

Health from **Finland**



Visit Finland

Medical Tourism Manual

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Health from FINLAND

The Finnish healthcare system provides comprehensive and high-quality healthcare from primary health services to specialized medical care – from newborns to the elderly. Finnish healthcare is state-of-the-art among the OECD countries. Finland has a longer life expectancy than the EU average and is ranked as one of the leading countries in terms of quality of life. In 2018, Finland topped the World Happiness Report based on factors such as freedom, honesty, welfare, good health, and generosity.

The results achieved by Finnish healthcare are world class in e.g. effectiveness of specialized medical care and decreasing cancer mortality. Finnish research groups have contributed to many breakthroughs in diagnostics, cancer treatment and prevention, cardiovascular diseases and neurological conditions. The quick adaptation of research results and use of latest technology ensure positive results in the treatment of many serious diseases. The Finnish system is based on prevention, early detection and arranging adequate health services for everyone.

Finland offers:

- Top-quality healthcare
- Quick admission and seamless care
- Multi-disciplinary, evidence-based care
- Excellent healthcare results

In this brochure, we present an overview of the Finnish medical services with a selection of hospitals and clinics especially focused on providing healthcare for international patients. To help you with your travel arrangements, we have also included information on medical tourism facilitators, accommodation options and things to do in Finland.

We wish you an enjoyable stay in Finland!

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HIGH-QUALITY
 HEALTHCARE:
 among the best
 in international
 comparisons



Photo: Harri Tarvainen

SOUND CHOICE:
 safe, reliable and
 clean country

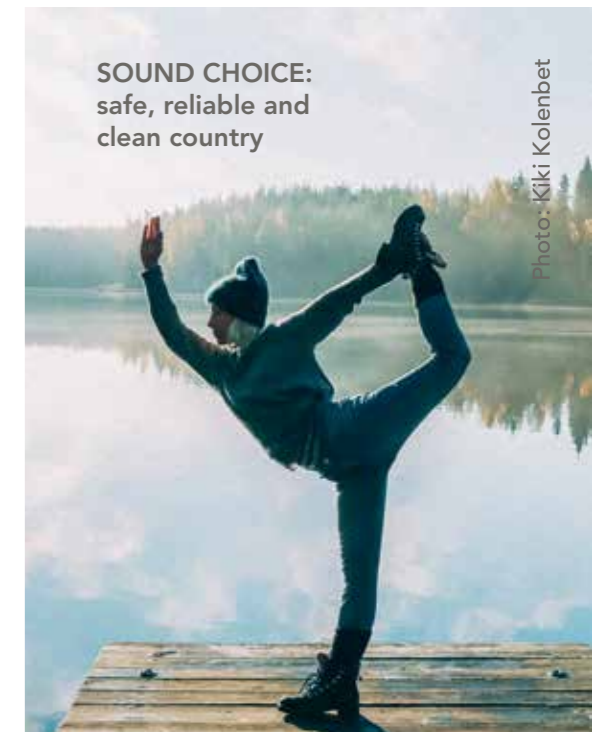
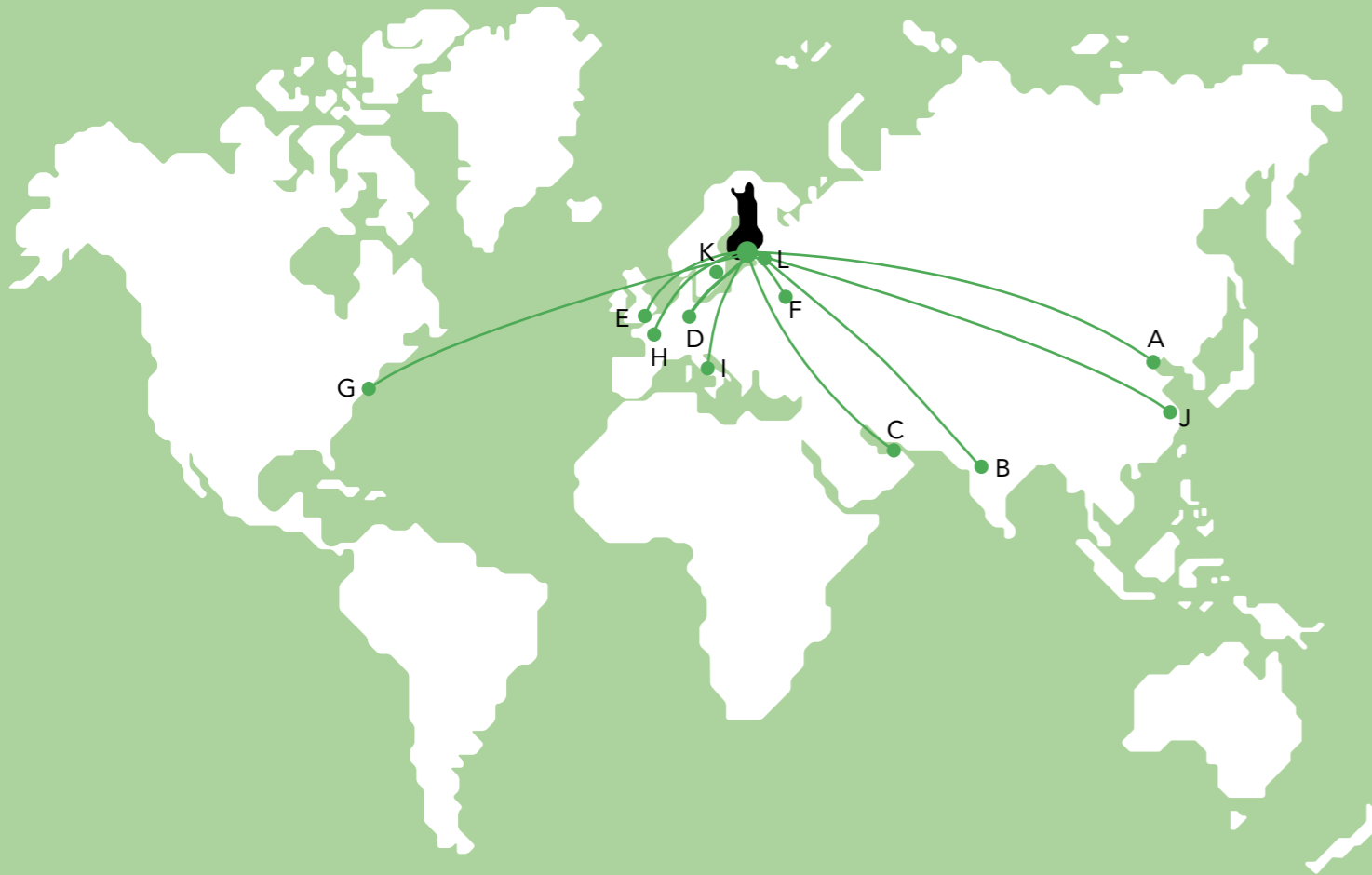


Photo: Kiki Kolenbet

EASY TO REACH &
 COMFORTABLE STAY:
 good flight connections,
 well-functioning
 transportation and
 quality accommodation



Where we are and how to get here



EASY ACCESS WITH THE SHORTEST ROUTE BETWEEN EUROPE AND ASIA

The main hub is Helsinki International Airport, also known as the Gateway to Asia. The city centre is a 30-minute bus or train ride from the airport.

