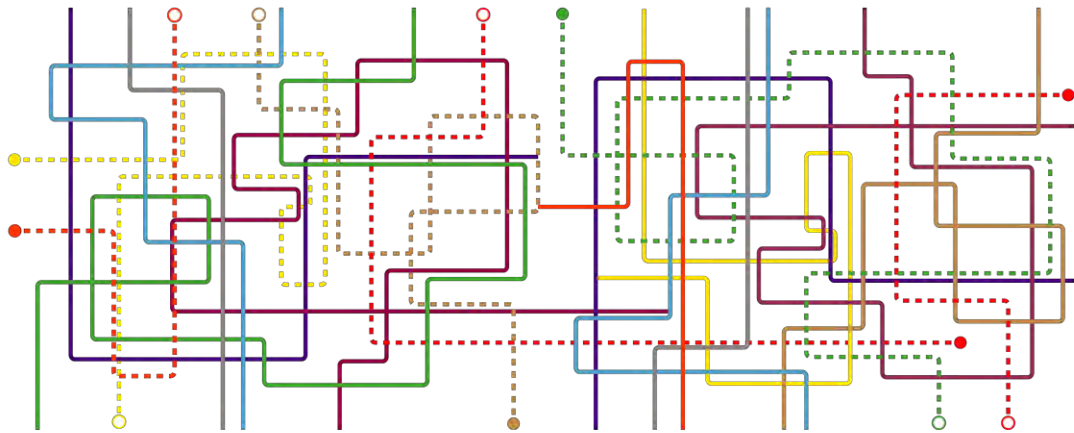
WELCOME TO FINLAND

Recommendations for
a **sustainable** visit

10 sustainable travel tips from Visit Finland



Public transportation

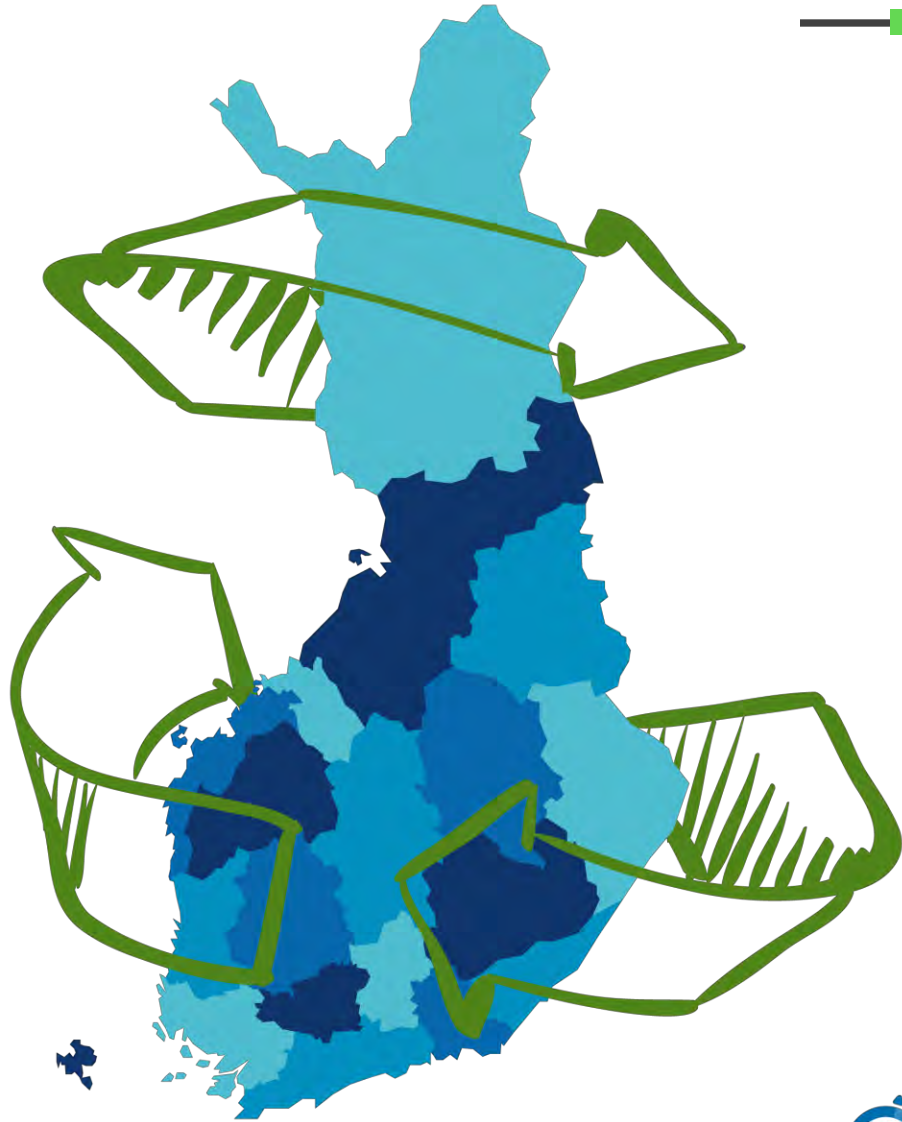


Public transportation works particularly well in the Helsinki metropolitan area. You can travel by bus, tram, metro, commuter train, and the Suomenlinna ferry. You can buy tickets using the [HSL app](#) or from ticket machines and [sales points](#). The convenient way to get around is to purchase [day tickets](#) with HSL app before you leave the airport – there is a commuter train between the airport and Helsinki city center. Wherever you're going in the Helsinki metropolitan area, the [Journey Planner](#) finds you the best route. It also knows what ticket you need for your journey.

How about [a city bike](#) for 5€ per day or 10€ per week? The service is part of [HSL - The Helsinki Regional Transport Authority](#) and is available from April 1 until October 31.

It is common to walk short distances (and sometimes longer as well) in Finland. Being one of the safest countries in the world, even the risk of pickpocketing when walking on the street is very low. Walking is not only the most economical can sustainable choice but also the [healthiest](#).

Recycle



In Finland, paper and cardboard, glass packaging, metal, plastic, mixed waste, hazardous waste, electrical equipment, and batteries are usually sorted separately. When you sort waste correctly, the material can be reused to make new products. Recycling instructions may vary a little in different parts of Finland, and you will normally find the instructions next to the waste containers outside your hotel/apartment. You can ask your hotel about the location of the recycling containers and further recycling tips. Most importantly, do not throw rubbish out of the window or into the street or forest. Read more about [recycling in Finland](#) and watch [a video](#).

