

Health from **Finland**



Visit Finland

Health Travel 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 2021, Finland topped the World Happiness Report based on factors such as freedom, honesty, welfare, good health, and generosity already 4th time in a row.

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 provides:

- Excellent health care results
- Quick admission and seamless care
- Safe environment
- Excellent quality-price ratio and transparent pricing

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.

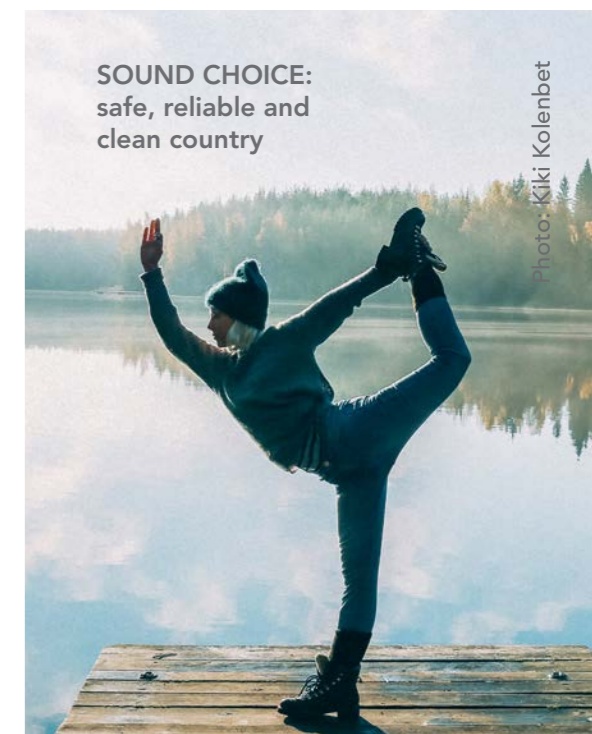
We wish you an enjoyable stay in Finland!

Päivi Antila
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visitfinland.com/finlandcare



HIGH-QUALITY HEALTHCARE: among the best in international comparisons

Photo: Harri Tarvainen



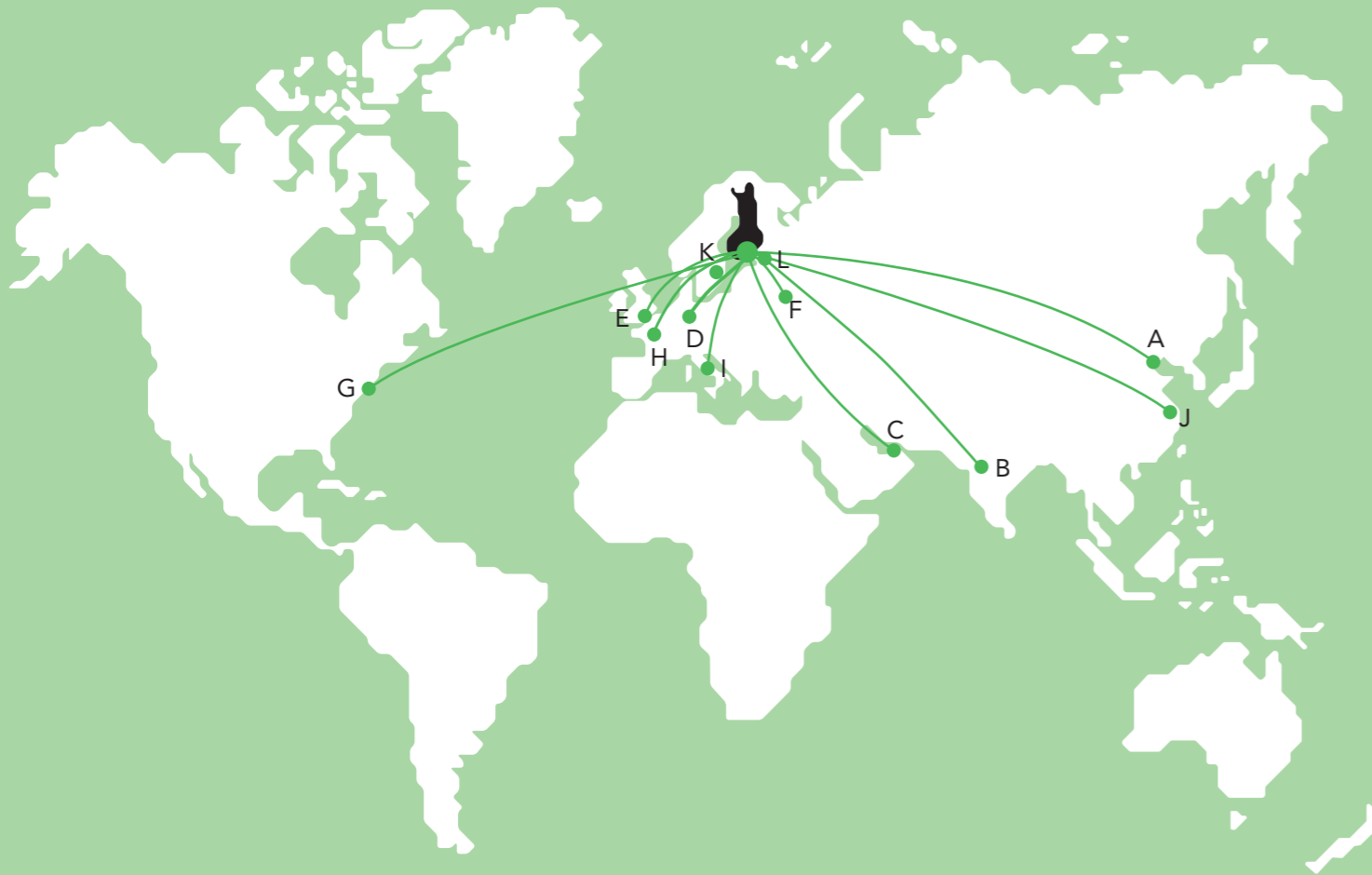
SOUND CHOICE: safe, reliable and clean country

