

带你玩转不一样的 赫尔辛基

文：WTCF官网 图：全景

这里是一座古典美与现代美融为一体的都市，又是一座都市建筑与自然风光巧妙结合在一起的花园城。市内建筑多用浅色花岗岩建成，有“北方洁白城市”之称。在大海的衬托下，无论夏日海碧天蓝，还是冬季流冰遍浮，这座港口城市总是显得美丽洁净，被世人赞为“波罗的海的女儿”。这里是，赫尔辛基。



赫尔辛基不可错过的景点

在赫尔辛基的海港市场上，有一尊名叫“波罗的海的女儿”的铜像，是赫尔辛基的象征。赫尔辛基不仅是芬兰政治、经济、文化和商业中心，同时也是芬兰最大的港口城市和工业中心。

赫尔辛基最著名的建筑群要属于市中心参议院广场上的赫尔辛基大教堂及其周围淡黄色的新古典主义风格的建筑。结构精美、历史悠久的赫尔辛基大教堂(Helsinki Cathedral)是一座福音路德教堂，堪称芬兰建筑的精华，同时也是赫尔辛基象征性的地标建筑。它由建筑师卡尔·路德维希·恩格尔(Carl Ludwig Engel)设计，于1852年竣工，成为当时充满帝国风格的赫尔辛基中心区的一部分。大教堂的大阶梯是感受赫尔辛基的最佳场所之一。

芬兰堡，是世界上最大的海事要塞之一。该城堡要塞建于1748年，由六个岛屿组成。

伴侣岛(Seurasaari Open-Air Museum)是赫尔辛基的户外博物馆岛，也是赫尔辛基市民非常喜爱的休闲场所和游泳沙滩，从市中心坐24路公交车15分钟就能抵达。从芬兰各地搜集运来的建筑展示了18世纪到20世纪以来芬兰农村建筑的历史传统，反映了工匠、农民和贵族的生活。

从岩石内部挖掘修建起来的岩石教堂是赫尔辛基最受欢迎的旅游景点之一。教堂由设计师蒂莫(Timo)和多莫·索马莱宁(Tuomo Suomalainen)设计，于1969年建成开放。鉴于其极佳的音响效果，岩石教堂也是非常受欢迎的音乐会举办场所。





康比静默礼拜堂(Kamppi Chapel of Silence)位于喧闹繁忙的纳林卡广场(Narinkka square)，康比购物中心前方，闹中取静，绝对是市中心一片罕见的安宁之地。作为芬兰创新木结构建筑的创举，该设计也在海外受到许多赞许和认可。2010年，康比静默礼拜堂获芝加哥雅典娜国际建筑奖。

爱斯普拉纳地公园(Esplenade Park)地处赫尔辛基市中心，是首都最受欢迎的公园之一，和这个城市一样有着200年的历史。如今，这里成了散步和休闲的好去处。公园中心矗立着芬兰民族诗人约翰·卢德维格·鲁内贝里(J.L.Runeberg)的雕像。

西贝柳斯公园隐没在丛林深处，是赫尔辛基最受欢迎的景点之一。纪念碑坐落在西贝柳斯公园内，由艺术家艾伊拉·希尔杜宁(Eila Hiltunen)设计，1967年落成。这座纪念碑由600余根钢管焊接而成，高8.5米，宽10.5米，纵深6.5米，重24吨，形状和线条令人联想起管风琴。纪念碑一侧是作曲家的胸像。



2016，在赫尔辛基可以体验到的新鲜事



01 在市中心尝试芬兰桑拿

芬兰桑拿文化正在赫尔辛基蓬勃复兴。2016年夏季，您能在市中心以各种全新的方式享受芬兰桑拿。比如，去豌豆岛(Hernesaari)体验即将开放的“蒸汽”桑拿休闲区，或者也可以选一个更为传统的公共桑拿试试。

02 新开发的休闲娱乐岛屿——瓦利岛

这个新开发的小岛正等着你去探索！瓦利岛(Vallisaari)将于2016年夏天向公众开放。小岛毗邻芬兰堡海上要塞，以前曾是芬兰国防军的军用岛。该岛以美丽的自然风光与多样的植被而闻名。2016年5月，从集市广场驶往小岛的渡轮已经开始运营。

03 在新建的赫尔辛基海水泳池内畅游

新建的赫尔辛基泳池(Helsinki Pool)水疗中心坐落在集市广场附近，于2016年春季向公众开放。全年都能在那里游泳、蒸桑拿，并享受美妙的海滨氛围。在海水池中畅游，在咖啡厅内休闲放松，同时感受市中心的独特气氛，多么悠哉！（收取入场费）

