

CIOR / CIOMR / CISOR Summer Congress 2023 Helsinki, Finland

CAPTAIN LIEUTENANT MÄKELÄ'S TOP TIPS TO HELSINKI

HOW TO MOVE ABOUT:

- Walk
- Download the HSL app
 - o <https://play.google.com/store/apps/details?id=fi.hsl.app&hl=en&gl=US>
 - o <https://apps.apple.com/us/app/hsl/id1340229182>
- Get the yellow "Alepa" city bikes for a week for 10 euros
 - o <https://www.hsl.fi/en/citybikes/helsinki>
- Use many of the electric scooter apps
- Download Uber, Bolt or Taksi Helsinki app

FOOD

Finnish

- Kolme Kruunua (traditional Finnish with mid-century modern interior, €€)
 - o <https://kolmekruunua.fi/>
 - o <https://goo.gl/maps/gKBF1j6ZFtc22uTD6>
- Elite (1932) (traditional Finnish with original art deco interior and artworks, €€€)
 - o <https://www.elite.fi/>
 - o <https://goo.gl/maps/EdMjfNhbjkt9BUkT6>
- Sea Horse (1934) (traditional Finnish – try the liver or fried herring, €€)
 - o <https://www.seahorse.fi/>
 - o <https://goo.gl/maps/jeSnX8TrmkqZZLET8>
- Gastro Café Kallio (retro working-class neighbourhood restaurant with very good food, €€)
 - o <https://www.gastrocafe.fi/>
 - o <https://goo.gl/maps/VqTJA9aoqGMJfvu78>
- Salutorget (stylish restaurant with Nordic food built in an old bank premises, €€€)
 - o <https://www.salutorget.fi/>
 - o <https://goo.gl/maps/YHbr9ZQCWb3cX5Ff8>

Italian

- Rodolfo (€€)
 - o <https://www.ravintolarodolfo.fi/>
 - o <https://goo.gl/maps/ofZuKYkvwLgp8Zc6>

- Trattoria Sogno (€€)
 - o <https://www.trattoriasogno.fi/>
 - o <https://goo.gl/maps/KFWJP8uaoMbNjnA69>
- Pizzeria Via Tribunali (Napoli style, €€)
 - o <https://viatribunali.fi/>
 - o <https://goo.gl/maps/SvHLgpwZGLSHpaNK9>
- Vaelsa (€€)
 - o <https://vaelsa.fi/>
 - o <https://goo.gl/maps/tZYPKqdDT1c32E2C7>

French

- Palace 1952 (Only Michelin ** restaurant in Helsinki, €€€€)
 - o <https://palacerestaurant.fi/>
 - o <https://goo.gl/maps/gKt2fA9zidp5JAaN6>
- Pompier (€€)
 - o <https://pompier.fi/espa/>
 - o <https://goo.gl/maps/eW2zBFTAjpy9ft4x6>
- Pastis (€€€)
 - o <https://pastis.fi/en/>
 - o <https://goo.gl/maps/1f4T79eSKWjxMSoZ9>

Spanish

- Parilla Española (€€€)
 - o <https://www.parrillaespanola.fi/>
 - o <https://goo.gl/maps/UL1hxGinQHJUvM8Y6>

Greek

- Taverna Zorbas (€€)
 - o <https://www.zorbas.fi/>
 - o <https://goo.gl/maps/DFRqaGiQvyPFZRyh9>

German

- Zinnkeller (€€)
 - o <https://www.zinnkeller.fi/>
 - o <https://goo.gl/maps/FYCXLeh6QR378KPr6>

Ethnic

- Korea House (Korean, €€)
 - o <https://koreahouse.fi/>

- <https://goo.gl/maps/FBMfgyFTEMBcQHVE6>
- Itsudemo (Japanese, €€)
 - <https://itsudemo.fi/>
 - <https://goo.gl/maps/dszqMd9oXQzG8PK86>
- Satkar (Nepalese, €€)
 - <https://www.satkar.fi/fi/>
 - <https://goo.gl/maps/xdiuBqSg1eHVSzrk8>
- Bangkok 9 (€€)
 - <https://www.bangkok9restaurant.com/>
 - <https://goo.gl/maps/aLfF8gwpEUebfGTt8>

American

- Morrison's (€€) (huge portion sizes)
 - <https://www.morrison.fi/morrison/helsinki/>
 - <https://goo.gl/maps/e1iqapk9fVjD7s687>
- Naughty Brgr (€€) (gourmet burgers)
 - <https://naughtybrgr.com/en/>
 - <https://goo.gl/maps/s3HZeQnjDhX4d8GY8>