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.

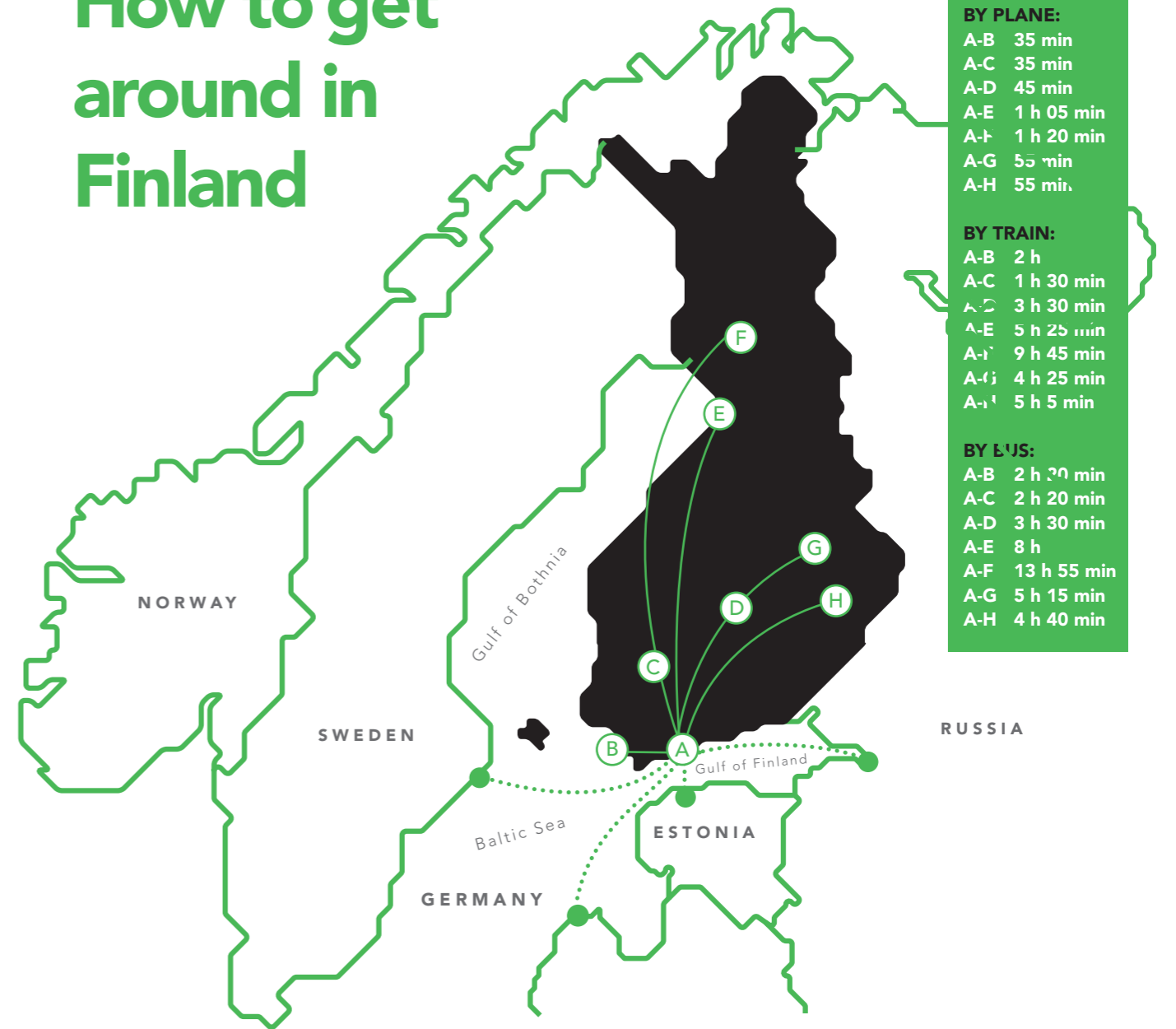
FAST ACCESS FROM RUSSIA BY TRAIN OR FERRY

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 - finnair.com

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/en

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 Finnish 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 (EN, FI)
www.aava.fi/en

Aava



OUR AREAS OF SPECIALITY ARE:
Endocrinology; Gastroenterology; Gynecology; Ophthalmology;
Orthopedics; Physiotherapy,



Committed to your health – Aava is a Finnish health-care company and one of the largest chains of private medical centres in Finland. With over 50 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)
www.clinichelena.com



OUR AREAS OF SPECIALITY ARE:

Esthetic surgery; General medicine; Gynecology and IVF; Oncology; Plastic surgery; Reconstructive microsurgery; 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 microvascular 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

Biokatu 6b, FI-33520 Tampere
 tel. +358 3 311 78197 (EN, FI)
 e-mail: asiakaspalvelu@coxa.fi
www.coxa.fi/en



OUR AREAS OF SPECIALITY ARE:

Joint Replacement Surgery; Orthopaedics



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.

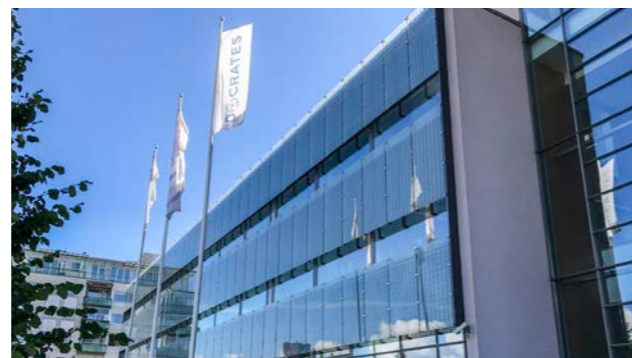
