



The Finnish version of baseball

Pesäpallo

Photo: Niilo Hirvonen

# BIATHLON KONTIOLAHTI

Photo: Mika Kurvinen



Biathlon



Cross-country skiing

# Winter swimming



Photo: Mitja Piipponen



Sauna bathing

Orthodox  
procession  
of the Cross  
tradition

Ristisaatto

Photo: Ville Heikkinen



A woman with short grey hair and glasses, wearing a traditional Karelian folk costume, is harvesting wheat in a golden field. She is wearing a white long-sleeved blouse with a ruffled collar, a dark green knitted vest, and a headband. She is holding a small woven basket and is looking down at the wheat. The background shows a line of trees and a red curved shape in the top right corner.

Feresit

Karelian  
folk costume



Children's  
rock festival

Photo: Joutsuu Pop Musician's Association

Vekararock





Photo: Minna Karhunen

One of Finland's main rock festivals

Ilosaarirock

# Suomen suven avaus



6 000 children gather to sing together in Joensuu at the end of the school year

# Backpacking



Photo: Pekka Tanskanen



# Whitewater rafting

Photo: Pekka Tanskanen

# Open-air markets

Photo: Joensuu city



Traditional  
Karelian  
unleavened  
rye flatbread

Sultsinat

Photo: The Martha Association



Photo: The Martha Association

Traditional Karelian pasties

Karjalanpiirakat

Vatruskat

Traditional  
Karelian pies







Traditional Karelian  
large pasty with rye  
crust

Lanttukukko

## Karelian hot pot

A traditional  
stew





Playing the kantele

Photo: Timo Villanen



Photo: The Martha Association

Forests

# Forested hill landscapes





Wetlands



## Virpominen

A Palm Sunday tradition where children wish good luck and health with ornated willow twigs



The tradition of bringing food as a gift to a newborn's family

Rotinat



Photo: Joensuu city

Mie ♥ Sie

Dialect



Visiting



Photo: The Finnish Red Cross Outokumpu branch

# Volunteering

# Open-air theatres



Photo: Risti open-air theatre



Museums

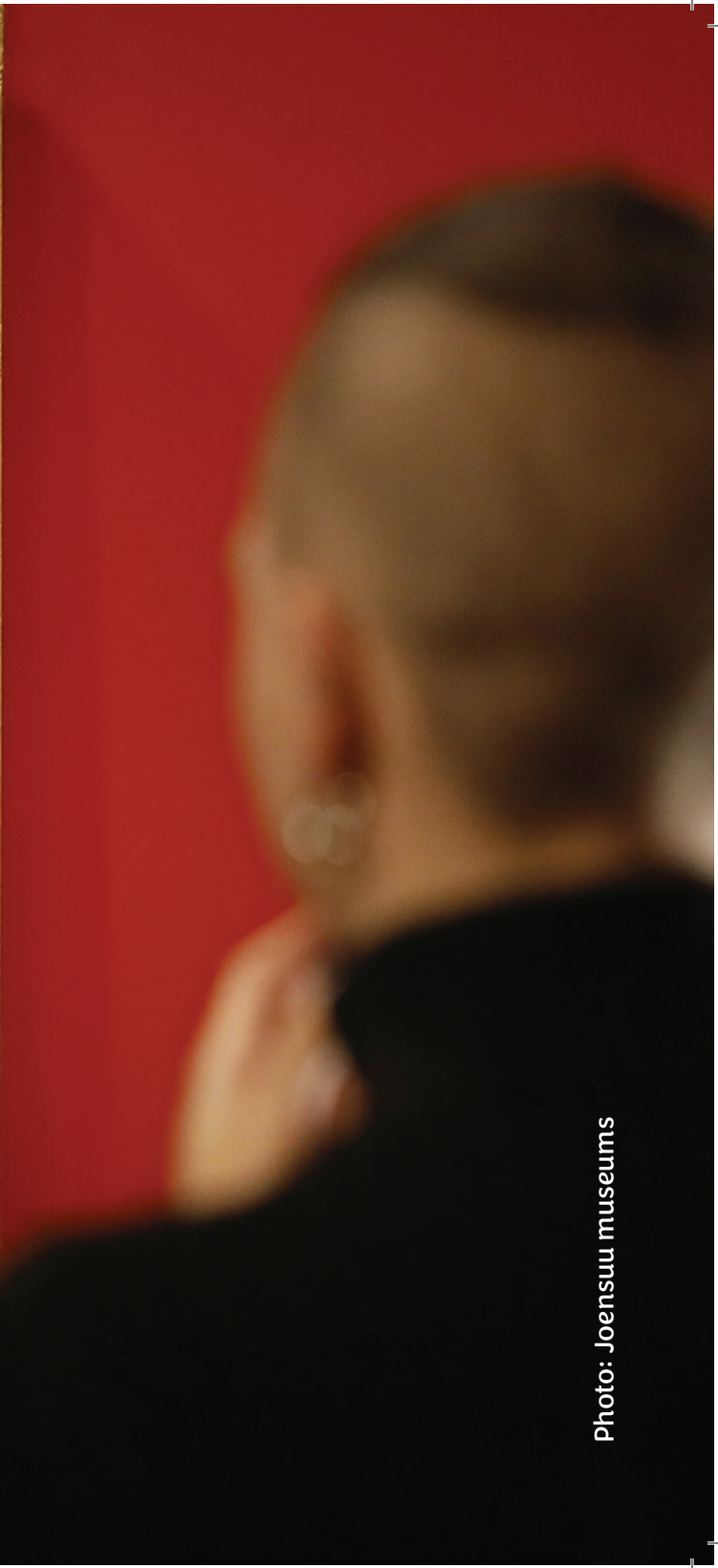


Photo: Joensuu museums

## Motora folk dance groups



Photo: Ukko Torni