






Finland - Low



Finland Country Map

-  POLITICAL
-  ARMED CONFLICT
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-  MARITIME AND PIRACY
-  HEALTH
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-  TRANSPORTATION

Last Published: 20 November 2025

COUNTRY OVERVIEW

EXECUTIVE SUMMARY

Finland is one of the most stable countries in the world with few threats to travellers; as such, most visits are trouble-free. The most likely threat faced by trav-

ellers is petty theft which peaks in the summer months due to increased tourism. It is therefore advisable to retain situational awareness at all times, especially in urban areas at night. A regional threat of terrorism exists across Europe which has been heightened by an influx of migrants coupled with increasing polarisation of the political landscape. Finland has not experienced any attacks by Islamist extremists. Moreover, security services actively monitor communities vulnerable to radicalisation, thereby reducing the risk of extremism and future attacks.

The greatest threat to safety in Finland is Arctic weather. In winter, travellers should ensure they are adequately equipped for temperatures that may drop to below -50 degrees Celsius. In such conditions, a relatively minor problem, such as a flat tire in a remote area, could result in a life-threatening situation.

CULTURAL INFORMATION

Cultural Tips

- Approximately 93 percent of the population speak Finnish, while 6 percent of the population speak Swedish. Finnish and Swedish are Finland's only two official languages, but Finland also recognizes Sami, which a small minority of ethnic Sami speak. Most Finns also speak English, which is considered the language of commerce.
- Official titles are not frequently used when Finns introduce themselves.
- Punctuality is highly valued in Finland. Being more than 15 minutes late is considered very impolite and meetings may be rescheduled.
- Tipping is not a common practice in Finland. In many restaurants, bars, cafes and hotels a service charge is included in the price. Taxi drivers are generally not tipped, but they will accept gratuities if offered.
- In late June and July, many Finns will take five or six weeks off, leaving many shops and businesses closed.
- Homosexuality and same-sex marriage are legal in Finland.

KEY FACTS

KEY FACTS	
CAPITAL	Helsinki

KEY FACTS	
CAPITAL CITY PHONE CODE	9
COUNTRY PHONE CODE	358
CURRENCY	Euro
ELECTRICITY	230 V 50 Hz
GMT	+2
LANGUAGES	Finnish
LEADERSHIP	Chief of State: President Alexander Stubb; Head of Government: Prime Minister Petteri Orpo
OFFICE WORK WEEK	0800-1600 M-F
OFFICIAL COUNTRY NAME	Republic of Finland
PLUG STYLES	Type C, F
RELIGION	Lutheran 66.6%, Atheist/Agnostic 30.6%, Greek Orthodox 1.1%, other 1.7%
TIME ZONE OFFSET	UTC +2 (DST Observed)
TYPE OF GOVERNMENT	Parliamentary Republic

RISK SUMMARY



Political - Negligible

Finland is widely regarded as politically stable and joined the EU soon after the fall of the Soviet Union. As such, the threat posed by political instability is negligible.

The politics of Finland take place within the framework of a parliamentary representative democracy, where executive powers are divided between the president and the prime minister. The president is the head of state and is elected for a six-year term by direct popular vote. Alexander Stubb is Finland's current president, having held office since 1 March 2024. The 200-member unicameral parliament, the Eduskunta, is elected for a four-year term by proportional representation. The reliance upon proportional representation often results in Finland being governed by coalitions. The parliament retains the ability to amend the constitution, dissolve the Council of State, and even overrule presidential vetoes.

On 2 April 2023, parliamentary elections were held in Finland to elect members of parliament. The opposition's National Coalition Party won the election with 20.8 percent of the result and won 48 seats, removing Sanna Martin from office. Martin would step down as party leader on 1 September 2023. On 28 January 2024, polls opened for the presidential elections with two leading contenders: Alex Stubb from the right-wing National Coalition Party and Green politician Pekka Haavisto. On 11 February Alexander Stubb won the presidential runoff receiving 51.6 percent of the votes. Stubb is widely regarded as pro-European and anti-Russian.

In May 2022, Finland officially submitted their letter to become a NATO ally amid concerns about seeking protection against Russia's invasion of Ukraine. Finland has a history of cooperation and shared values with NATO and on 5 July allies signed the Accession Protocol for Finland. In April 2023, Finland officially became a member of NATO, which more than doubled the size of NATO's border with Russia.



Armed Conflict - Low

The threat posed by armed conflict in Finland is low. Since the beginning of 2025, Russia has steadily increased military equipment warehouses and reorganised Russian forces near the Finnish border. Despite the nature of Russia's military build-up along the border, there has been no direct military confrontation between the two nations.

As a result, Finland has raised the reservist age limit to expand its military capability and withdrawn from the 1997 Ottawa Convention, banning the use of anti-personnel landmines. Since 2022, a border fence has been constructed along the Russian border to prevent large-scale migration from Russia.

Finland is one of NATO's most recent members, with accession in April 2023.



Terrorism - Low

The Finnish Security and Intelligence Service (SUPO) has reported that the threat of terrorism in Finland is currently at level two on the four-point scale. The four-point scale works as one being a low threat, two being an elevated threat, three being a high threat, and four being a severe threat.