Coxa also has the expertise to treat patients with tumours and infections.

Docrates Cancer Center

Saukonpaadenranta 2, FI-00180 Helsinki
 tel. + 358 10 773 2000 (RU, FI, EN, SWE, EST)
 email: international@docrates.com
www.docrates.com/en/



OUR AREAS OF SPECIALITY ARE:
 Breast Cancer Surgery; Clinical genetics; Dermatology; Gynecological
 Oncology; Hematology; Molecular Radiotherapy & Nuclear Medicine;
 Neuro-oncology; Oncology; Palliative medicine; Physiotherapy;
 Psychotherapy; Radiology; Urology



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.

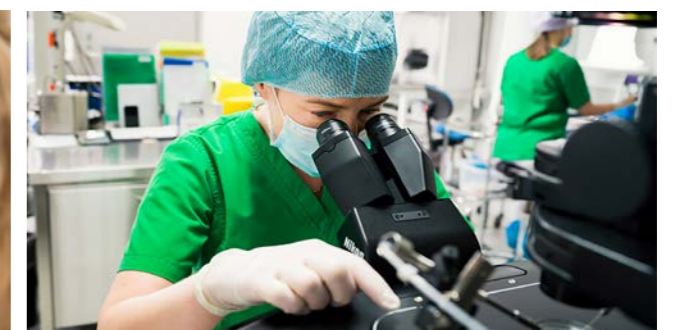
Together with our network of leading clinical experts, we provide state-of-the-art cancer therapies in line with our philosophy of individual and patient-centered care.

Felicitas Mehiläinen

tel. Helsinki +358 10 414 6650 (EN, FI)
 tel. Turku +358 10 414 6580 (EN, FI)
 tel. Lappeenranta +358 10 414 6832 (EN, FI)
 tel. Oulu +358 10 414 6550 (EN, FI)
www.felicitas.mehilainen.fi/en/



OUR AREAS OF SPECIALITY ARE:
 Childbirth services; Fertility treatment; Gynecology



Felicitas Mehiläinen has a long experience and solid knowledge of infertility treatment with good results. Founded in 1990, the fertility clinic provides nearly 4,000 fertility treatments annually.