Other international airports:

Ivalo, Kajaani, Kittilä, Kuusamo, Kuopio, Oulu, Rovaniemi, Tampere and Turku.

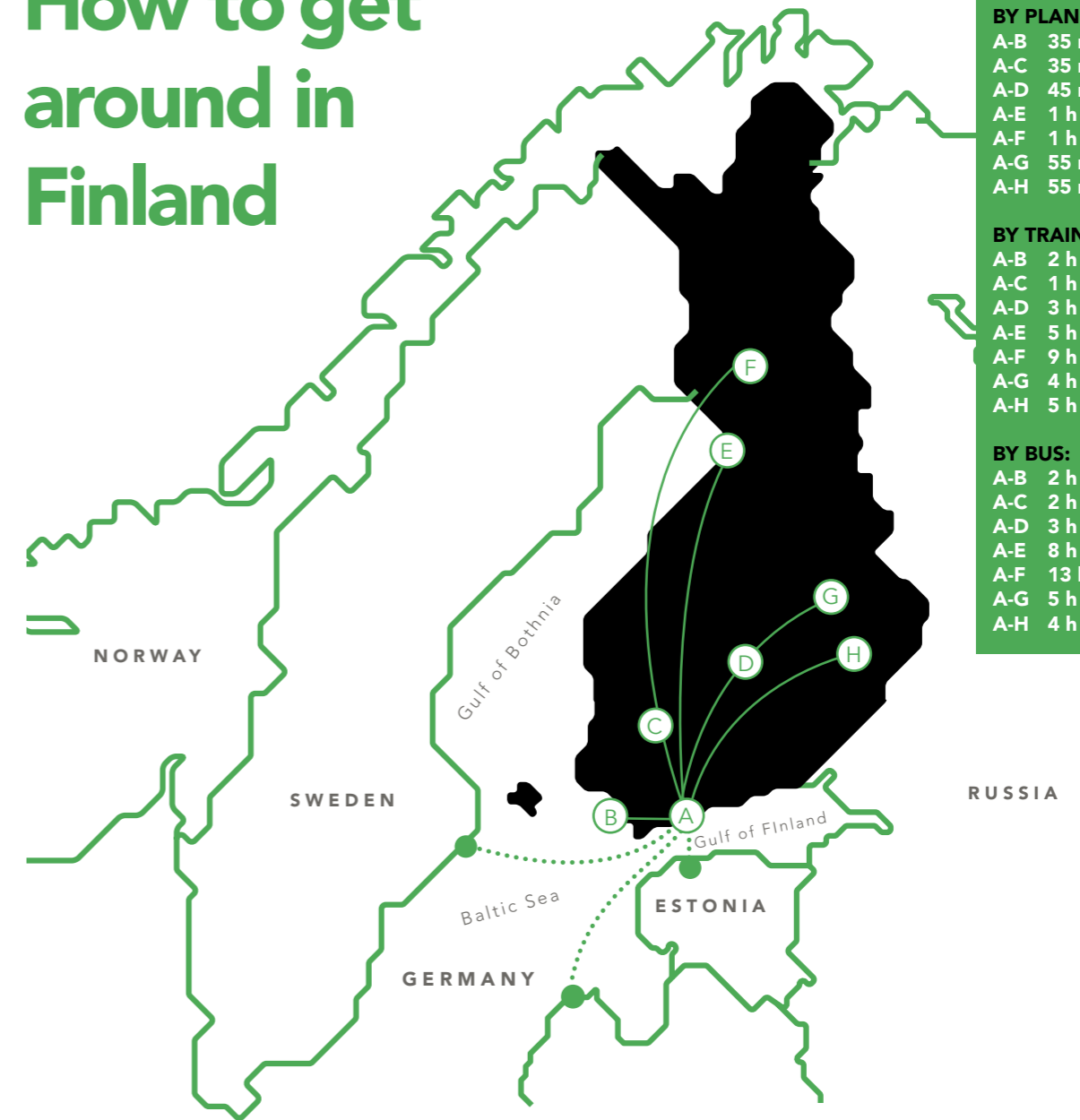
FAST ACCESS FROM RUSSIA BY TRAIN OR FERRY

Another interesting route to take is the train or ferry from St. Petersburg, Russia. The fastest train takes only 3.5 hours to reach Helsinki while the ferry ride takes one night.

Flight times

A	Beijing	9 h
B	Delhi	7 h
C	Dubai	6.5 h
D	Frankfurt	2.5 h
E	London	3 h
F	Moscow	1.5 h
G	New York	8 h
H	Paris	3 h
I	Rome	3.5 h
J	Shanghai	10 h
K	Stockholm	1 h
L	St. Petersburg	1 h

How to get around in Finland



BY PLANE:
 A-B 35 min
 A-C 35 min
 A-D 45 min
 A-E 1 h 05 min
 A-F 1 h 20 min
 A-G 55 min
 A-H 55 min

BY TRAIN:
 A-B 2 h
 A-C 1 h 30 min
 A-D 3 h 30 min
 A-E 5 h 25 min
 A-F 9 h 45 min
 A-G 4 h 25 min
 A-H 5 h 5 min

BY BUS:
 A-B 2 h 20 min
 A-C 2 h 20 min
 A-D 3 h 30 min
 A-E 8 h
 A-F 13 h 55 min
 A-G 5 h 15 min
 A-H 4 h 40 min

A HELSINKI **B** TURKU **C** TAMPERE **D** JYVÄSKYLÄ **E** OULU **F** ROVANIEMI **G** KUOPIO **H** SAVONLINNA

Getting around in Finland is easy and ecological. Finland's public transport is reliable and runs smoothly.

Transportation to/from Helsinki Airport

Finland has one of the densest and least expensive airline networks in Europe, with airports throughout the country, including the far north.

Finnair - finnairgroup.com/en

Finavia - finavia.fi/en

The Helsinki Airport has excellent connections to the whole Helsinki region and to other destinations throughout Finland. You can continue your journey from Helsinki Airport by train, bus or taxi.

Train timetables

vr.fi/cs/vr/en/frontpage

Bus timetables

matkahuolto.fi/en

Ferry timetables

Alternative ways of reaching Finland from Stockholm, Sweden; St. Petersburg, Russia; Tallinn, Estonia; and Travemünde, Germany.

TallinkSilja - tallink.com

Viking Line - sales.vikingline.com

Finnlines - finnlines.com/ferry-trips

St. Peter Line - stpeterline.com



A selection of Finland's hospitals and clinics

The following pages present a selection of hospitals and clinics that offer high-end treatment for international patients.