There is a low risk of terrorism in Finland and it is yet to experience a direct terrorist attack by Islamist extremist groups, however, a lone-wolf knife attack by a Moroccan citizen did take place in Turku in August 2017. Finnish Intelligence Services report that roughly 100 people joined the so-called Islamic State group (IS) in Syria and Iraq, and a further 370 are under surveillance due to suspected ties with terror groups.

Far-right groups are likely to carry out low-level attacks targeting the migrant population or religious buildings, though travellers are unlikely to be directly affected. Travellers are encouraged to maintain high degrees of vigilance and situational awareness as attacks can be indiscriminate and take place with little warning.



Crime - Negligible

Finland enjoys some of the lowest crime rates in Europe. Petty theft and pick-pocketing occur, particularly in the summer due to increased tourism and crowding at popular sites. Petty crime has been reported on public transport such as the metro and trams and in transportation hubs such as Helsinki's railway station. Travellers should avoid displaying overt signs of wealth and keep valuables hidden. Particular caution should be taken after dark in the vicinity of bars and hotels, additionally, assaults have been recorded to occur at the downtown Helsinki train station and Kaisaniemi Park at these times. Violent crime remains rare and incidents are normally reported to relate to young people in gangs.

Organised criminal groups are known to be actively involved in smuggling, human trafficking, prostitution rings, and drug trafficking across Europe. These groups are closely monitored by police and generally limit their violence to other criminal groups. Finland has very high rates of gun ownership, comparable to the United States, however, these are generally hunting rifles and, due to these limitations, very rarely used in violent criminal acts.



Civil Unrest - Low

The threat of civil unrest in Finland remains low. Protests in Finland are occasional, peaceful and small in scale. They are usually linked to specific political, societal, or economic issues of the moment, such as labour disputes, climate policy, immigration, or government reforms. When protests do occur, they are generally well-regulated and controlled.

Due to the high presence of labour unions in Finland, strikes frequently occur. Strikes are generally concerning potential job losses, wage disputes, or disagreements over working conditions. In February 2024, large-scale strikes took place for public and private sector workers, where 300,000 employees demanded labour law reforms and reversal of cuts in social benefits.

Protests are likely to occur on Mannerheimintie, at the Senate Square, outside the House of Estates, outside the Finnish Immigration Services and outside the Parliament Building in central Helsinki.



Maritime and Piracy - Low

Maritime and piracy threats in Finland are low. The Baltic Sea and the Gulf of Finland are subject to increased Russian Navy activity which has caused heightened military awareness from Nordic and Baltic States. Russian Navy deployments have included Russian warships, shadow fleets and submarines. Shadow vessels are designed to export Russian goods and products that have been sanctioned worldwide.

Critical underwater infrastructure (CUI) in the Baltic Sea and the Gulf of Finland has been subject to frequent sabotage by Russian vessels. In December 2024, an undersea electricity cable, the Estlink 2, was damaged in the Baltic Sea, disrupting the power delivery between Estonia and Finland. This has spurred an increase of Finland's Border Guard and Navy patrol operations supported by NATO and neighbouring countries in Finnish waters.

Finland is the leading designer and builder of icebreakers, with 80% of all icebreakers designed by Finnish companies. This has drawn strategic interest from the United States, where a trilateral memorandum, the Icebreaker Collaboration Effort (ICE) Pact, was signed by the United States, Canada and Finland in 2024. The ICE Pact is intended to expand military capabilities and collaboration in the Arctic Ocean by designing, producing and maintaining arctic and polar icebreakers. Russia's dominance of icebreakers has driven increased icebreaker production in Finland aimed at reducing Russian and Chinese influence in the Arctic and Antarctic regions.

Major ports in Finland are stationed in Helsinki, Turku, and Kotka-Hamina, which are affected by seasonal ice conditions in the winter months between December to April.



Health - Negligible

Finland typically has a high standard of healthcare facilities and English is widely spoken. Despite this, remote regions near the Arctic Circle may be substantially more limited, with response times to emergencies proportionally longer. Finland experiences extreme weather, some individuals can be affected negatively by the

lack of sunlight during the winter months when daylight hours can be limited to short periods of twilight. Suitable insurance covering medical evacuation back to Helsinki is advised for travellers heading into remote areas. Travellers taking personal medication should ensure they comply with local laws and provide a prescription.



Environmental - Low

Driving during winter is a hazard due to weather affecting road conditions. Finland has a high road accident rate relative to other European states, largely due to environmental conditions rather than driver standards. Finland experiences extreme cold weather, and appropriate winter clothing is necessary to counter extreme weather conditions. Even local travel in such conditions can greatly increase risks in the case of a minor incident, as extreme cold will exacerbate the effect of physical injuries and fatigue. Avalanches and landslides are also a risk in mountainous regions.

Finland is vulnerable to forest fires. Finland is Europe's most heavily forested nation, with 75 percent of its land covered by forest. In the past 30 years, Finland has averaged 1000 forest fires a year.

Journeys into remote areas in winter should only be undertaken with appropriate equipment. Large predators are present in northern rural areas, locals may openly carry firearms when travelling in remote areas to provide protection.



Transportation - Low

Helsinki Airport is the main international airport in the country, serving around 30 airlines.

Finnish public transport is efficient and reliable. Train services are comfortable and offer express services. Tickets are at set prices however additional charges are often implemented for extra baggage and space. Overnight sleeper trains are also available allowing for transport all day. As of 2023, there are no direct trains between Finland and other countries.