Every year, Felicitas Mehiläinen's clinics perform in vitro fertilisation treatments, frozen embryo transfers, intrauterine inseminations, hormone treatments and treatments with donated gametes, among other treatments. You can find our infertility research and fertility treatment experts in Helsin-

ki, Lappeenranta, Oulu and Turku. Felicitas Mehiläinen is part of the Mehiläinen Group.

When a group of doctors decided to establish Mehiläinen in 1909, their goal was to create better health and well-being. In a little more than one hundred years, the world has changed, but our duties and devotion remain the same.

As in the past, the most central objective of Mehiläinen is to provide the best possible care for everyone. We're on a lifelong mission.

FinnHealth

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



OUR AREAS OF SPECIALITY ARE:

Cardiology; Cardiovascular; CyberKnife treatments; Dermatology; Epilepsy; Gastro-enterology; 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. 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.

Hammas Mehiläinen

tel. +358 10 273 8000 (EN, FI)
www.mehilainen.fi/en/hammasmehilainen



OUR AREAS OF SPECIALITY ARE:

Dentistry; Maxillofacial surgery



Hammas Mehiläinen produces high-quality oral health services in Finland, ranging from aesthetic dental procedures to oral surgery. Hammas Mehiläinen is part of the Mehiläinen Group.

Mehiläinen is a well-known and highly valued private provider of health care and social services in Finland, offering comprehensive high-quality services quickly and effortlessly.

When a group of doctors decided to establish Mehiläinen in 1909, their goal was to create better

health and well-being. In a little more than one hundred years, the world has changed, but our duties and attitude remain the same.

There are already more than 22,000 Mehiläinen professionals and we serve you all over Finland. Digital technology has also become a permanent part of the services of Mehiläinen and health care in general.

Medident

Mariankatu 12 A 10, FI-00170 Helsinki
tel. +358 20 155 3837 (EN, FI)
mobile & WhatsApp: +358 400 597 597 (EN, FI)
email: contact@medident.fi
www.medident.fi/en/



OUR AREAS OF SPECIALITY ARE:

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



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.

Mehiläinen Sports Hospital

Joukahaisenkatu 6, FI-20520 Turku
tel. +358 40 812 0057 (EN, FI)
email: info@sportshospital.com
www.sportshospital.com/



SPORTS HOSPITAL
MEHILÄINEN



OUR AREAS OF SPECIALITY ARE:

Orthopaedics and sports medicine;
Physiotherapy; Plastic surgery



TOP SPORTS MEDICINE SPECIALIST IN FINLAND

Part of the Mehiläinen Group, Sports Hospital – Orthopedic and Sports Clinic – is one of the leading centers in Finland and Scandinavia for the treatment and diagnosis of sports injuries and other musculoskeletal disorders.

The hospital has been internationally ranked by the 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 New York Times and similar publications.

The clinic staff consists of top surgeons specialized into 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. Numerous NHL, NBA and KHL players train with Mehiläinen Sports Hospital's performance and coaching specialists regularly and figure skaters, professional ballet dancers and gymnastics trust their team of professionals.

Orton

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



OUR AREAS OF SPECIALITY ARE:
Arthroplasty; Endocrine surgery; Gastrointestinal surgery; Neurosurgery;
Oncology; Orthopedics; Otorhinolaryngology; Rehabilitation; Spinal surgery;
Thoracic surgery; Urology; Voice Clinic



Orton provides demanding specialized medical care with HUS Helsinki University Hospital. HUS is among the biggest and leading university hospitals in Europe. A merger with HUS's private hospital HYKSin widened Orton's strongest service areas of orthopaedic joint replacement and spinal surgery to cover a range of university hospital's advanced and re-

liable services from oncology and cancer surgery to urology and neurosurgery.

Together with HUS Helsinki University Hospital Orton offers high quality, reliable and safe demanding medical care with excellent treatment outcomes.

Sydänsairaala – Heart Hospital

tel. +358 50 573 6875 (EN, FI)
email: info@sydansaairaala.fi
www.sydansaairaala.fi/en/



OUR AREAS OF SPECIALITY ARE:
Cardiology



Heart Hospital is a hospital network specialized in the treatment of heart patients. In Heart Hospital, cardiac patients are treated by 700 cardiac and cardiothoracic specialists. We work in multidisciplinary care teams so that we can provide each patient smooth, effective and safe medical care.

Heart Hospital offers an extensive range of high-quality examination and treatment procedures also for private patients in Helsinki, Tampere and Jyväskylä. Anyone over 16 years of age can come to the private practice in any matters relating to heart-diseases.