Photo: Harri Tarvainen

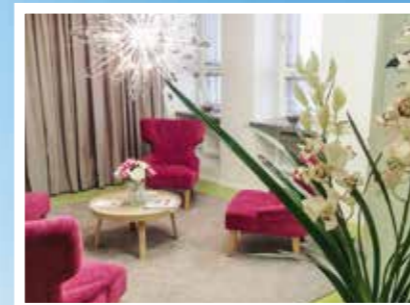
Aava

Annankatu 32, FI-00100 Helsinki
tel. +358 10 380 3838
aava.fi

Aava

OUR AREAS OF SPECIALITY ARE:

- Cardiovascular • Dermatology • Diagnostics and MRI • Gastroenterology • General medicine
- Gynecology & obstetrics • Hematology • Nephrology • Ophthalmology • Orthopaedics
- Otorhinolaryngology • Physiotherapy • Plastic surgery • Urology



Committed to your health – Aava is a Finnish healthcare company and one of the largest chains of private medical centres in Finland. With 54 years of experience in the field, we provide services for every stage of your life. Our specialists represent

the majority of clinical specialties providing the care you need. We offer health and wellbeing services with key focus on preventive medicine supported by innovative digital health solutions.

Clinic Helena

Kirkkokatu 7B, 3rd floor, FI-57100 Savonlinna
tel. +358 505 708 720 (EN, FI, RU)
tel. +358 442 422 295 (FI, EN, RU)
tel. +7 911 715 86 47 (RU, EN)
clinichelena.com



OUR AREAS OF SPECIALITY ARE:

- Oncology • General medicine • Plastic surgery • Gynecology and IVF • Reconstructive microsurgery • Esthetic surgery • Rehabilitation



Women Health Clinic Helena is one of the most experienced providers of health and medical services for women in Finland.

Helena Clinic presents innovative methods in breast cancer surgery and gynecology endoscopy operations, modern standards of exact diagnostics and cytostatic therapy. The newest technology and vast experience allow Clinic Helena to offer effective methods of treatment for breast cancer and reconstruction after mastectomy.

The medical director of the clinic, Dr. Helena Puonti, is the author and developer of a unique technique of breast reconstruction surgery which allows the recovery of sensation in a breast by using a microneurovascular TRAM flap.

Helena Puonti is a highly experienced and qualified plastic surgeon and was granted the Excellent Cancer Doctor award by the Cancer Society of Finland in 2002.

Coxa

Coxa – Hospital for Joint Replacement
Biokatu 6b, FI-33520 Tampere
tel. +358 331 1715
e-mail: kalle.uibo@coxa.fi
coxa.fi/en
coxa.fi/ru/



OUR AREAS OF SPECIALITY ARE:

- Orthopaedics • Joint Replacement Surgery



Coxa – Hospital for Joint Replacement is the only hospital in Finland that specialises fully in joint replacement surgery.

We employ over 200 of the best professionals in the field. We perform over 4,000 joint replacements every year. Coxa is world-class in patient safety.

Coxa Hospital for Joint Replacement is committed to providing the best possible care for its patients and quickly restoring their functional ability and quality of life. We offer our patients a chance to rediscover the joy of motion thanks to

our individual, researched-based and exceptional care.

Our strong reputation as a leading centre of excellence has also brought us more responsibility, as an increasing number of the most demanding joint replacement cases in Finland are now referred to us.

Coxa is the leading national hospital for re-operations, which require specialised expertise and sufficient experience.

Coxa also has the expertise to treat patients with tumours and infections.

Docrates Cancer Center

Saukonpaadenranta 2, FI-00180 Helsinki
 tel. + 358 10 773 2000
 email: international@docrates.com
 docrates.com/en



OUR AREAS OF SPECIALITY ARE CANCER-RELATED:

- Oncology • Urology • Molecular Radiotherapy & Nuclear Medicine • Gynecological Oncology
- Hematology • Neuro-oncology • Radiology • Breast Cancer Surgery • Clinical genetics
- Palliative medicine • Dermatology • Physiotherapy • Psychotherapy



Docrates Cancer Center is an international hospital in Helsinki, Finland, specialising in cancer treatment. We provide services for cancer patients throughout the treatment chain, from diagnosis to treatment and post-treatment follow-up. After the diagnosis and imaging, treatment can be planned and initiated without delay. Our unique concept

attracts patients from all over the world. So far, we have treated patients from over 60 countries and provided treatment for nearly 30 different types of cancer. Together with our network of leading clinical experts, we provide state-of-the-art cancer therapies in line with our philosophy of individual and patient-centered care.

FinnHealth



Kuopio University Hospital
 Puijonlaaksontie 2, FI-70210 Kuopio
 tel. + 358 44 717 6974
 email: finnhealth@kuh.fi
 finnhealth.fi

OUR AREAS OF SPECIALITY ARE:

- Cardiology • Cardiovascular • CyberKnife treatments • Dermatology • Epilepsy • Gastroenterology • Gastrointestinal surgery • General medicine • Gynecology & obstetrics • Hematology • Labour • Nephrology • Neurology • Neurosurgery • Oncology • Ophthalmology
- Orthopaedics • Otorhinolaryngology • Pediatrics • Physiatrics • Plastic surgery • Thoracic surgery • Urology • Vascular surgery



FinnHealth is a personal health and medical tourism service, which helps you get the best possible medical care you require. FinnHealth offers you top-level medical professionals, high patient security, forerunners in research and a clean, safe environment.

You will be treated in Kuopio University Hospital, one of Finland's five university hospitals and the most modern facility in Finland. Here

Kuopio University Hospital utilises the latest technologies and best practices, employs 4300 professionals and facilitates 22,000 surgeries in 26 operating theatres annually. Our patient safety standards are some of the highest in the world. The high standard of Finnish medical services is based on the very latest research information. Kuopio Airport is only 15 minutes from our hospital.

Hohde

Koljonniemenkatu 2, 2nd floor, FI-70100 Kuopio
tel. +358 10 505 0830
email: kuopio@hammashohde.fi
hammashohde.fi

HOHDE

Helsinki Hospital

Bulevardi 22, FI-00120 Helsinki
tel. +358 9 4170 0100
email: info@helsinkihospital.com
helsinkihospital.com



OUR AREAS OF SPECIALITY IS: • Dentistry



BETTER QUALITY OF LIFE WITH HEALTHY TEETH

Do you have problems with your mouth or teeth? Private dental clinic Hohde offers you the very best medical and technical expertise in the industry. Hohde brings together top experts from around Finland that work in close co-operation and utilise each other's special expertise. We only use the latest technology and equipment to guarantee the best results for our patients.

Dental implant treatments allow everyone the possibility to get natural-looking and healthy teeth. Implant treatment is highly advanced and safe, allowing us to correct all the structural problems in the mouth. With the newest technologies, implant treatment can be carried out in one day. Our oral and maxillofacial surgeons perform implant treatments painlessly with more than 15 years of experience.