Roads in Finland are safe and well-maintained, although driving can be hazardous during winter months. Daylight hours are short so drivers in Finland should be comfortable with driving in the dark. Icy road conditions are common and may cause road closures, particularly in northern Finland. Bus and coaches operate in almost all parts of the country. Buses and coaches will support certain areas where trains are not accessible. Buses, especially within the major cities are priced higher than trains and other forms of transport. Connections are frequent. Trams currently only serve Helsinki however the country is working to introduce services in Tampere and Turku. Taxis are expensive, particularly for short journeys, and prices are increased for additional passengers, and night and weekend services. Taxis can be hailed on the street however these have been reported to target foreigners for overcharging. Unregistered and fake taxis have been known to operate in Helsinki and other urban areas. Finnair supports a domestic service however standard prices are expensive. Multi-trips are often more cost-efficient. It is common for some air services to run during the winter months only.

EMERGENCY DETAILS

SOLACE GLOBAL:- +44 (0)1202 795801.

GENERAL EMERGENCIES:- 112.

U.S. EMBASSY HELSINKI:- + 358 9 616 250. BRITISH EMBASSY HELSINKI:- + 358 0 9 2286 5100, EMBASSY OF THE REPUBLIC OF KOREA HELSINKI:- +358 9 2515000.

POLICE NUMBER	112
AMBULANCE NUMBER	112
FIRE NUMBER	112
EMERGENCY DETAILS	

TRAVEL

TRAVEL ADVICE

Finland is a member of the Schengen Agreement, there are no border controls between countries that have signed and implemented the treaty. There are around 27 European countries within the Schengen area.

In November-December 2023, Finland shut down all its border crossings with Russia, and by January 2024, the entire border was temporarily closed. These closures have been regularly extended, making overland travel between Russia and Finland highly inaccessible.

Roads in Finland are maintained at a high level, but winter conditions need to be taken into account. Driving in Finland during the winter months can be hazardous. Icy road conditions are normal. It is a legal requirement to have winter/snow tyres placed on your vehicle between December and February. Caution should be exercised when travelling during the early hours, traffic lights are turned off and road signs are often not in use during early hours. Although often busy especially during peak times, public transport is well maintained and provides a high level of service. When travelling in remote areas it is advised to be aware of Moose and other woodland animals. Animals often wander onto roads after dark, it is advised that travel at night in remote areas should be done with extra precautions, such as slower driving and using full light beams where possible.

SIGNIFICANT DATES

FEBRUARY 14, 2026

- **Valentine's Day:** Finland - Observance

MARCH 20, 2026

SIGNIFICANT DATES

- **March Equinox:** Finland - Seasonal

APRIL 03, 2026

- **Good Friday:** Finland - National

APRIL 05, 2026

- **Easter Sunday:** Finland - Observance

APRIL 06, 2026

- **Easter Monday:** Finland - National

MAY 01, 2026

- **May Day:** Finland - National

MAY 10, 2026

- **Mother's Day:** Finland - Observance

MAY 14, 2026

- **Ascension Day:** Finland - National

MAY 24, 2026

SIGNIFICANT DATES

- **Whit Sunday:** Finland - Observance

JUNE 19, 2026

- **Midsummer Eve:** Finland - National

JUNE 20, 2026

- **Midsummer:** Finland - National

JUNE 21, 2026

- **June Solstice:** Finland - Seasonal

SEPTEMBER 23, 2026

- **September Equinox:** Finland - Seasonal

OCTOBER 31, 2026

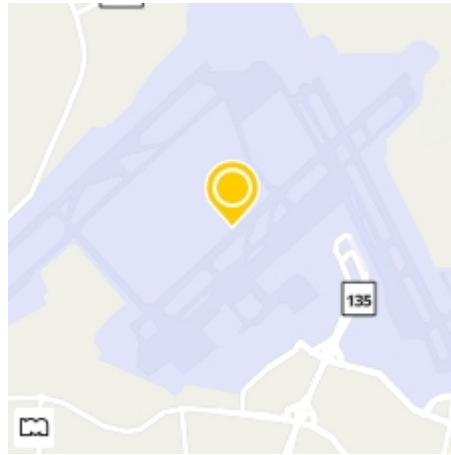
- **All Saints' Day:** Finland - National

NOVEMBER 08, 2026

- **Father's Day:** Finland - Observance

RECENT ALERTS

UNVERIFIED REPORTS OF AN AIR TRAFFIC INCIDENT AT HELSINKI-VANTAA AIRPORT (HEL)



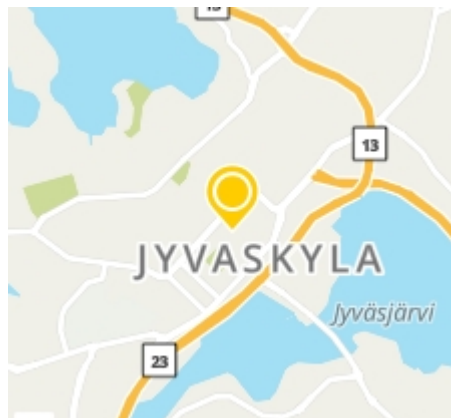
Category: Travel Information - **Risk:** Moderate



13-Jan-2026 20:30

Local media are reporting of an unverified air traffic accident at Helsinki-Vantaa Airport (HEL). There is a contingency of at least 15 fire and emergency rescue service units at the scene that was called at around 2200 local time. It is currently clear the exact nature of the incident. We will continue to monitor the situation and provide updates when necessary.

