

# Finlandq Newsletter

Special Edition Issue 2

*What is Sisu?*

*Part 2: Sisu in Nature and Work*





Thank you for reading our first special edition. We have been with you for a long time, and nothing makes us happier than accompanying you through every possible way and path. It was late last year when we decided to prepare a special edition for the new year alongside our regular monthly newsletters. We were busy planning and strategizing, and it was decided that the special edition should be prepared in the form of a quarterly magazine and made available to you. As a result, you are now reading the first special edition of "Finlandq", and our newsletters/monthly magazines will also be available with a new look.

As you know, our goal has always been to increase the knowledge of our audience and help them on their learning journey. At Finlandq, we assist applicants and those interested in immigrating to and studying in Finland to reach their goals and dreams as effectively as possible. This content also serves as an opportunity to introduce Finland, its culture, and living and studying conditions to you.

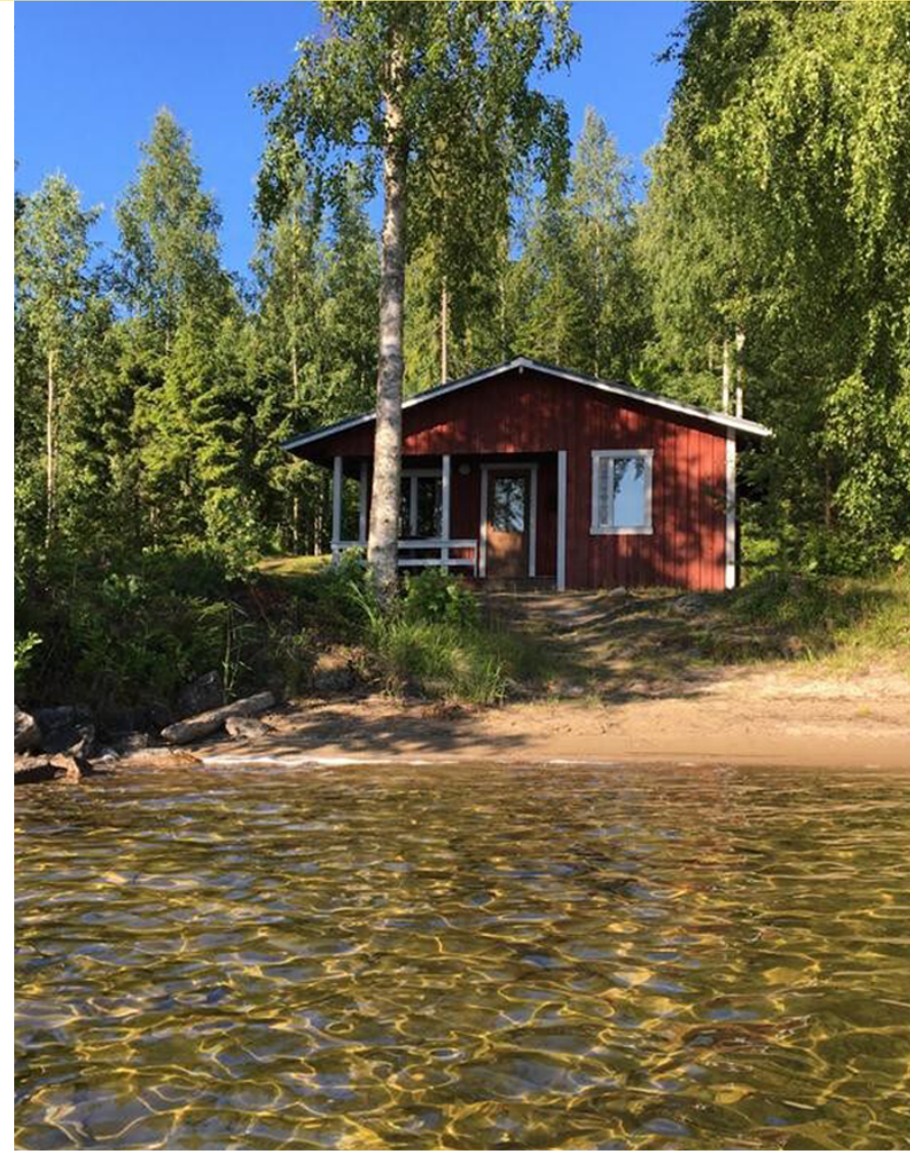
In this special edition, we want to exclusively talk about one of the biggest parts of Finnish culture, which is "Sisu." So, stay with us and, if you have any opinions, criticisms, suggestions, or anything you think we should know, please feel free to contact us.

This special edition is produced and published by the content production team of Onvis.