Tampere Heart Hospital is a Global Center of Excellence in many fields of cardiology and cardiac surgery. Heart Hospital's governance model has made it possible to develop faster and more flexible operations. Our operations are governed by ethical principles and the benefits to patients' health.

Terveystalo

tel. +358 30 6000 (EN, FI)
www.terveystalo.com/en/

Terveystalo

Get better.



OUR AREAS OF SPECIALITY ARE:

Breast cancer surgery; Ear, nose and throat diseases; Eye surgery; Gastrosurgery; General surgery; Hand surgery; Neurosurgery; Orthopedics; Pediatric surgery; Plastic surgery; Urology; Venous surgery



Terveytalo is the largest health service company in Finland in terms of revenue and network. We offer versatile primary and specialized care services for corporate and private customers as well as the public sector. In 2020, our nationwide network covered approximately 300 clinics across Finland. The service portfolio is supplemented by 24/7 digital services.

Our hospital units, located in Finland's largest cities, are mainly used for day and short-stay surgery. We offer a wide range of surgical services in various specialties. We also perform other procedures, such as foam sclerotherapy and laser therapy for varicose veins. Minor procedures are also carried out in our other clinics.

We focus on tissue-conserving and short-stay surgery to be able to discharge our patients soon after the procedure. Our physicians utilize versatile and modern medical technology for the benefit of our patients.

If you need surgical treatment, please book an appointment with a Terveystalo physician or get a referral from an external physician.



Medical Tourism Facilitators

These medical tourism facilitators help you find the right clinic and offer assistance in travel arrangements, interpretation and other services in order to make your trip as easy as possible.



Photo: Messukeskus Helsinki / Business Finland

AMBER LIFE

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



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
www.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.



HOHOT
 tel. +358 44 036 0308 (EN, CH)
 email: info@hohot.fi
www.hohot.fi/medicaltourisminfinland



Hohot offers medical and well-being retreats in Finland. Do you want to enhance your health and are you looking for a unique Scandinavian experience?

We are happy to present the following health travel packages to Finland: medical routine checks and well-being retreats; vital sign checks, visual-physical exams and laboratory tests; customized health fitting your need and wishes; specialized care (e.g. orthopaedics treatment, neurotrophic treatment and rehabilitation); special disease diagnosis, fertility treatment and plastic surgery; training and delegation visits with focused topics (e.g. Nordic welfare, Arctic health and health technology).

At Hohot, we have a proven track record of trip management for Chinese visitors in Finland and other Nordic countries. With our extensive network among medical staff, health tech organizations, health authorities and hospitals we ensure your medical trip to Finland will be successful. We at Hohot will always tune in to your needs and make your trip an enriching experience.



LUOVA FINLAND
 tel. +358 40 594 6431 (CH, EN, FI, SWE)
 email: sanja@luovafinland.com
<https://visitmedicalfinland.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.



Photo: Finavia

Where to stay – hotels & rehabilitation facilities

Here you can find a selection of accommodation options that are conveniently located and often used by the international patients of Finnish clinics and hospitals.

Photo: Daniel Eriksson/Visit Åland

HOSPITALS AND CLINICS IN HELSINKI:

- Aava
- Docrates Cancer Center
- Felicitas Mehiläinen
- Hammas Mehiläinen
- Medident
- Orton
- Sydänsairaala
- Terveystalo

Photo: Jussi Helistö

Helsinki Region

— with everything you need



Photo: Julia Kivelä



Photo: Julia Kivelä

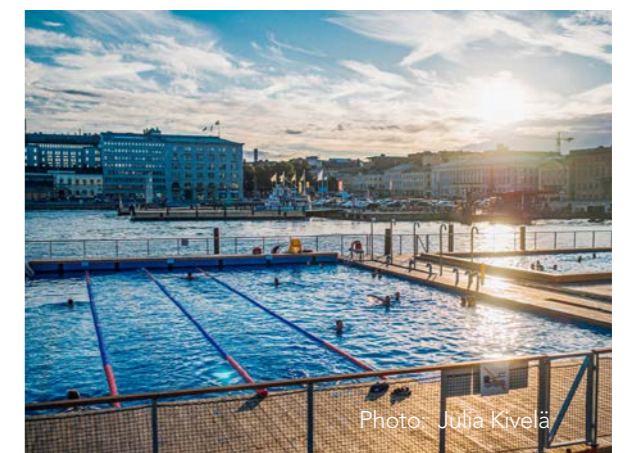


Photo: Julia Kivelä

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.