OUR AREAS OF SPECIALITY ARE:

- Gastroenterology • Neurology • Physiotherapy • Plastic surgery • Spine center • Spinal Surgery • Cervical spine surgery • Lumbar spine surgery • Pain management surgery
- Neurosurgical treatment of the lumbar spine • Neurosurgical treatment of pain • Facial and maxillofacial surgery • Surgery of the mandibular joint • Cleft surgery • Surgery for cranial malformations • Surgery of the abdominal organs • Hernia surgery • Gallbladder surgery
- Surgical treatment of cancer • Cancer of the facial area melanoma • Oral cancer • Thyroid cancer • Breast cancer • Cancerous growth in the spine • Thyroid and parathyroid gland surgery
- Thoracic and breast surgery • Body and pelvic surgery • Head, neck and facial surgery
- Lower limb surgery • Cancer surgery • Wound care center • Diabetes-related ulcers
- Pressure ulcers • Ulcers of circulatory origin • Postoperative ulcer complications



Helsinki Hospital is a private hospital in the centre of Helsinki that specialises in demanding surgery. Our physicians are experienced specialists who treat patients in need of neurosurgery, corrective plastic surgery, oral, facial or maxillofacial surgery, surgery of the abdominal organs or thyroid surgery.

NO REFERRAL NEEDED

You do not need a referral to book an appointment with our specialists. Our physicians evaluate

your individual need for treatment and can refer you for further investigation, follow-up care or rehabilitation or recommend surgery. If our patients are in need of surgical treatment, we can perform the procedure in our modern hospital where the attending surgeons are always top experts in their field. The latest methods and highest technology are always used.

Helsinki Hospital is located on Bulevardi, in the centre of Helsinki.

HYKSin

Administration & Customer Service
Tukholmankatu 8 A, FI-00290 Helsinki
tel. +358 10 328 1900
email: info@hyksin.com
hyksin.com



OUR AREAS OF SPECIALITY ARE:

- Cancer surgery • Cardiology • Endocrine surgery • Gastroenterology • Gastrointestinal surgery
- Gynecology and Obstetrics • Neurology • Neurosurgery • Oncology • Pediatrics • Plastic surgery
- Psychiatry & Psychology • Thoracic surgery • Urology • Vascular surgery • Voice Clinic



HYKSin is the international branch of Helsinki University Hospital, providing specialised healthcare services to overseas and Finnish private patients. HYKSin is best known for its excellent track record in treating patients that require the most demanding types of medical care, with its team of experts specialising in over 20 medical disciplines.

All of HYKSin's treatment is carried out in Helsinki University Hospital, which is the biggest of Finland's university hospitals, as well as among the largest in Europe. Consisting of a total of 24

hospitals, Helsinki University Hospital receives half a million patients and is responsible for 100,000 surgeries per year.

The majority of HYKSin's patients come from abroad to receive treatment requiring experience and special skills. The high level of medical expertise in specialist areas is one reason why customers choose HYKSin, while the exclusive use of evidence-based treatment methods is another. HYKSin's patients also benefit from the use of the university hospital's modern equipment and latest health care technology.

Medident

Mariankatu 12 A 10, FI-00170 Helsinki
tel. +358 20 155 3837
mobile & whatsUp: +358 400 597 597
email: contact@medident.fi
medident.com



OUR AREAS OF SPECIALITY ARE:

- Advanced dentistry • Dental and maxillofacial implants • Facial surgery • Maxillofacial surgery
- Plastic surgery • Surgical treatment of cancer • Maxillofacial implants



CENTER OF EXCELLENCE FOR ESTHETIC DENTISTRY AND ORAL, FACE AND MAXILLOFACIAL SURGERY

Medident is a unique, full-service medical treatment centre in Helsinki, providing world-class healthcare expertise, advanced technology and outstanding customer service.

We offer a wide range of quality medical services in the field of esthetic dentistry, dental implantology and maxillofacial surgery, neurosurgery, reconstructive plastic surgery and post-traumatic reconstruction. We provide the most demanding treatments for patients with cancer of the oral and jaw area or other tumours,

patients with severe facial injuries, and patients requiring corrective treatment in the face, jaws and temporomandibular joints.

Our centre is known for its unique and warm personal service and has an excellent reputation internationally, especially in the area of complex esthetic treatments. Our specialists are recognized leaders in their fields.

Our work has been rewarded in the Finnish Quality Award Competition with an Honorary Recognition. The President of Finland presented the Honorary Diploma to Clinic Medident. Our clinic is the only healthcare organization in Finland which has received this award.

Hospital Neo

Joukahaisenkatu 6, FI-20520 Turku
tel. +358 40 812 0057
email: hospitalneo@hospitalneo.com
hospitalneo.com



Orton

Tenholantie 10, FI-00280 Helsinki
tel. +358 40 559 6738 (FI, RU)
tel. +358 9 4748 2705 (FI, EN, SW)
email: inforu@orton.fi
orton.fi/en

ORTON

OUR AREAS OF SPECIALITY ARE:

• Orthopaedics and sports medicine • Physiotherapy • Plastic surgery



Hospital NEO – Orthopedic and Sports Clinic – is one of the leading centres in Finland and Scandinavia for the treatment and diagnosis of sports injuries and other musculoskeletal disorders.

The hospital has been internationally ranked by Monocle magazine to be one of the best of its kind in Finland and in the world. Its work and doctors have been credited and featured in The New York Times and similar publications.

The clinic staff consists of top surgeons specialised in treatment of shoulder, elbow, hand, back, knee, ankle and foot problems.

Together they have performed tens of thousands of surgeries around the world – many of their patients being top athletes, such as athletes like Blanka Vlašić or Haile Gebrselassie and players from clubs like FC Barcelona, FC Milan and others.

OUR SPECIALTIES AND PRICES

Hospital NEO specializes in minimally invasive arthroscopic surgery, hand surgery and the treatment of sports injuries. Surgical procedures are primarily performed as day care surgery. We also have an inpatient ward and overnight stays are possible.

Hospital NEO – Orthopedic and Sports Clinic

expertise: • Shoulder stabilization • Rotator cuff surgery • Knee cartilage repair • Knee ligament repair • Ankle ligament surgery • Hamstring tendon surgery • Achilles tendon surgery • Hand and wrist surgery

Our prices are very competitive against our German and other Western-European peers.

OUR AREAS OF SPECIALITY ARE:

• Orthopaedics • Hip and knee joint replacements • Back surgery • Spinal surgery • Pain treatment • Physiotherapy • Occupational therapy • Rehabilitation



HIGH-CLASS HEALTHCARE AND QUALITY OF LIFE

Orton is a leading Finnish orthopaedic clinic located in Helsinki. We provide services for the diagnosis and treatment of diseases of the musculoskeletal system. Using modern and reliable methods of research and treatment, we help people with the most complex problems in the spine and in joints of limbs. We also specialize in sports injuries and surgical treatment for scoliosis. After the treatment period in our ward, we offer rehabilitation services to ensure proper recovery.