# *Sisu = Nature; an unbreakable bond*

In the previous part of this series, we talked about what Sisu is and its meaning, concept, and its place not only in the lives of Finns but also in the lives of people worldwide. If you want to understand the importance of Sisu, we recommend reading the previous volume of the newsletter and then come to this volume.

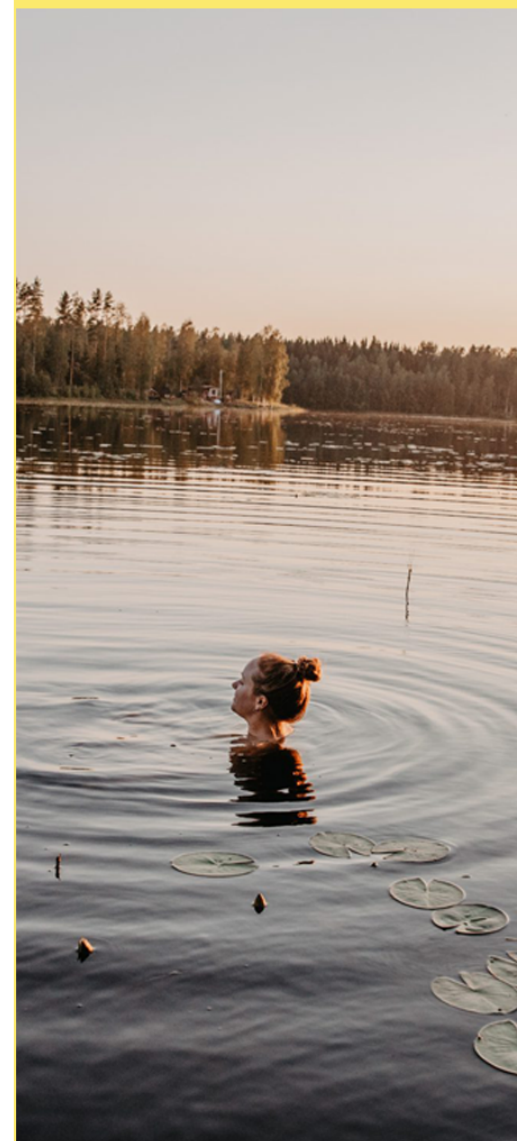
In the previous part, we mostly discussed the role of nature in Sisu and Finnish culture. If you have read a bit about Finland, you know that nature, living in it, and efforts to preserve it have a significant place in Finnish culture. This position has transformed nature into an essential part of the concept of Sisu. Finns consider their country as a paradise on earth, and the "mökki" is the key to it; the summer cottage in Finland. Finns work hard throughout the year, and when summer arrives, they enjoy life to the fullest. Not going out in the summers is considered a crime by the people of this country.





When summer is so important for Finns, undoubtedly, paradise on earth is also an environment or a place related to this season. Finns visit cottages specially designated for this season, leave the comforts of modern life behind, and embrace life in nature. According to Finns, the ease of modern life and the available facilities can destroy their Sisu. Enduring the hardships of nature for life and survival is an ideal for Finns.

From the perspective of the people of this country, Sisu is a teacher of self-sufficiency, and to achieve it, one must live in nature. Anyone who can pull their own rug out of the water in nature undoubtedly has Sisu.





In the previous issue of the newsletter, it was mentioned that Sisu has taken on a broader meaning in modern life. That is, combating depression, wanting to be happy and healthy are also what Sisu seeks. Various studies have proven that nature walking is one of the natural remedies and ways to combat depression. Leaving yourself in nature for a while, leaving behind the busy and hectic life of today, pausing, looking around you, welcoming the fresh air into your lungs, and leaning against a sturdy tree are ways to discover and obtain Sisu.

## *If we are far from nature and do not have access to it, what should we do for our Sisu?*

Today it is recommended that we keep flowers and plants at home, especially if we are far from nature and live in the depths of urban space. What is the real reason for this? In addition to improving air quality, creating freshness, and diversity in the home environment and such things... Bringing nature home, even a small part of it, strengthens Sisu! Don't believe it? According to research, the presence of plants in the home improves people's work efficiency, and the recovery and healing of individuals during illness and fatigue occur more quickly.



In general, the more we are in contact with nature in any possible way, the stronger Sisu we will have. The peace of our existence and our surroundings is necessary to maintain and have Sisu, and nature helps strengthen this peace.



## *How does Sisu manifest in the work environment?*



When we move a little away from nature, we come to the place of Sisu in the business and employment of individuals. In general, in this space, Finns believe in the following sentence: Sisu at work - you will achieve whatever you see!