WIDESPREAD POWER OUTAGES FOLLOWING STORM JOHANNES





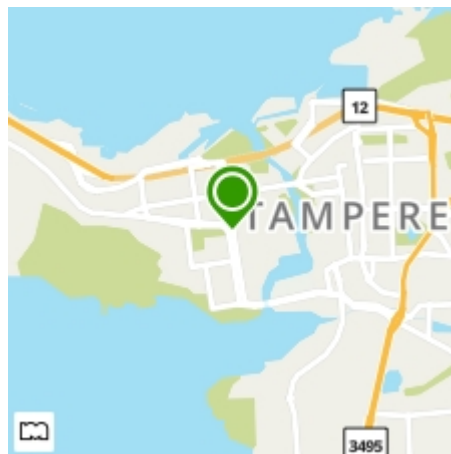
Category: Environmental - **Risk:** Moderate



28-Dec-2025 16:25

According to local media sources, widespread power outages have been reported across the country following the pass of Storm Johannes in the evening of 27 December. Over 70,000 households were still without power as of 14:00 local time today, with outages to continue into the upcoming week. As a result of the adverse weather, significant traffic disruptions have also been reported, with trains seeing long delays. No casualties have been reported so far. Further information is limited.

OVER 160,000 HOMES WITHOUT POWER IN FINLAND DUE TO IMPACTS FROM STORM HANNES



Category: Caution - **Risk:** Low

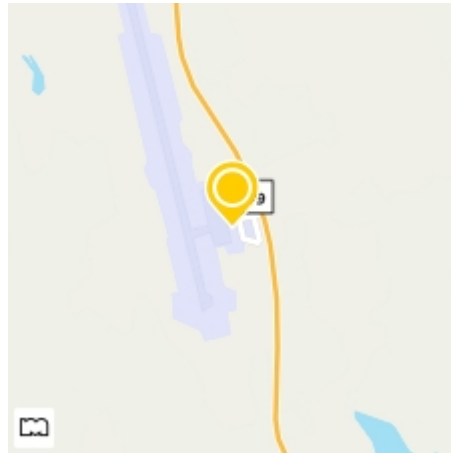


28-Dec-2025 02:34

According to the Finnish Energy Industries Association, over 160,000 homes are without power across most of southern and central Finland. The issues are currently being attributed to impacts from Storm Hannes, which has brought

strong winds over the country. There is currently no set time for when the homes affected will regain full access to electricity. Further information remains limited.

MAJOR AIR TRAFFIC ACCIDENT REPORTED AT KITTIILÄ INTERNATIONAL AIRPORT (KTT)



Category: Travel Information - **Risk:** Moderate

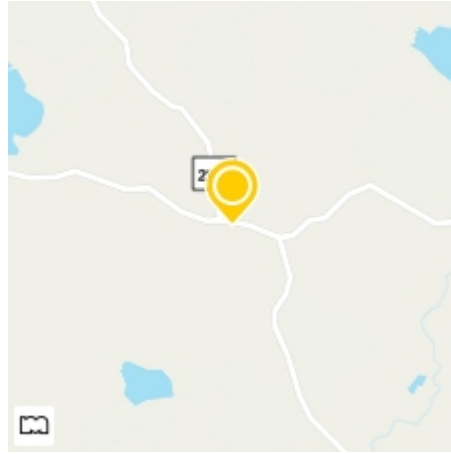


27-Dec-2025 15:05

According to local media sources, a major air traffic accident has been reported at Kittilä International Airport (KTT). The incident was reported to emergency services at 16:07 local time on 27 December. It has been reported that nine rescue service units have been called to the scene. Footage circulating online shows fire engines attending the scene. The accident happened amid Storm Hannes, which has resulted in strong winds and multiple flight delays across airports in Finland, including Rovaniemi Airport (RVN). Details of the incident remain limited at this time. It is unclear whether there have been any casualties.

We will continue to monitor the situation and update accordingly.

60 EVACUATED FOLLOWING FIREWORKS EXPLOSION AT WAREHOUSE IN VÄHIKKÄLÄ, JANA KALA



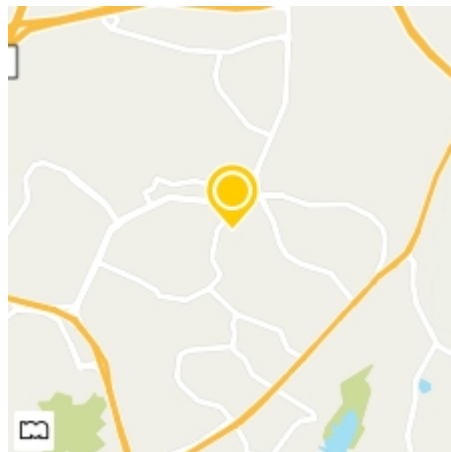
Category: Caution - **Risk:** Moderate



05-Nov-2025 21:01

Local media reports that at least 60 people have been evacuated following the explosion of fireworks at a Pyrokratia Oy warehouse in Vähikkälä, Janakkala. Authorities announced at 10:30 local time that all properties near the warehouse had been evacuated. There is an ongoing fire in at least two containers with a risk of further explosions. Authorities have warned people should avoid traveling in Vähikkälä until the area is deemed safe. Further information is currently limited.

