Educational system in Finland and the sauna culture

My first visit in Finland was kindergarten Vocational College. In kindergarten, we had a brief introduction to the educational system in Finland. We were told Finland has short school days as compared to other countries around the world where children state going to school later than most other European countries.

The reason for their success is because children are allowed to be the children that they are. Only a happy child can learn new things and children learn by playing. It is also very important to motivate children in other to arise their interest. Another main reason for their good result is the teachers they have good teachers who have studied in university and teachers are highly considered in society.

Success Factor of Finnish Education System

1) Early childhood education

Finland’s National Core Curriculum for Early Childhood Education and Care was approved by the Finnish National Agency for Education, guides the planning and implementation of the contents of ECEC, and gives a framework for drawing up the local ECEC curricula

Early childhood education and care in Finland begins at the age of 1-6. Teachers teach in a systematic and goal-oriented way. The purpose of early childhood education and care is to promote children's development in terms of their health, and well-being as well as to improve the children's opportunities for learning.

 In Finland, Local authorities such as municipalities are responsible for providing early childhood education and care for children under school age. Parent sending their children for early childhood education and care is charged a fee based on their income and the number of hours the child will spend in the ECEC.

2) Per- Primary Education system

During our visit, to white rose primary school we had a brief introduction from the principal on the rundown of the school. White rose has about 300 students where about 250 are Finnish about 13 are from Ukraine and about 9 are from Russia. White Rose has an educational system guide 1-6 with four types of special education classrooms with few handicaps with about 25 teachers.

In Finland, everyone in the pre-primary is on the same school campus they have not separated from the handicapped they do the same things with other children. Students are grouped into four small groups each made up of about 8 children in one group and in a situation where the children need much attention they are grouped into 5or 6. There is one teacher who teaches English, one teaching Swedish, and special education teachers who are teachers in the group and at times change in the group. Teachers are thought to teach the student as a team.

Pre-primary education aims to give children better opportunities for learning and development. They play an important part in early childhood education and care to primary and lower secondary education. Pre-primary education is provided for free and it compulsory for all children in Finland since 2015.

Parents and other guardians must make sure their child participates in pre-primary education or other corresponding activities that meet the objectives set for pre-primary education. The National Core Curriculum for Pre-Primary Education, approved by the Finnish National Agency for Education, guides the planning of the contents of pre-primary education and gives a framework for drawing up the local curriculum.

3) Vocational College

After comprehensive school, students continue to their upper secondary level and from there they choose between general education and vocational education and training.

General upper secondary education does not qualify students for any particular occupation. At the end of general upper secondary school, students take a national school-leaving examination known as the Finnish matriculation examination. Those who pass the examination are eligible to apply for further studies at universities, universities of applied sciences, and vocational institutes. General upper secondary education usually takes three years to complete.

Vocational qualifications include initial vocational qualifications, further vocational qualifications, and specialist vocational qualifications. Initial vocational qualifications give the basic skills required in the field. While Further and Specialist vocational qualifications enable people to develop their skills at different stages of their careers. The scope of initial vocational qualifications is usually 180 ECVET points, that of further vocational qualifications is 150 points, and that of specialist vocational qualifications is 180 points.

At the beginning of vocational education and training, the student and the institution draw up a personal competence development plan for the student, outlining the content, schedule, and methods of study. Vocational education and training can also take place in workplaces through an apprenticeship agreement or a training agreement. Prior learning acquired in various ways can be identified as part of the studies. Both young people and adults can apply for vocational education and training

4) Why sauna is very important to the fins culture

The Finnish culture was inscribed on the [UNESCO Intangible Cultural Heritage List](https://en.wikipedia.org/wiki/UNESCO_Intangible_Cultural_Heritage_Lists) at the December 17, 2020 meeting of the [UNESCO](https://en.wikipedia.org/wiki/UNESCO) [Intergovernmental](https://en.wikipedia.org/wiki/Intergovernmental_organization) Committee [for the Safeguarding of Cultural Heritage](https://en.wikipedia.org/wiki/Convention_for_the_Safeguarding_of_the_Intangible_Cultural_Heritage). As authorized by the state, the [Finnish Heritage Agency](https://en.wikipedia.org/wiki/Finnish_Heritage_Agency), together with Finnish sauna communities and promoters of the sauna culture, safeguards the validity of the sauna tradition and highlights its importance as part of customs and wellbeing. Just like the case of [Estonia](https://en.wikipedia.org/wiki/Estonia) Sauna in Finland is an old phenomenon and its roots are difficult to trace, its earliest versions are believed to be from 7000 BCWhere houses were recorded in Europe during the same period, but the Finnish bathing habits were poorly documented for most of history.

 Everyone can go to the sauna at the same time, men and women may take a sauna separately, or each family can go to the sauna separately. Mixed saunas with non-family members are most common to the Finns with a younger adult, and it is not common for teenagers to stop going to the sauna with their parents at some point.

In addition, clothes are not allowed to be worn inside the sauna hot room, but one is allowed to sit on a small towel inside the sauna. Disposable tissue is designed to endure heat and humidity (which is mandatory in a public sauna, such as public swimming pool). While cooling off it is common to wrap a towel around the body. For a typical Finn, the sauna is, with few exceptions, a strictly to be followed such as a non-sexual place. "Sauna" means only a sauna, not a brothel, or sex club. In public saunas, swimsuits are banned from the hot room for health reasons: in many indoor swimming pools, chlorine is added to the water for hygiene reasons

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Saunas are also placed**for ritual purification before marriage**, and the bodies of the dead are washed and prepared for burial on wooden benches. The sauna has been the holiest room in the house and the most closely associated with their well-being.

In Finland, Most Finns consider traditional smoke saunas to be the best because of it very soft*lowly heat*they produce. They take about five hours to heat and produce soot which covers the wooden walls in a thick black layer. The benches are scrubbed clean but bathers are advised not to lean against the wall unless they want to get a sooty back.

5) Discussion

Was a good experience as an international student to know the educational system in Finland which is been rank as the third-party in the world and the value of the sauna culture how important it is to them.

Source

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