OUR SPECIALITIES

Our experts have extensive experience in arthro-

plasty operations, child and adolescent orthopedics, outpatient operations and complex surgery. Many operations on the spine are performed with the help of computer navigation technology (CAOS), which improves the reliability and accuracy of the surgery. Using this method requires a very high level of expertise, which is why CAOS is rarely used in Finland and around the world.

Our physiotherapy and occupational therapy specializes in medical rehabilitation and rehabilitation services before and after surgery.

We also have our own Pain Management Clinic with a multidisciplinary team specialising in treatment of severe pain conditions and chronic pain.

Medical Tourism Facilitators

Are you looking for a comprehensive package including high-quality medical treatment and all travel arrangements? These medical tourism facilitators help you find the right clinic and offer you customisable all-inclusive medical packages.

Photo: Raimo Voutilainen/Vastavalo



AMBER LIFE

Keilaranta 17 C, FI-02150 Espoo
tel. +358 50 555 0206
email: georgi@amberlife.fi, info@amberlife.fi
amberlife.fi



Amber Life is a personal medical and health tourism service which enables you to get the best possible medical care you need. We can take care of all the practical arrangements in Finland including accommodation, transportation, activities, guiding and translation services. Our partner network covers hospitals, clinics and rehabilitation centres providing health check-ups, disease diagnostics, cutting-edge cancer treatment, preventive services, orthopedic and cancer surgery etc. Amber Life guarantees fast, competent and high-quality consultation services as well as full confidentiality of all medical, financial and personal information received from our clients. Thanks to these principles, hundreds of patients trust us their health.



RITZI

tel. +358 468415475
email: contact@ritzi.fi
ritzi.fi



Are you feeling frustrated for a failed pregnancy?
Are you depressed that you cannot become a mother as a single woman?

In close cooperation with top medical clinics in the Nordic countries, Ritzi provides customized infertility treatment and medical travel for Chinese customers. Besides tailored medical treatment solutions, we also provide accommodation information and other local entertainment activities.

We hope to create a platform where people can learn and exchange information on fertility treatment, discuss medical and emotional aspects of the treatments, and keep tabs on the health of children born following fertility treatment. In the future, we will also organize summer camps for Chinese donor conceived children to Finland.

We aim to bring the best medical treatment and services to Chinese customers.



EMA FINLAND

tel: +358 9 431 50112 (24/7)
fax: +358 9 431 50101
email: ema@ema.fi
ema.fi
Sales & marketing: Katri Kakkuri, marketing director
tel. +358 50 3033899, email: katri.kakkuri@ema.fi



EMA Finland performs international patient transports with air ambulance and commercial flights worldwide. We also use ground ambulance and ferries for transport from and to countries within close vicinity of Finland. The method of transport depends on the patient's medical condition and distance of evacuation. All our medical transport services are also available for medical tourism travel.

EMA Finland has high-quality, world-class hospital and clinic partners in Finland. In Finland, we can offer you premium medical tourism services for all specialities with tailor made solutions. When you call us, we take will care of your needs throughout the whole process, end-to-end.

Our high-quality services are certified by EURAMI, the European Aeromedical Institute, and and ISO 9001:1995.



HELENA MEDICAL GROUP

Kirkkokatu 7B, FI-57100 Savonlinna
tel. +358 50 570 8720 (EN, FI, RU)
tel. +358 44 242 2295 (FI, EN, RU)
tel. +7 911 715 8647 (RU, EN)
email: info@helenamed.com
helenamed.com



The Helena Medical Group can provide medical services in Finland for patients from around the world.

Our staff includes highly-qualified professionals in medicine, healthcare and client management. We have set up a council of Finnish experts in a wide variety of branches of medicine who are able to respond to the fullest range of patient requirements. Our doctors endeavour to draw up the most appropriate proposals for diagnostics and treatment in Finland. We also provide comprehensive offers for treatment, medicine, rehabilitation, and also travel, accommodation and other assistance in a single package.

We are able to communicate in a number of languages and can arrange numerous supportive services for our patients. Our clientele can call our English-speaking medical consultant at any time, day or night.

We provide our patients with detailed reports on the treatment they have received in order to ensure the complete portability of their treatment between us and their doctors at home.



LUOVA FINLAND

tel. +358 40 594 6431
email: sanja@luovafinland.com
fenlanlxing.com



Luova Finland offers personalised guide services for Chinese travelers. We can take care of all the practical arrangements in Finland, e.g. accommodation, transportation, meals, activities and guiding. On every Luova Finland tour, the customer will have a Finnish and Chinese guide to ensure the best possible service.

When you need medical consultation, we will be the link between you and the doctor. We will translate your medical reports and forward them to the clinic. We may also arrange a Chinese nurse to go with you to the doctor's appointment and treatments to make sure that there will be no language barrier.

Luova Finland also provides wellness tours, including DNA tests and cancer screenings to detect health issues at an early stage. After the treatments, we will give the customer the opportunity to recover in the clean, calm and safe environment of Finland. We make sure that our customers are satisfied in every aspect.



PATH SURGERY

tel. +1 (833) 372-8487 (US)
email: info@pathsurgery.com
pathsurgery.com

Chief Medical Officer Antti Mauno
tel. +358 400 788 912, antti@pathsurgery.com

Path Surgery is making affordable, easy, and stress-free overseas treatment a reality. Path Surgery's Patient Path is an all-inclusive medical tourism package that provides overseas healthcare options in Finland, in one of the most efficient healthcare systems in the world.

Path Surgery organises every step of the process, from pre-procedure all the way through recovery, both clinically and non-clinically by combining existing healthcare solutions together. Service packages are designed for different treatments to fulfil your individual needs. You can also customise the package if you want additional services for a more personalized experience.

Your comfort and recovery are our concerns. Let us take care of you— you can relax and concentrate on yourself!

PATH SURGERY



XCLUSIVE FINLAND

tel. +358 50 439 2228
email: contact@exclusive-finland.com
exclusive-finland.com



Xclusive Finland by MEDI Connection is a medical travel service provider that has worked together with the top Finnish hospitals since 2012. We are a reliable and highly proficient, locally centralized organization.

With our patient-centered approach, we identify the best advanced health treatment solutions through a network of Doctors in University Hospitals and Clinics throughout Finland. Our full suite of tailored medical services includes online doctors, check-ups, second opinion consulting and medical treatment of illnesses with the latest technology, as well as comprehensive rehabilitation services.

We deliver exclusive convenience and comfort throughout your travel experience in wonderful Finland. Our customers are provided with a range of high-quality professional services from personal assistants, interpreters and chauffeurs to best complement your travel and accommodation arrangements. Our leisure service packages are tailored to match your wishes to accomplish the perfect all-inclusive health travel package.

Through our expertise and discretion, we can personalise top-quality treatment and an exclusive journey for you and your family.