THE FOLKS HOTEL KONEPAJA

Aleksis Kiven Katu 21-23, FI-00510 Helsinki
 tel. +358 10 207 4700
 email: sales@folkshotels.fi
www.folkshotels.fi/en
 Instagram @thefolkshotelkonepaja

The Folks Hotel Konepaja is an urban lifestyle hotel with a distinctive character. The beautiful red brick building respects its history on the exterior yet inside it's truly modern & with an urban style. We are The place where people return for both the charming atmosphere and our personal service. Vallila, Helsinki invites you to experience Finland's energetic capital in a completely new way.

Once an industrial neighborhood, Vallila Konepaja is now a midpoint for trendy restaurants and bars and new forms of urban creativity. And at the heart of this dynamic neighborhood is The Folks Hotel Konepaja.

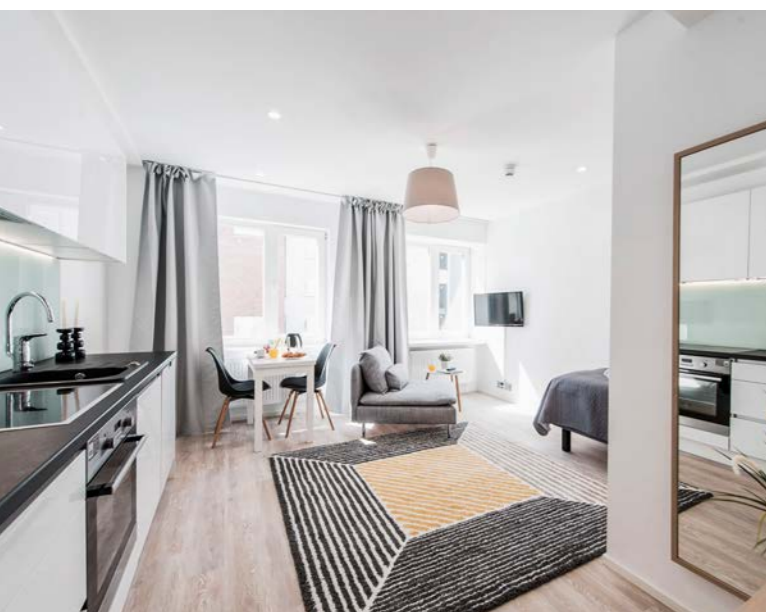


CLARION HOTEL HELSINKI

Tyynenmerenkatu 2, FI-00220 Helsinki
 tel. +358 10 850 3820
 email: reservations.cl.helsinki@choice.fi
www.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
www.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
www.huoneistohotelli.com/front_page

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 house-keeping 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!

GLO HOTEL ART

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

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.

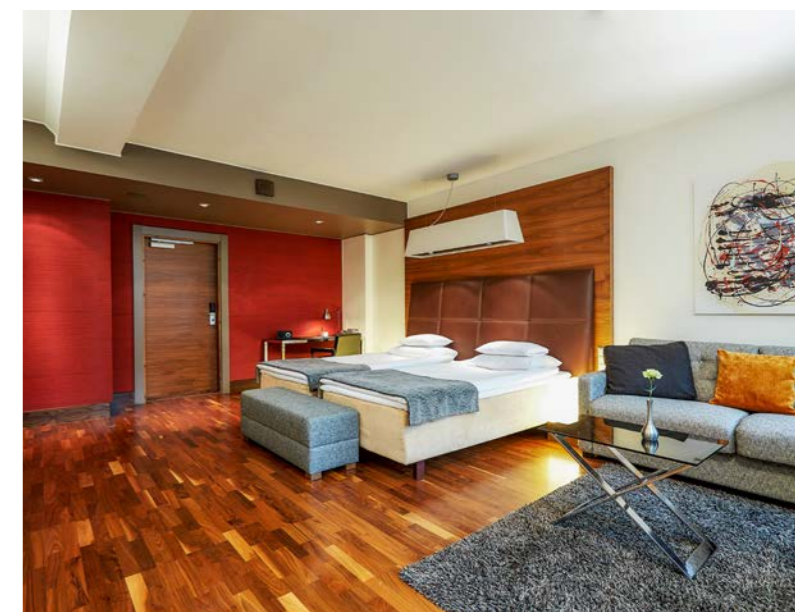


GLO HOTEL KLUUVI

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

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 HAIKKO MANOR & SPA
 Haikkoontie 114, FI-06400 Porvoo
 tel. +358 19 57 601
www.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.



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



HOSPITALS AND CLINICS IN THE LAKELAND REGION:

- Clinic Helena
- Coxa
- Felicitas Mehiläinen
- FinnHealth
- Hammas Mehiläinen
- Sydänsairaala
- Terveystalo



Lakeland

– in the heart of Finland

Photo: Mikko Nikkinen



Photo: Juho Kuva



Photo: Jaakko Posti



Photo: Visit Finland



Photo: Aku Pöllänen

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

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.