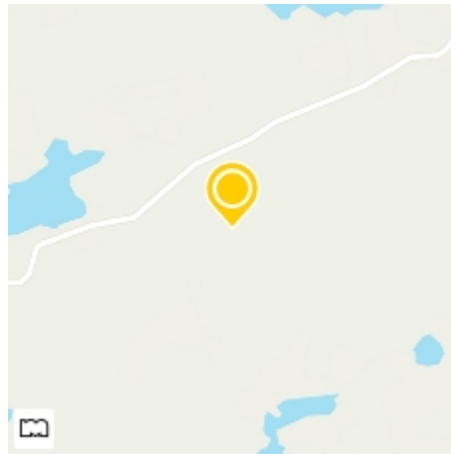
TWO INJURED AFTER VAN EXPLODES IN MELLUNMÄKI AREA, HELSINKI



Category: Caution - **Risk:** Moderate

20-Oct-2025 03:50

Local media reports that two people were injured after a van exploded in the Mellunmäki area of Helsinki at roughly 00:20 local time. A video circulating on social media shows a large plume of smoke and what appears to be a burning vehicle on a quiet street. Police are at the scene and have cordoned off the area. The specific cause of the explosion is not immediately clear, but police suspect gas canisters held inside the van were responsible. One of the individuals has been transported to hospital and the police investigation is ongoing.

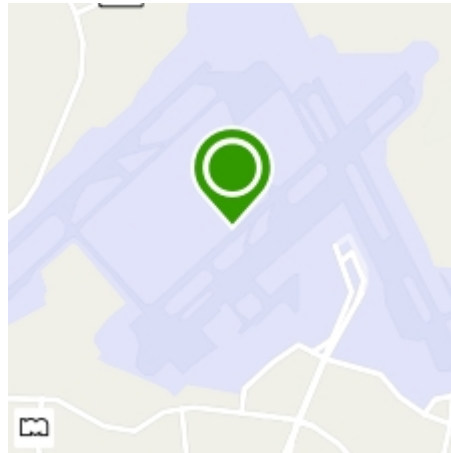
ORANGE WEATHER WARNING FOR STRONG WINDS FOR PARTS OF SOUTHWESTERN FINLAND**Category:** Environmental - **Risk:** Moderate

11-Oct-2025 04:03

The Finnish Meteorological Institute (FMI) has issued an orange weather warning for the southwestern parts of the country due to strong winds. The warning is in effect until 16:00 local time today for Åland, Varsinais-Suomi, and Satakunta. The forecast predicts strong northwesterly winds with gusts of around 70 kilo-

metres per hour. Much of central and southern Finland also remains under yellow alert, with coastal areas experiencing significant wave heights.

UNVERIFIED REPORTS OF AN AVIATION ACCIDENT AT HELSINKI-VANTAA AIRPORT (HEL)



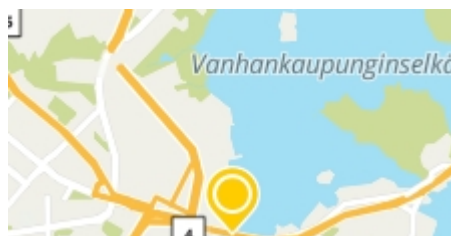
Category: Travel Information - **Risk:** Low

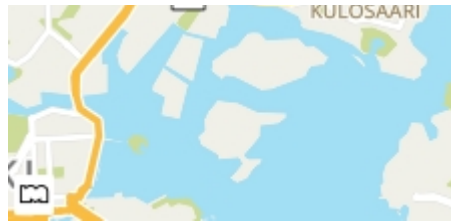


28-Aug-2025 12:10

Local media have reported that there are unverified reports of an aviation accident at Helsinki-Vantaa Airport (HEL). It is alleged that an aircraft from Juneyao Airlines, travelling from Shanghai, has crashed into a stairwell on the runway. There are no reports of any injuries. It is unclear the effect this has on the operations of the airport; however, flights appear to still be able to land.

HEIGHTENED POLICE PRESENCE REPORTED AT HELSINKI'S KULOSAARI BRIDGE





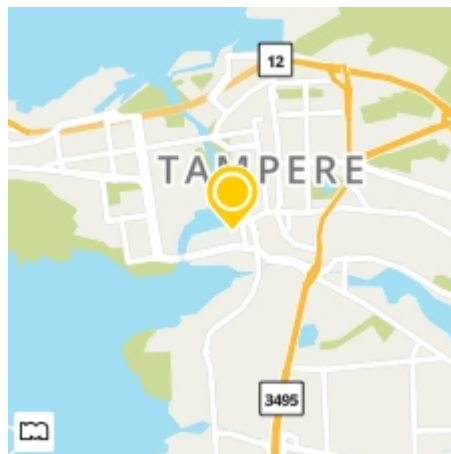
Category: Caution - **Risk:** Moderate



05-Jul-2025 19:37

Local media reports a heightened police presence reported at Kulosaari Bridge in eastern Helsinki. There are reports of the east lane of the bridge being shut. The circumstances surrounding the closure are currently unknown. We will continue to monitor the situation.