Photo: Liisa Mäkinen

Where to stay – hotels & rehabilitation facilities

This is a selection of accommodation options that are conveniently located and often used by the international patients of Finnish clinics and hospitals. First, you will find hotels close to Helsinki-based clinics and hospitals. In the second part, you will find hotels and rehabilitation facilities in the Lakeland area, convenient for patients travelling to Kuopio and Savonlinna.



Photo: Daniel Eriksson/Visit Åland

AIDA HOTEL SEASIDE
Länsisatamankatu 16, 5th floor, FI-00180 Helsinki
tel. +358 50 338 1975
email: booking.aida@aidahotels.fi
aidahotels.fi/aida/

Peaceful, quiet and stress-free surroundings in a cosy and modern 4-star hotel near the Helsinki city center services and 700 metres from the West Harbour. The hotel has an excellent location for rest in new, large and comfortable rooms with panoramic views. Breakfast and free Wi-Fi are also available. The staff is ready to assist customers with special needs. The hotel can also arrange transportation services if necessary.



CLARION HOTEL HELSINKI
Tyynenmerenkatu 2, FI-00220 Helsinki
tel. +358 10 850 3820
email: reservations.cl.helsinki@choice.fi
nordicchoicehotels.com/hotels/finland/helsinki/
clarion-hotel-helsinki/

The sky-high Clarion Hotel Helsinki welcomes you to enjoy magnificent views over city and sea. 425 stylish rooms, including luxurious Suites, provide a comfortable stay with adjustable air conditioning, allergy-friendly materials and Wi-Fi. Relax by the rooftop pool, sauna and skybar. The hotel restaurant offers fine flavours from Manhattan combined with local delicacies. Have a great start at breakfast by choosing fair trade and vegan options. The hotel is located within walking distance from the city centre and has good transport connections.



FORENOM SERVICED APARTMENTS, APARTHOTELS & HOSTELS
Mannerheimintie 113, FI-00280 Helsinki.
tel. +358 20 198 3420 (24/7 customer service)
email: info@forenom.fi
forenom.com

Forenom offers accommodation services across the Nordics with over 7000 apartments and rooms. When you want a home-style stay, we offer you spacious, practical and comfortable apartments. Our aparthotels combine the ease of hotels with the convenience of serviced apartment living, and hostels perfectly suit those who seek a budget option with privacy. Visit our website to learn more.





GELLA SERVICED APARTMENTS

Armfeltintie 18 A 2, FI-00150 Helsinki
tel. + 358 400 506 936
email: info@huoneistohotelli.com
huoneistohotelli.com

We offer fully furnished high-end and luxury apartments in unique locations in Helsinki. The apartments come in different sizes and are all stylish and very well equipped. Our reliable and friendly housekeeping team takes care of the weekly cleaning, which is included in the rental price. We have several years of experience in accommodating patients from the private Docrates hospital – several of our best apartments are situated just 1 min from Docrates. Free internet connection and 24 hour phone service in case of trouble (e.g. lost keys) With us you are not alone!

HELLSTEN HELSINKI PARLIAMENT

Museokatu 18, FI-00100 Helsinki
tel. +358 9 511 05700
email: helsinki@hellstenhotels.fi,
reservations@hellstenhotels.fi
hellstenhotels.fi

Hellsten Parliament apartment hotel offers you both short and long-stay options. It is situated in the centre of Helsinki, in a pleasant and quiet area within walking distance to all the action. The 43 apartments vary from Studio single to Two bedroom apartments, all equipped with kitchenettes, telephone, TV and free Wi-Fi. The hotel also has a sauna, luggage room and a self-service laundry room. Reception has limited opening hours but the key code check-in system is always available.



GLO HOTEL ART

Lönrotinkatu 29, FI-00180 Helsinki
tel. +358 9 5840 9445 (Reservations)
tel. +358 10 344 4100 (Reception)
email: art@glohotels.fi
glohotels.fi

GLO Hotel Art is a charming lifestyle hotel built around a century-old art nouveau castle. A prime location in the middle of the Design District, an enchanting atmosphere, artistic décor and modern guest rooms welcome you. Hotel reception, restaurant, bar and meeting rooms are located in the beautiful historical building. The modern part of the hotel houses 171 rooms designed to meet any traveller's needs.

HOTEL HAIKKO MANOR & SPA

Haikkoontie 114, FI-06400 Porvoo
tel. +358 19 57 601
haikko.fi/en
Instagram @haikonkartano

Hotel Haikko Manor & Spa is located in the middle of a beautiful park by the sea, only half an hour's drive (50 km) from Finland's capital Helsinki and from Helsinki-Vantaa Airport. The picturesque old town of Porvoo is located within 7 km from Haikko. Haikko provides excellent service, genuine manor house ambience, fantastic archipelago surroundings and pampering spa treatments, including the Super Cold -120 °C experience.



GLO HOTEL KLUUVI

Kluuvikatu 4, FI-00100 Helsinki
tel. +358 9 5840 9445 (Reservations)
tel. +358 10 344 4400 (Reception)
email: kluuvi@glohotels.fi
glohotels.fi

GLO Hotel Kluuvi is an exclusive, modern lifestyle hotel with possibly the most central location in Helsinki. It is located near all the most important attractions and is surrounded by shops, cafés and restaurants. The hotel offers 184 rooms in five different categories. Our spacious rooms are suitable even for a long stay. Other services include Restaurant Tray – Chill and Share, bar, gym. Guests staying in suites also have access to the neighboring Kämp Spa.

HOTEL ST. GEORGE

Yrjönkatu 13, FI-00120 Helsinki
tel. +358 9 4246 0010 (Reservations)
tel. +358 9 4246 0011 (Reception)
email: reception@stgeorgehelsinki.com
stgeorgehelsinki.com

Hotel St. George is an elegant and unique hotel. Behind the prestigious historical façade is a modern design hotel. Art, design and culture are present in every aspect of Hotel St. George. The 148 individually decorated rooms and five suites offer the guests moments of rest and tranquillity. The rooms have been decorated with timeless design classics, high-quality materials and harmonious colours. St. George Care – Spa & Gym – offers an entire way of living with tailor-made exercises, massages and treatments.





RADISSON BLU PLAZA HOTEL, HELSINKI

Mikonkatu 23, FI-00100 Helsinki
tel. +358 20 1234 703
fax +358 20 1234 704
email: info.plaza.helsinki@radissonblu.com
radissonblu.com/plazahotel-helsinki

The Radisson Blu Plaza Hotel, Helsinki, has always been one of the city's most vibrant places – an iconic destination for jet setters, culture seekers and business leaders alike. The historic building dates back to 1917, when Finland gained its independence. The hotel's close proximity to a number of local attractions puts the city within easy reach. Take a pleasant walk to the Esplanade park or try your luck at Grand Casino Helsinki. Helsinki's main railway station, with trains to the airport, is only 2 minutes from the hotel.