This sentence means that anything that is conceivable and achievable for an employee and working person in Finland, they will definitely achieve it; now this view and goal are everything that exists... If you have read about Sisu, you know how hard Finns work, how much they value work ethics and order. They do this alongside maintaining the dynamism of society and respecting each other, to receive better wages, benefits, and working conditions. Hard work, loyalty, and stability in Finland are unrewarded.



If you confront Finns with difficulty and crisis, you will see that they do not show any emotional or sudden reactions. Facing difficulty is one of the principles of Sisu, and in fact, if you behave like this in a crisis or build a straw mountain, from the perspective of Finns, you are a stranger! That's why in the workplace too, people in this country only talk in necessary and important conditions and do not talk excessively. As usual, silence is the priority for Finns, and instead of talking, they act on their mission. If you see a Finn praising you, know that they have done this with all their heart because this rarely happens.



# *Sisu in conversation*

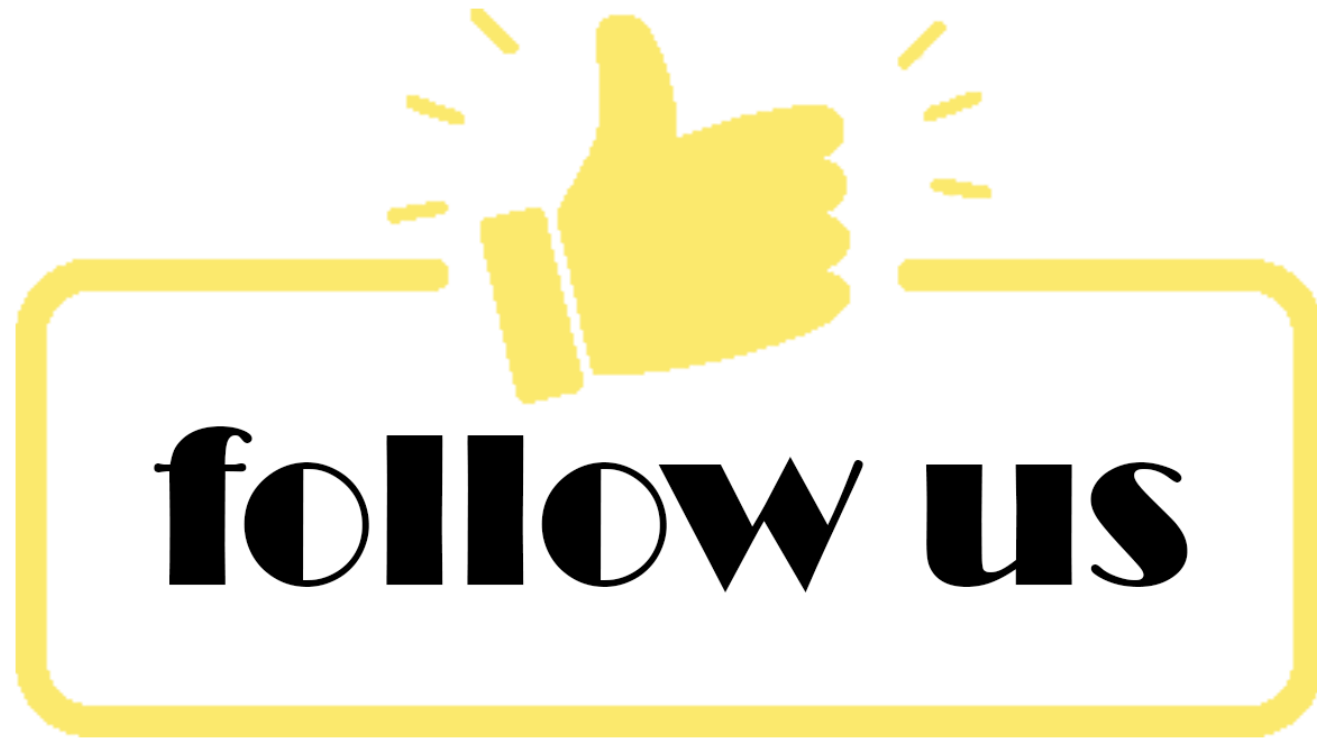
We conclude this issue of the Finnish newsletters with the Sisu section in everyday conversations, work, etc. In general, the criteria for Finns in speaking include:

- Do not boast
- Be polite but firm
- Be a good listener
- Do not misuse your position
- Speak judiciously
- Appreciate silence
- Do not be indecisive in decision-making
- And, of course, do not build a straw mountain!





Thank you for being with us so far. If you enjoyed reading this newsletter, share it with your friends. In the next section, we will discuss the importance of Sisu in facing and emotional relationships.



*[finlandq.com/study](https://finlandq.com/study)*