MULTIPLE INJURED IN STABBING AT SHOPPING CENTRE IN TAMPERE



Category: Caution - **Risk:** Moderate



03-Jul-2025 14:13

Local media reports that there is a heightened police presence following a stabbing near the Ratina shopping centre in Tampere. Several people have been reportedly injured, with the condition of the victims not being immediately clear.

Authorities report that the suspect has been arrested and that the incident no longer poses a danger to the public. Further information is limited.

FCDO SUMMARY

Last updated: 12/10/2025 13:34:42

Warnings and insurance

Before you travel

No travel can be guaranteed safe. Read all the advice in this guide. You may also find it helpful to:

- see [general advice for women travellers](#)
- read our [guide on disability and travel abroad](#)
- see [general advice for LGBT+ travellers](#)
- read about [safety for solo and independent travel](#)
- see [advice on volunteering and adventure travel abroad](#)

Travel insurance

If you choose to travel, research your destinations and [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

About FCDO travel advice

The Foreign, Commonwealth & Development Office (FCDO) provides advice about risks of travel to help you make informed decisions. Find out [more about FCDO travel advice](#).

Get travel advice updates

Sign up to [get email notifications](#) when this advice is updated.

Follow FCDO:

- [travel advice on X](#)
- [travel advice on Facebook](#)
- [Travel Aware on Instagram](#)

Entry requirements

This information is for people travelling on a full [‘British citizen’ passport](#) from the UK. It is based on the UK government’s understanding of the current rules for the most common types of travel.

The authorities in Finland set and enforce entry rules. If you’re not sure how these requirements apply to you, contact the [Finnish Embassy in the UK](#).

Passport validity requirements

Finland follows [Schengen area rules](#). Your passport must:

- have a ‘date of issue’ less than 10 years before the date you arrive – if you renewed your passport before 1 October 2018, it may have a date of issue that is more than 10 years ago
- have an ‘expiry date’ at least 3 months after the day you plan to leave the Schengen area (the expiry date does not need to be within 10 years of the date of issue)

Check with your travel provider that your passport and other travel documents meet requirements. [Renew your passport if you need to](#).

You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.

Dual nationals

When returning to the UK, British citizens must carry a valid [British passport](#) or [certificate of entitlement](#). See [Dual citizenship](#).

Visa requirements

You can [travel without a visa to the Schengen area](#), which includes Finland, for up to 90 days in any 180-day period without a visa. This applies if you travel:

- as a tourist
- to visit family or friends
- to attend business meetings, cultural or sports events
- for short-term studies or training

The [requirements for working in Finland](#) are different.

If you're travelling to other Schengen countries as well, make sure your whole visit is within the 90-day visa-free limit. Visits to Schengen countries within the previous 180 days before you travel count towards your 90 days.

Until the Entry-Exit System (EES) is fully rolled out, make sure you get your passport stamped on entry and exit (read 'New Schengen entry requirements').

If you're a visitor, border guards will look at your entry and exit stamps to check you have not overstayed the 90-day visa-free limit for the Schengen area.

If your passport is missing a stamp, show evidence of when and where you entered or left the Schengen area (for example, boarding passes or tickets) and ask the border guards to add the date and location in your passport.

At Finnish border control, you may also need to:

- show proof of your accommodation, for example, a hotel booking confirmation or proof of address for a second home
- show a return or onward ticket
- prove that you have enough money for your stay – the amount varies depending on your accommodation

Staying longer than 90 days in a 180-day period

To stay longer, you must meet the Finnish government's entry requirements. Check which type of visa or permit you need with the [Finnish Embassy in the UK](#).

If you're in Finland with a residence permit or long-stay visa, this does not count towards your 90-day visa-free limit.

Read about [entry processes if you live in Finland](#).

New Schengen entry requirements

From 12 October 2025, the European Union's (EU) new Entry/Exit System (EES) will begin roll out.

This means that when you travel into the Schengen area for short stays, you may need to register your biometric details, such as fingerprints and a photo. You do

not need to take any action before you arrive at the border, and there is no cost for EES registration.

On your first visit into a Schengen country from 12 October onwards, you may be asked to register your details at a special booth before proceeding to the immigration desk. Follow directions from your travel operator or the staff at your port of entry. You may also need to provide either your fingerprint or photo when you leave the Schengen area. Children aged 11 or younger will not have their fingerprints scanned but can be required to have their photo taken.

EES may take each passenger a few extra minutes to complete so be prepared to wait longer than usual at the border.

EES will not be rolled out to all ports of entry at once, the numbers of passengers being registered at each port of entry will vary, and some destinations may take up to 6 months to fully roll out the new process.

Until EES is fully rolled out your passport will continue to be stamped, even if you've already been registered for EES. Once EES is fully rolled out, it will replace the current system of manually stamping passports when visitors arrive in the Schengen area for short stays and you will input biometric details every time you enter or exit.

If you enter the Schengen area through the Port of Dover, Eurotunnel at Folkestone or Eurostar at St Pancras International and you are asked to register for EES, the information will be taken at the border before you leave the UK.

Read more [information on the EU Entry/Exit System and to understand which countries are in the Schengen area](#)

Travelling with children

To enter Finland with an adult who is not a parent or legal guardian, minor children must carry a [letter of consent from a parent or legal guardian](#).