RADISSON BLU SEASIDE HOTEL, HELSINKI

Ruoholahdenranta 3, FI-00180 Helsinki
tel. +358 20 1234 707
fax +358 20 1234 708
email: info.seaside.helsinki@radissonblu.com
radissonblu.com/seasidehotel-helsinki

The completely renewed Radisson Blu Seaside Hotel has transformed into a new hotel experience, a tribute to the modern Helsinki way of life. With our convenient location, you can quickly walk to popular attractions such as the famous Hietalahti Flea Market and the museums, galleries and events at the Cable Factory cultural centre. The first-ever Double King Rooms in Finland will add new and luxurious comfort for families and friends alike, and our two-storied lofts offer big-city atmosphere and magnificent views over the harbor.



FACT #1 FROM FINLAND

**Leader in
value-for-money
healthcare**

FACT #2 FROM FINLAND

**Third least
corruption in
the world**

FACT #3 FROM FINLAND

**#1 in availability of
latest technologies**

**ANTTOLANHOVI**

Hovintie 224, FI-52100 Anttola
tel. +358 (0) 44 430 1100
email: sales@anttolanhovi.fi
anttolanhovi.fi

Anttolanhovi, located on the shore of Lake Saimaa, provides a relaxing stay, close to nature in a peaceful setting. We offer comfortable accommodation in various room types and luxury villas with free Wi-Fi and delicious local food.

Guests have a variety of indoor and outdoor activities to choose from and can also enjoy the sauna and pool area, pampering treatments at the Day Spa, sports facilities, gym, outdoor tracks, disc golf course or guided activities, all year around.

**BOUTIQUE HOTEL SAWO HOUSE**

Tarhakuja 1, FI-70780 Kuopio
tel. +358 405377026
email: info@sawohouse.fi
sawohouse.fi

Hotel Sawo House is a cosy boutique hotel in Kuopio, located 6 kilometers from the city centre. The hotel has excellent public transport links by bus every 30 minutes.

All our 17 unique rooms are non-smoking, cosy and comfortable. All rooms have television, toilet, shower and wireless Internet. Most of our rooms have their own separate entrance and bigger apartments include kitchen facilities.

Our Lounge Bar is open every day, and we also have a beautiful outdoor terrace with barbeque opportunities. Hotel guests can book our sauna and enjoy the relaxing atmosphere of a private lounge.

**KRUUNUPIUSTO**

Vaahersalontie 44, FI-58450 Punkaharju
tel. +358 20 7639130
email: myyntipalvelu@kruunupuisto.fi
kruunupuisto.fi

Kruunupuisto enjoys a unique setting amidst the nature reserve area of Punkaharju and is a perfect proximity for those who seek rest, peace and closeness to nature. The hotel rooms are located in an Art Nouveau building that was built in 1903. All rooms are decorated and equipped to meet the standards of today while respecting history. Our restaurant serves home-cooked food based on local produce and seasonal ingredients. Guided indoor and outdoor activities together with spa treatments complement your wellbeing. The Kruunupuisto Rehabilitation Centre offers a variety of rehabilitation programs and caters to guests who need assistance in their daily activities.

ORIGINAL SOKOS HOTEL PUIJONSARVI

Minna Canthin katu 16, FI-70100 Kuopio
tel. +358 10 7629500
email: sales.kuopio@sokoshotels.fi
sokoshotels.fi/en/kuopio/sokos-hotel-puijonsarvi

The hotel is located in the beautiful Kallavesi Lake District near the city centre. Pleasant service and 137 recently renovated, stylish rooms and facilities ensure you a comfortable stay.

The hotel offers an excellent relaxation area with a sauna, indoor swimming pool and jacuzzi. The hotel's cozy restaurant and bar serves classic Scandinavian food with a modern twist. A tennis court, beach and good jogging trails can also be found right next to the hotel. We provide free Wi-Fi, air-conditioning in all areas and free outdoor parking for our guests.

**RAUHALAHTI HOLIDAY CENTRE**

Rauhankatu 3, FI-70700 Kuopio
tel. +358 17 473 000
email: sales@visitrauhalahti.fi
visitrauhalahti.fi
Whatsapp: +358 44 718 0220
WeChat: Rauhalahti Holiday Centre

Rauhalahti Holiday Centre is a versatile holiday centre by Lake Kallavesi about 5 km to the south from the city centre of Kuopio, surrounded by beautiful Finnish nature. Accommodation in holiday homes or sauna cottages. Activities in the area: animal park, lakeside sauna with outdoor jacuzzi, fishing, boat trips and rental of jet skis, kayaks, SUP boards and fatbikes. Services nearby: spa, smoke sauna with traditional Finnish evenings, restaurant, bowling centre, miniature golf, riding school, tennis centre, supermarket, gas station and ATM.

**SCANDIC ATLAS**

Haapaniemenkatu 22, FI-70100 Kuopio
tel. +358 300 8704 23
email: atlas@scandichotels.com
scandichotels.com/atlas

Our elegant hotel offers 130 rooms directly by the Market Square, in the heart of the city. Enjoy great service in an international setting surrounded by shopping streets and services. Choose between modern standard rooms, our quiet superior rooms or spacious Junior Suites. Free Wi-Fi, flat screen TV and air-conditioning are included when you stay with us. Our restaurant is a relaxed lounge-like venue where you can enjoy a popular lunch and a tasty dinner. Indoor parking is available in the public garage next to the hotel.





SCANDIC KUOPIO

Satamakatu1, FI-70100 Kuopio
tel. +358 17 195111
email: kuopio@scandichotels.com
scandichotels.com/kuopio

The hotel is located in the beautiful Kallavesi Lake District near the city centre. Pleasant service and 137 recently renovated, stylish rooms and facilities ensure you a comfortable stay.

The hotel offers an excellent relaxation area with a sauna, indoor swimming pool and jacuzzi. The hotel's cozy restaurant and bar serves classic Scandinavian food with a modern twist. A tennis court, beach and excellent jogging trails can also be found right next to the hotel. Free Wi-Fi, air-conditioning in all areas and free outdoor parking.



SPA HOTEL KUNNONPAIKKA

Jokiharjuntie 3, FI-70910 Vuorela
tel. +358 44 7476 111
email: sales@kunnnonpaikka.com
kunnnonpaikka.com

We are surrounded by Lake Kallavesi and beautiful forests. But if needed the city centre is only a 10-minute bus or car ride away.

Enjoy the beautiful colours and sounds of the spa and relax in the pampering treatments of Day Spa Harmonia. Aside from swimming and gym training, we offer individual physiotherapy and rehabilitation services as well as recreational treatments.

Harmonia spa offers a wide selection of facial treatments, treatments for feet and hands as well as spa massages and different combined wellness treatments.



FACT #4 FROM FINLAND

Maternal and child mortality rates among the lowest in the world



Photo: Julia Kivelä



Photo: Daniel Eriksson, Visit Åland



Photo: Julia Kivelä



Photo: Tiina Törmänen

Experience the many faces of Finland

In this section, we give you some inspiration on for exploring the country's highlights while you are in Finland.