04 新建及装修一新的博物馆

对于喜爱参观博物馆的游客而言，赫尔辛基无疑是一片宝地。市中心就有不少值得一游的博物馆，其中包括2015年秋季开张的赫尔辛基艺术博物馆HAM，以及2016年春季重新开张的赫尔辛基城市博物馆。

05 骑着崭新的城市自行车在市内游览

2016年夏季，赫尔辛基将为游客们提供崭新的城市自行车，届时就可以在两个轮子上欣赏城市和海洋风光了。

06 豌豆岛海滩

在赫尔辛基炎热的夏日，想在棕榈树下聚会休闲？那就去半岛最南端的豌豆岛海滩(Hernesaaren ranta)吧，那里的娱乐设施将于2016年4月再次向公众开放！继2015年首次开张大获成功之后，2016年度，那里将会进驻更多的餐厅。

07 芬兰独立100周年

芬兰将于2017年庆祝其独立100周年。对于这一代芬兰人而言，这将是最为重要的庆典年。2017年期间，芬兰独立百年庆祝活动层出不穷、精彩纷呈。芬兰独立100周年庆典将由芬兰人民和芬兰的友好人士协同举办。总理办公室将负责编制100周年庆典活动内容。

赫尔辛基美食诱惑

在赫尔辛基，不用担心饿肚子，因为美食繁多，总有一款适合你。肉桂卷，直译的意思是“折耳”，它其实就是加了肉桂粉的面包卷。虽然芬兰并没有给肉桂卷注册专利，但芬兰人的肉桂卷真的可能是世界上最美味的。芬兰人通常会一边喝咖啡，一边吃上一个肉桂卷。芬兰人的咖啡消费量比其它欧洲国家都高，肉桂卷的消费量大概也是这样的吧。吃一个似乎太少，停不下来了？那就再来一个吧。

黑麦面包，用酸面团做成的黑麦面包(Ruisleipä)是芬兰人的主食。黑麦面包种类繁多，其中最受欢迎、也最为常见的就是“有洞的面包”(reikäleipa)。以前，芬兰人常常将面包挂在橡檐的杆子上。这种面包紧实、扁平而且非常重，但是住在海外的芬兰人会要求亲朋好友给他们邮寄黑麦面包，不管寄费有多贵。

烤肉肠，如果没有烤肉肠(Grillimakkara)，怎么还能算是一个完美的芬兰夏季呢？这些又大又肥的烧烤专用肉肠应该配上芥末酱和啤酒一起享用。芬兰人热爱烤肉肠。孩子们也是在夏季木屋里吃着当作点心的烤肉肠长大的，冬天的时候，他们也会围着篝火烤肉肠呢。



鱼馅饼，鱼馅饼(Kalakukko)和卡累利阿派有点相似，但是个头更大，而且用了鱼作为原料。馅饼里面塞的通常是白鱈鱼，那是一种在芬兰东部湖区常见的小鱼，和鲱鱼有点像。鱼馅饼曾经是很受欢迎的午餐盒饭，因为里面囊括了一顿丰盛午餐所需要的所有原料。

卡累利阿派，种点心最初源自芬兰东部的卡累利阿地区，那里也是芬兰民族史诗《卡勒瓦拉》的神秘起源地。这部19世纪时编撰的宏伟史诗已经成为芬兰民族认同的一个重要组成部分。握在手中大小刚刚合适，放进嘴里咬上一口，就再也不舍得放下了。点心底部用黑麦制成，里面的馅则用了土豆、米饭或是胡萝卜。如果上面再铺上一层鸡蛋黄油的话，那就更美味了！



Tour of the One and Only Helsinki

Text: WTCF Pictures: Quanjing

Helsinki is a metropolis with the perfect fusion of classical and modern beauty. It is a true garden city where modern architecture merges seamlessly into the natural landscape. Most of the downtown structures were built with light-coloured marble, as such the city is famously known as the “Northern White City”. Be it in a summer of blue skies and dark green seas, or a winter of floating ice, this port city always presents an image of clean and elegant beauty. This is Helsinki, “The Daughter of the Baltic Sea”.



Helsinki's not be missed attractions

Erected in the Harbor Market of Helsinki, a statue entitled "The Daughter of the Baltic Sea" has long been seen as the symbol of this Finnish capital. The city is not only the political, economic, cultural and commercial center of Finland, but also the largest port city and industrial center of the country.

Helsinki's most famous architectural complex is by all means the Helsinki Cathedral and its surrounding neo-classical buildings in pale yellow, located in the city center's Senate Square. The historical Helsinki Cathedral is a Lutheran cathedral. Standing tall and elegant, the cathedral is the epitome of Finnish architecture and one of Helsinki's most distinctive landmarks. Designed by architect Carl Ludwig Engel, the construction was completed in 1852, adding to the imperial style skyline of downtown Helsinki. Walking up to the top of the staircase, you'll get the best panoramic view of the city.