Travelling from Russia

All border crossing points on the land border between Finland and Russia will remain closed until further notice. Monitor the [Finnish Border Guard website](#) for details of border closures with Russia.

The border crossing points for maritime traffic at Haapasaari, the port of Nuijamaa and Santio will be closed to leisure boating until further notice.

For more information on leaving Russia, see [Russia travel advice](#).

Vaccine requirements

For details about medical entry requirements and recommended vaccinations, see [TravelHealthPro's Finland guide](#).

Customs rules

There are strict rules about [goods you can take into and out of Finland](#). You must declare anything that may be prohibited or subject to tax or duty.

Taking food and drink into Finland

You cannot take [meat, milk or products containing them](#) into EU countries. There are some exceptions such as powdered baby milk, baby food and special foods or pet feed required for medical reasons.

Restrictions on Russian vehicles in Finland

There are restrictions on vehicles with Russian licence plates in Finland.

See [Finland's Ministry of Foreign Affairs for more information](#).

Taking money into Finland

Declare cash or travellers cheques if the value is 10,000 euros or more. You will get a certified declaration to show you brought it in with you. If you do not, your money could be seized when you leave.

See [guidance on declaring cash from Finnish Customs](#).

Safety and security

Terrorism

There is a high threat of terrorist attack globally affecting UK interests and British

nationals, including from groups and individuals who view the UK and British nationals as targets. Stay aware of your surroundings at all times.

UK Counter Terrorism Policing has information and advice on [staying safe abroad](#) and what to do in the event of a terrorist attack. Find out [how to reduce your risk from terrorism while abroad](#).

Terrorism in Finland

Terrorist attacks in Finland cannot be ruled out.

Attacks could be indiscriminate, including in places visited by foreign nationals.

Protecting your belongings

Pickpockets may target tourists in the tourist season in crowded areas. Take precautions and keep your personal belongings, passports and money safe.

Laws and cultural differences

Illegal drugs

Illegal drugs, including cannabis, are prohibited, even in small quantities. Severe penalties apply for possessing, using, buying or smuggling illegal drugs, including when transiting through airports. You should expect long jail sentences of up to 10 years and heavy fines.

Airports in Finland have excellent technology and security for detecting illegal items. This is also used to scan the baggage of transiting passengers.

Transport risks

Road travel

If you are planning to drive in Finland, see [information on driving abroad](#) and check the [rules of the road in the RAC's Finland guide](#). The guide lists driving regulations and other legal requirements you need to be aware of.

You need a UK driving licence to drive in Finland. Hire car companies often have stricter requirements for their customers, such as a year of driving experience, minimum age and holding an international driving permit.

Check if you need a [UK sticker to drive your car outside the UK](#).

If you are visiting Finland, you may be able to use your [Blue Badge](#) in some circumstances. Check local parking rules.

Drink-driving laws

Drink-driving is a serious offence in Finland, and you could get a prison sentence if found guilty. The drink-drive limit in Finland is significantly lower than the limit in England.

Arctic travel

Parts of Finland are in the Arctic Circle, including some very remote areas of land. Emergency medical assistance and search and rescue are limited in these areas. See [Arctic travel safety advice](#).

Health

Before you travel check that:

- your destination can provide the healthcare you may need
- you have [appropriate travel insurance](#) for local treatment or unexpected medical evacuation

This is particularly important if you have a health condition or are pregnant.

Emergency medical number

Dial 112 and ask for an ambulance.

Contact your insurance company quickly if you're referred to a medical facility for treatment.

Vaccine recommendations and health risks

At least 8 weeks before your trip check:

- check the latest [vaccine recommendations for Finland](#)

- see where to get vaccines and whether you have to pay on the [NHS travel vaccinations page](#)

See [what health risks you'll face in Finland](#), including insect bites and ticks.

Medication

The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries.

Read [best practice when travelling with medicines on TravelHealthPro](#).

Healthcare in Finland

[FCDO](#) has a list of [medical providers in Finland](#) where some staff will speak English.

Health insurance cards

To get medically necessary state healthcare in Finland, you need a Global Health Insurance Card ([GHIC](#)) or a European Health Insurance Card ([EHIC](#)).

The NHS's [getting healthcare abroad webpage](#) has details about:

- how to apply for a [GHIC](#)
- how to get temporary cover if you lose your card or it does not arrive in time
- who qualifies for a new [EHIC](#) instead of a [GHIC](#)
- what treatment counts as medically necessary

A [GHIC](#) or [EHIC](#) is not an alternative to travel insurance. You may have costs your [GHIC](#) or [EHIC](#) does not cover, including:

- changes to travel and accommodation bookings
- additional standard costs for treatment
- medical repatriation to the UK
- treatment that is ruled non-urgent
- private healthcare
- private clinics

There is also [guidance on healthcare if you're living in Finland](#).

Organ donation laws

In Finland, doctors may remove organs, tissues and cells to treat another person if there is no evidence the deceased would have objected. Read more [information on Finland's Ministry of Justice Finlex website](#).

Travel and mental health

Read [FCDO guidance on travel and mental health](#). There is also [mental health guidance on TravelHealthPro](#).