KUOPIO

The city's essence comes from its lakeside location on the shores of Kallavesi and its role as a harbour for lake traffic. The Puijo observation tower offers some of the best lake views in Finland. Kuopio has a number of restaurants down by the harbour from which you can watch steam boats chugging about on the water. The city is also home to Kuopio University Hospital, one of Finland's five university hospitals.

TAMPERE

A large city by Finnish standards, with more than 200,000 inhabitants, Tampere has managed to keep

the small town feel. The city centre is compact in size, and the atmosphere is friendly and casual. The city, located on a scenic spot on a narrow isthmus between two great lakes, Näsijärvi and Pyhäjärvi, is also known for its vibrant student life.

SAVONLINNA

Savonlinna is situated on the shores of Saimaa, one of the biggest lakes in Europe. Olavinlinna Castle from the 15th century is the most popular sight in the city, and one of the best-known attractions in Finland.

Punkaharju national scenic area and two national parks Kolovesi and Linnansaari offer year round opportunities for a getaway and recreation in nature.

**BOUTIQUE HOTEL SAWO HOUSE**

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

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 barbecue opportunities. Hotel guests can book our sauna and enjoy the relaxing atmosphere of a private lounge.

**ORIGINAL SOKOS HOTEL PUJONSARVI**

Minna Canthin katu 16, FI-70100 Kuopio
tel. +358 10 7629500
email: sales.kuopio@sokoshotels.fi
www.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@visitrauhalampi.fi
www.visitrauhalampi.fi/en/
WhatsApp: +358 44 718 0220
WeChat: Rauhalampi Holiday Centre

Rauhalampi 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
www.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**

Satamakatu 1, FI-70100 Kuopio
tel. +358 17 195111
email: kuopio@scandichotels.com
www.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@kunnonpaikka.com
www.kunnonpaikka.com/en

We are surrounded by Lake Kallavesi and beautiful forests. But if needed, the city centre of Kuopio 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.



**ANTTOLANHOVI**

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

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.

**HOLIDAY CLUB**

Rauhanrinne 1, FI-53320 Rauha
 Tel. +358 300 870 900
customer.service@holidayclub.fi
www.holidayclubresorts.com/en/

Holiday Club Resorts – there are 7 unique Spa resorts in Finland for a comfortable stay.

The highlights of our resorts are undoubtedly Holiday Club Saimaa at Lappeenranta region and Holiday Club Katinkulta in Vuokatti. Multifunctional resorts offer guests a variety of accommodation options – spacious rooms in spa hotels as well cottages and apartments with a sauna, balcony and a private fully equipped kitchen.

Also rich range of leisure services available; water parks, sauna worlds, spa treatments, restaurants, Angry Birds amusement parks, golf courses, ice skating and skiing, fishing, walking, snowmobile and dog sled safaris. Holiday Club – recreation for adults and children at any time of the year!

IMATRA SPA RESORT

Purjekuja 2, FI - 55420 Imatra
 tel. +358 200 7100 500
 email: myynti@imatrankylpyla.fi
<https://www.imatrankylpyla.fi/en>

Imatra Spa Resort provides you with everything you need for a perfect, unforgettable holiday all year round: accommodation, spa, restaurants, sport activities and beauty and wellness services.

Accommodation types vary from hostel rooms to standard and family hotel rooms, as well as holiday apartments and chalets. All types of accommodation include breakfast, spa and saunas. Imatra Spa offers a wide range of wellness services like spa treatments. Outdoor activities and equipment hire available. Restaurants, pizzeria-cafeteria, bowling alleys and shop open seven days a week.

**KRUUNUPIUSTO**

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

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.





NORLANDIA TAMPERE HOTEL

Biokatu 14, Finn-Medi 6-7, FI-33520 Tampere
tel. +358 503 844 400
e-mail: tampere@norlandia.com
www.norlandia.no/en/hotel/tampere

Norlandia Tampere hotel is located right next to Coxa, Sydänsairaala and Tampere University Hospital. Our comfortable hotel caters for leisure travelers, business travelers, hospital patients and their family members as well as families of newborn. The restaurant offers healthy and delicious food and Café Care is open 24/7 every day of the year. Our guests can enjoy sauna, and we have a possibility to nursing services and self service laundry services.

Our comfortable and spacious rooms have adjustable air conditioning, allergy-friendly materials and WiFi. We have also large family rooms and rooms for disabled. The Hotel is located in the hospital area close to nature, but only 3 km from the city center of Tampere. The hotel has a large parking area and we are easily accessible by public transport.