Suomenlinna is one of the biggest sea fortresses

in the world, founded in 1748 and built by Field Marshal Count Augustin Ehrensvärd on islands off the coast of Helsinki.

Seurasaari Open-Air Museum is an island with an outdoor museum, entertainment facilities and sandy beaches. To get here, take bus No. 24 from the downtown area and within 15 minutes you'll be on the island. Once there, you can see a range of building styles collected from all over Finland on display, taking you through the history and tradition of Finnish rural architecture from the 18th century through to the 20th century.

Quarried out of the natural bedrock, Temppeliaukio Church (Rock Church) is one of Helsinki's most popular tourist attractions. The interior walls are created naturally by the rock. The church was designed by architects Timo and Tuomo Suomalainen and opened in 1969. Due to its excellent acoustics the church is a popular venue for concerts.

Kamppi Chapel of Silence is located in a corner of the Narinkkatori Square in

Helsinki, at the entrance of the Kamppi shopping center. The Chapel is intended to be a place where people can have a moment of silence and meet each other. It offers an opportunity to calm down in the middle of perhaps the busiest area in Finland. The entrance to the chapel doubles as an exhibition area as well where it is possible to meet the priest and the social worker.

Situated in the heart of Helsinki, the Esplanade Park serves as a promenade for travellers and a place to relax for the locals. The park and the Espa Stage host many popular events, including the Marimekko Fashion Show in June and the Jazz-Espa Concert series throughout July.

Sibelius Park, hidden deep in the woods and bushes, is one of the city's most favored attractions. It was unveiled on September 7th, 1967. The Sibelius Monument, resembling organ pipes, is made of welded steel with the bust of the composer on one side. The monument is one of Helsinki's most popular statues and one of the most well-known tourist attractions. The monument is 8.5 m high, 10.5 m wide, and 6.5 m deep. It is built with over 600 pipes and weighs 24 tons.



2016, the new things that can be experienced in Helsinki

Experience Finnish Sauna in the Downtown

The sauna culture of Finland is reviving in Helsinki. In the summer of 2016, you can enjoy Finnish Sauna in the downtown in different new ways.

Newly developed Islet for Entertainment—Vallisaari

This newly developed islet is waiting for you to explore it! Vallisaari will be opened to the public in the summer of 2016.

Swim in the newly built Helsinki Pool

The newly built Spa Center of Helsinki Pool is located near Market Square. It was opened to the public in the spring of 2016.

Newly built and renovated museums

For visitors who love museums, Helsinki is a perfect place. In the downtown, there are many museums worth visiting, including Helsinki Art Museum.

Visit the city with new city bicycles

In the summer of 2016, Helsinki will provide visitors with new city bicycles. With that, you can enjoy the city and sea scenery on two wheels.

Hernesaaren Ranta

During the hot summer in Helsinki, do you want to have a party under palm trees? If the answer is yes, go to Hernesaaren ranta. The recreational facilities were opened to the public again in April, 2016.

The 100th Anniversary of Finland's Independence

Finland will celebrate its 100th Anniversary of Independence in 2017. This will be the most important celebration for the Finnish people of this generation.

The Tempting Cuisine of Helsinki

Korvapuusti translates into “slapped ears” in English but they are essentially cinnamon buns. And while Finland doesn't hold a patent for cinnamon buns, they might seriously make the best. Usually eaten with a cup of coffee (Finns consume more coffee and perhaps more cinnamon buns than any other European nation), it is difficult to stop at just one, or two.



Ruisleipä (rye bread) – made from sour dough, is a staple of the Finnish diet. There are many varieties but the most popular and widely available is reikäleipa, meaning “bread with a hole.” People used to hang their bread on poles from the rafters. It is dense, flat, and very heavy but Finns will have it sent through the post when they are living abroad. Never mind the cost.

A Finnish summer is not complete without grillimakkara. These big, fat sausages made for grilling are eaten with mustard and washed down with beer. Finns love them. Children grow up eating this snack food at the summer cottage, but also during winter around a campfire.

Karjalanpiirakka – These pastries originated in the eastern province of Karelia. This is the mythical birthplace of Kalevala; the epic 19th century poem that has become an essential part of the Finnish national identity.

Karjalanpiirakka or Karelian pies, as they are also known, fit into your hand and melt in your mouth. The crust was traditionally made with rye flour and filled with potatoes, rice or carrots. They are particularly delicious with an egg butter spread on top!