In addition, you can return nearly all the cans and bottles – both glass and plastic – into a store and get a deposit. Watch [a video](#) about the return and deposit system in Finland.

Tap water



Finland has pure and healthy [tap water](#), which is available almost anywhere free of charge. Tap water in Finland is among the highest quality in the world and needs no treatment in many areas. Tap water has been found to be even [cleaner than bottled water](#). It does not matter whether you are in Finland – tap water is available for anyone to enjoy. If you carry your own reusable bottle with you, and you can fill your own bottle from the tap. Ask bravely even cafés or restaurants to serve tap water for you!

[Read more](#) about the tap water quality in Helsinki metropolitan area.

Offset your carbon footprint



In Finland, VisitEDUfinn will offset the CO₂ emissions caused by your visit (the use of buses or normal taxis). We recommend that you will compensate your CO₂ emissions caused by traveling to Finland by plane. Many airline companies offer that option while buying the ticket.

If not, there are [several organizations](#) with whom you can do the same.

Food waste



Consumption and production of food always has an impact on the environment, contributing over 20% to the total climate impact, or carbon footprint, of all consumption. Unnecessarily produced food is a burden on both the economy and the environment. Check out this food waste [calculator](#)!

During our visits and study tours, we recommend taking only the food on your plate that you will eat. In schools, if you are not sure that you will like the food, you can have little and then take more. If you don't finish your plate, don't worry, just remember to put the food in biowaste.

Finnish culture



One aspect of sustainable travel is to understand and respect the local culture. For instance, Finns are not big small talkers, and quiet moments in conversations are not considered awkward. Silence merely means the person doesn't have anything essential to say.

Read more about [What are the Finns like?](#)

Enjoy your visit **FINLAND**