Getting help

The Foreign, Commonwealth & Development Office ([FCDO](#)) cannot provide tailored advice for individual trips. Read this travel advice and carry out your own research before deciding whether to travel.

Emergency services in Finland

Telephone: 112 (ambulance, fire, police)

Contact your travel provider and insurer

Contact your travel provider and your insurer if you are involved in a serious incident or emergency abroad. They will tell you if they can help and what you need to do.

Refunds and changes to travel

For refunds or changes to travel, contact your travel provider. You may also be able to make a claim through insurance. However, insurers usually require you to talk to your travel provider first.

Find out more about [changing or cancelling travel plans](#), including:

- where to get advice if you are in a dispute with a provider
- how to access previous versions of travel advice to support a claim

Support from FCDO

FCDO has guidance on staying safe and what to do if you need help or support abroad, including:

- finding English-speaking [lawyers](#), [funeral directors](#) and [translators and interpreters](#) in Finland
- dealing with a [death in Finland](#)
- being [arrested in Finland](#)
- getting help if you're a [victim of crime](#)
- what to do if you're [in hospital](#)
- if you're [affected by a crisis](#), such as a terrorist attack

Contacting FCDO

Help abroad

See [how to get help from the UK government abroad](#) including in an emergency.

Help in the UK

You can call FCDO in London if you need urgent help because something has happened to a friend or relative abroad.

Telephone: 020 7008 5000 (24 hours)

[Find out about call charges](#)

Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow FCDO:

- [travel advice on X](#)
- [travel advice on Facebook](#)

Risk information for British companies

The Overseas Business Risk service offers [information and advice for British companies operating in Finland](#) on how to manage political, economic, and

business security-related risks.

PACK SMART

Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Carry a duplicate wallet with small denomination notes and old cards that you could relinquish if threatened by robbers. Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Always check the destination restrictions regarding medications when planning your trip.

STAY SAFE: Hotels



Request a hotel room between the third & seventh floor. Ground floor rooms should always be avoided as they are easily accessible from the outside. Higher levels mean in the event of a fire there are many stairs to navigate and in some countries firefighters may not have ladders capable of reaching higher than the seventh floor.



Check your room phone works in case you need to call reception for help.



Know where your fire exits are. Count the number of doors to the fire exit from your room so you can feel your way in the event of a fire and a smoke-filled corridor.



To prevent unauthorised entry into your hotel room, make sure the windows and doors lock. Bolt the deadbolt and use the door wedges you've brought with you from home to wedge the main door closed.

TRAVEL SAFE: Out & About



When you are out and about, be aware of your surroundings - don't display obvious wealth, such as expensive jewellery, watches and mobile phones.



Use ATMs inside banks and shopping centres, where there is greater security and CCTV. Safety in numbers. If you are travelling with colleagues, stay together for meals and trips out. If you are alone, avoid quiet areas and trust your instincts.

Road traffic accidents are still the greatest threat to travel safety.



- Use licensed taxis.
- Always wear a seat belt.
- Keep doors locked & windows up.
- Avoid night-time driving.
- If the driver is using a phone or driving dangerously, insist they

slow down/stop using their phone.

Check in regularly. Use the 'Check In' button on the Solace Secure app so your location can be monitored and you can view all intelligence alerts within your vicinity.

SAFE TRAVEL: Health Tips

See a medical travel specialist at least 4 weeks before travel.

Ask about recommended vaccines for specific destinations.

First aid kit with regular & special medication for trip - carry in hand luggage.

Evacuation & travel insurance to cover health emergencies while abroad.



Take an extra month of prescribed medication for pre-existing conditions.

Risk of malaria - take precautions to prevent mosquito bites and take malaria pills as advised.



Avoid drinking alcohol and becoming dehydrated.

Verify & consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.



Excessive sun exposure should be minimised by the use of sunscreen - sun can be more intense over water, snow and at altitude.

Leave animals alone. Animal bites or scratches can transmit rabies.

THINK SAFE: Know Your Destination

Understand the culture of your destination. Dress and behave so as not to

cause offence or draw attention.



Know if the tap water is suitable to drink if not; only accept water from a sealed bottle.

Avoid ice in your drinks & salad washed in tap water.

Research where you are travelling to. Make a note of the local emergency services number. Know the current security and medical threats and advice. See the FCO website for general information ([gov.uk/foreign-travel-advice](https://www.gov.uk/foreign-travel-advice)).

DOCUMENT SAFE: Know Your Destination

Take photos/scans of your essential documents and email them to yourself. You can then access them remotely if your belongings are stolen:

- Passport
- Driver's Licence
- Travel Insurance Document
- Visa
- Medical Certificates

For 24/7 travel risk advice and emergency assistance contact Solace Global Risk operations: + 44 (0)1202 795 801

The Solace Secure desktop and app provide up-to-the-minute alerts, providing latest information on your travel location even when you are there.

CONTACT SOLACE GLOBAL RESPONSE TEAM

This report has been prepared for you by Solace Global Risk Ltd.

If you need urgent help, advice or assistance at any time please contact the 24/7 Response and Assistance Team.

If you have a question about this travel advice or any other location please email SGR@solaceglobal.com for further safety and security information.

For support using your Solace Secure platform or app please contact support@solaceglobal.com.

Solace Global Risk, Twin Sails House, West Quay Road, Poole, BH15 1JF, UK