HOSPITALS AND CLINICS IN THE THE COAST & ARCHIPELAGO REGION:

- Mehiläinen Sports Hospital
- Felicitas Mehiläinen
- Hammas Mehiläinen
- Terveystalo

Photo: Visit Finland



Coast & Archipelago

– Nordic Islands



Photo: Visit Finland

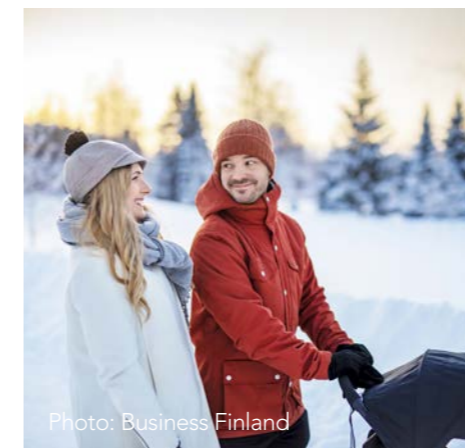


Photo: Business Finland



Photo: Katja Löönen

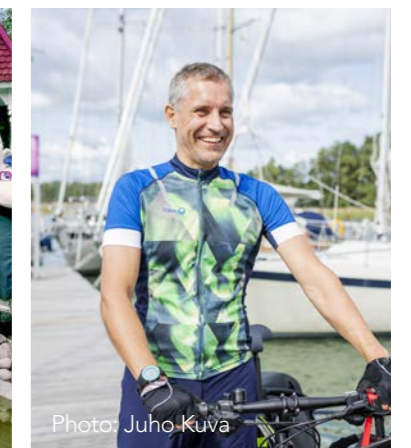


Photo: Juho Kuva

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.

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. In medical travel, Turku is especially known to be a frequent destination of international level sportsmen for the treatment of sports injuries.

OULU

Oulu is the largest city in Northern Finland. The city was founded in 1605 by King Charles IX of Sweden and situated by the Gulf of Bothnia, at the mouth of Oulu River. The name Oulu comes from a word in the Sami language meaning floodwater. From being a town known for tar and salmon, Oulu has evolved into a growing modern centre of competence.

Nowadays, the Oulu Region has about 250,000 inhabitants and is the fastest growing region in Finland. Oulu successfully combines hospitality, nature and culture with modern technology. The city is a forerunner in digital health and the second largest health technology center in Finland.



ORIGINAL SOKOS HOTEL KUPITTA

Joukahaisenkatu 6, FI-20520 Turku
tel. +358 10 786 6000
e-mail: kupittaa.turku@sokoshotels.fi
www.sokoshotels.fi/en/turku/original-sokos-hotel-kupittaa

Original Sokos Hotel Kupittaa is a cozy and modern hotel with comfy rooms and pleasant service, in the new and vibrant heart of Kupittaa in Turku. Free Wi-Fi, tablet, flat screen TV, fridge and air-conditioning in your room are included when you stay with us.

Our restaurant Bistro Elli (also room service available) serves both breakfast and lunch and prepares tasty bistro dishes with a modern twist. Deli & Bar is a popular option for pizza lovers or just to pop in for a coffee and snack – also serves takeaway. Kuppis Rooftop Bar with a beautiful sunset scenery over Turku is a popular meeting point in Kupittaa area.

There is a direct connection to the hotel from the Kupittaa railway station and you can drive from the main streets directly to our parking facility – totally a prime location to Mehiläinen Sports Hospital Turku health services. A warm welcome to Kupittaa!



RUISSALO SPA & REHABILITATION CENTRE

Ruissalon puistotie 640, FI-20100 Turku
tel. + 358 445566288
email: palveluvastaava@ruissalo.fi
www.kuntoutuskeskusruissalo.fi/english/

Ruissalo Spa is known for its premium quality spa and rehabilitation services and its beautiful location on Ruissalo island in the Finnish archipelago. The Spa is only a 15-minute drive away from Turku city centre and 25 minutes from the bus station, railway station, harbour and Turku airport.

The Spa's restaurant and café are open daily, offering rich buffets, a la carte delicacies and handmade bakery products. Our spacious rooms have beautiful views to the sea or to the park and we provide free Wi-Fi and parking for our guests.

Our pools, saunas and pampering treatments guarantee a relaxing stay. For active guests, there is a wide range of indoor and outdoor activities from yoga to golf. The Spa also has its own secluded beach with direct access to the pools. Ruissalo Spa is ideal for rehabilitation or for recovering after an operation – our health care professionals at the rehabilitation centre are there to take care of your wellbeing.



Photo: Visit Turku



Visit Finland