The stark contrasts between our four seasons are the main characteristics of the annual natural cycle in Finland. The country offers a wide range of outdoor activities for all tastes.

The white summer nights are perhaps Finland's most iconic natural phenomenon. The nighttime sun is at its strongest during the months of June and July, but the further north you go, the longer and higher the sun stays above the horizon. In the very northernmost parts, you can experience a full Midnight Sun from May to August.

Summer ends with an explosion of colour in the forests. This is the season known as "ruska", when the autumnal reds, browns and yellows are especially beautiful on the fells of Lapland. September is a popular time for trekking in northern Finland. The month is also the start of Aurora season. In Finnish Lapland, northern lights can appear on 200 nights a year, between September and March. In Southern Finland they are visible on about 10–20 nights a year.

In Northern Finland, the winter lasts nearly six months and during its course, the natural world and light change many times. Above the Arctic Circle, the two-month long polar night begins in November. The sun no longer rises above the horizon. It's not completely dark – there are a few hours of twilight around noon. This polar night is called "kaamos" in Finnish. The darkness takes on shades of blue, violet and purple, colours that tame the restless soul.

In the inland regions of Southern and Central Finland, the first snow falls at the beginning of December and melts during late March and April.

Finland's location at the crossroads of East and West provides a perfect opportunity for travellers to experience the country en route to or from Europe.

Whatever the season, Finland is a great place to visit.

HOSPITALS AND CLINICS IN HELSINKI:

- Aava
- Docrates Cancer Center
- Helsinki Hospital
- HYKSiin
- Medident
- Orton

Photo: Jussi Helistö

Helsinki Region

– with everything you need



Photo: Julia Kivelä



Photo: Julia Kivelä



Photo: Julia Kivelä

Helsinki is a compact city surrounded by nature

From the airport, it takes just half an hour to reach the centre of Helsinki, Finland's capital. This compact city is easily explored on foot, and is packed with design, architecture and shopping experiences. Nature is never far away either, with parks, forests, lakes and islands all within easy reach. In Helsinki, every day brings something new.

Even five hours in the city is enough to take a sightseeing tour by bus, boat or walking and then shop for some fabulous Finnish design. Add a few more hours or days and you can discover Finland's pristine nature as well.

SHOPPING AND DINING IN HELSINKI

In central Helsinki, you'll find everything from clothing and electronics to sports equipment. As well as several popular department stores and shopping centres with plenty to choose from, there are countless independent stores and boutiques, making Helsinki a great shopping destination.

The numerous haute cuisine restaurants in Helsinki offer you unique Finnish dining experiences, and there is also a variety of cosy cafés and restaurants to suit every budget.

HOSPITALS AND CLINICS IN THE LAKELAND REGION:

- Clinic Helena, Savonlinna
- Coxa, Tampere
- FinnHealth, Kuopio
- Hohde, Kuopio



Photo: Mikko Nikkinen

Lakeland

– in the heart of Finland



Photo: Visit Finland



Photo: Jaakko Posti



Photo: Visit Finland



Photo: Aku Pöllänen

A blue labyrinth of lakes, islands, rivers and canals, interspersed with forests and ridges

A large part of Finland is covered in water. Our lakes in here are some of the cleanest in the world and the scenery some of the most beautiful.

A trip to Lakeland is a trip into the heart of the Finnish identity. Here, you can get up close and personal with the deep green forests, rolling hills and glittering lakes that cover most of Central Finland.

Enjoy a relaxing stay in a charming lakeside cottage and discover how the Finns spend their free time. The sauna is an essential part of the Finnish way of life, so why not steam away your jet lag in a private sauna and then take a dip in the refreshing lake waters.

SAIMAA

There are many different ways to enjoy Lakeland by boat, and a steamship cruise is an unforgettable experience. If there are enough passengers, the ships might even sail in convoy. The vast waters also provide excellent opportunities for kayaking and canoeing.

Lakeland destinations like Tampere, Kuopio and Savonlinna – to name just a few – can be reached by train, car or plane. One of the many destinations in Lakeland is Lake Saimaa – one of the biggest lakes in Europe. Savonlinna, situated on the shores of Saimaa, hosts a famous annual opera festival. Other destinations around Saimaa include Mikkeli, Lappeenranta and Imatra.

HOSPITALS AND CLINICS IN THE THE COAST & ARCHIPELAGO REGION:

- Hospital Neo, Turku

Photo: Visit Finland



Coast & Archipelago

– Nordic Islands



Photo: Udo Haafke



Photo: Krista Keltanen



Photo: Katja Lösönen



Photo: Julia Kivelä

The world's largest archipelago

Finland's coast boasts the world's largest archipelago. Old wooden towns, lighthouses, historical manors and stone churches, large national parks stretching over land and sea – this is Coastal Finland in a nutshell.

ÅLAND ISLANDS

The autonomous Finnish province of Åland is located in the Baltic Sea, between mainland Finland and Sweden. Popular activities range from leisurely days in the charming capital Mariehamn to adventurous island-hopping around the picturesque archipelago – of the 6,500 islands, only 60 are inhabited. Åland can be reached by air or by boat.

NAANTALI

On the west coast, you'll also find the charming town of Naantali – home of the Moomins. Naantali is known as an idyllic summer destination, and even the Finnish president has a villa there, not far from the Moominworld theme park.

TURKU

Finland's oldest city is located on the west coast. Home to a medieval castle, picturesque riverfront views and a stunning cathedral, it's most definitely worth experiencing during your trip. What's more, in the Turku archipelago you can enjoy a taste of island life while cycling, fishing or simply taking in the views.



Photo: Konsta Punkka



Lapland

– Northern Finland



Photo: Visit Rovaniemi



Photo: Juha Laine



Photo: Juho Kuva

The Magical, Mythical Lapland

Put simply, Lapland is a true winter wonderland. Contrasts are a key factor in the allure of Lapland, where 24-hour daylight in the summer replaces the dark winter days. Lapland is also a prime location to admire the spectacular colours of autumn.

The hustle and bustle of towns and ski resorts like Levi and Ruka is just minutes away from the peace and quiet of the rugged wilderness. All destinations in the northern part of Finland are easily accessible by air.

The thrill of witnessing the Aurora Borealis – the northern lights – is a once-in-a-lifetime experience for many. Finland is one of the best places on earth to see them – they appear on more than 200 nights a year in Finnish Lapland.

ROVANIEMI
Rovaniemi is the capital of Finnish Lapland and the hometown of Santa Claus. Located on the Arctic Circle, Rovaniemi has modern services and offers plenty of activities all year round.

FACT #7 FROM FINLAND

**Cleanest air
in the world**

FACT #5 FROM FINLAND

**Best healthcare
outcomes in
Europe**

FACT #8 FROM FINLAND

**Cancer patient
survival rates among
the best in Europe**

FACT #6 FROM FINLAND

**Most stable
country
in the world**



Visit Finland