Bars

- Hotelli Torni Ateljee Bar (best views over the city)
 - <https://raflaamo.fi/fi/ravintola/helsinki/ateljee-bar>
 - <https://goo.gl/maps/kiKVLi7NBq8NmKpMA>
- Hotel Kämp Bar
 - <https://www.hotelkamp.com/ravintolat/kamp-bar>
 - <https://goo.gl/maps/h8KhqEGmWzgxmqkz8>
- Trillby & Chadwick
 - <https://sonofapunch.com/fi/ravintolat/trillby-chadwick/>
 - <https://goo.gl/maps/EWjfe4VMBjP9RXBB8>
- Kaisla
 - <https://www.raflaamo.fi/fi/ravintola/helsinki/kaisla>
 - <https://goo.gl/maps/XKM5ZTRrJ5ykkLC38>
- Belge
 - <https://www.raflaamo.fi/fi/ravintola/helsinki/belge>
 - <https://goo.gl/maps/wFtTXAL5iUJ2Qq6x7>

Cafés

- Fazer Café (check out the original art deco dome, self-service, also large chocolate shop)
 - o <https://www.fazer.fi/fazer-cafe/kahvilat/karl-fazer-cafe/>
 - o <https://goo.gl/maps/BCfsVwkNq8TF3jL56>
- Café Strindberg (also Scandinavian restaurant, table service)
 - o <https://www.strindberg.fi/en/home/>
 - o <https://goo.gl/maps/dhQ9yNpzQPZ6aDSNA>
- Ekberg 1852 (traditional café, stylish art deco interior, table service)
 - o <https://www.ekberg.fi/fi/>
 - o <https://goo.gl/maps/8Z2i8gDy8TqcHo1q6>
- Café Regatta (quirky outdoor café by the sea, combine visit with the Sibelius monument)
 - o <http://caferegatta.fi/>
 - o <https://goo.gl/maps/XECGvxZPBEtsTMw78>
- Café Ursula (indoor-outdoor café and restaurant with wonderful sea views)
 - o <https://www.ursula.fi/>
 - o <https://goo.gl/maps/43pXH5AB8B4XFHct9>
- Sinisen Huvilan Kahvila ("The Blue Villa Café", outdoor café with wonderful water views)
 - o <https://www.sinisenhuvilankahvila.com/>
 - o <https://goo.gl/maps/bbNDqDfncWYiUKcV8>

Art

- Ateneum Finnish National Gallery (Exhibition: Albert Edelfelt, 1854-1905)
 - o <https://ateneum.fi/en/>
 - o <https://goo.gl/maps/z9FN3mjdxeefe5g66>
- Kiasma Contemporary Art Museum (Exhibition: Tom of Finland, 1920-1991)
 - o <https://kiasma.fi/>
 - o <https://goo.gl/maps/S8SWcbDGUS4NRmh27>
- Amos Rex Modern Art Museum (Exhibition: Generation 2023)
 - o <https://amosrex.fi/en/>
 - o <https://goo.gl/maps/V9Mu3RWPoo1Z657FA>

History

- National Museum
 - o <https://www.kansallismuseo.fi/en/kansallismuseo>
 - o <https://goo.gl/maps/VnXdK5baEyLpemvs5>
- Military History Museum Suomenlinna Maneesi and submarine Vesikko
 - o <https://sotamuseo.fi/en/frontpage>

- <https://goo.gl/maps/Vy4fnaGTK7atdfxv6>
- The Mannerheim Museum
 - <https://www.mannerheim-museo.fi/en/>
 - <https://goo.gl/maps/xRhPfdxmGcHDGtZE7>
- Helsinki City Museum (free entry)
 - <https://www.helsinginkaupunginmuseo.fi/en/>
 - <https://goo.gl/maps/Eq2FHE4bb9De3oAJ9>

Nature

- Kaisaniemi Botanical Gardens
 - <https://www.luomus.fi/fi/kaisaniemen-kasvitieteellinen-puutarha>
 - <https://goo.gl/maps/ade8kGw8wCLyAAQ5A>
- Korkeasaari Zoo
 - <https://www.korkeasaari.fi/>
 - <https://goo.gl/maps/RtrU7XkjLUvdcebAA>
- Seurasaari Open-Air Museum
 - <https://www.kansallismuseo.fi/en/seurasaarenulkomuseo>
 - <https://goo.gl/maps/9dyDRc64axmq7QTm8>

Sauna

- Uimastadion (Swimming Stadium built for Helsinki 1940 / 1952 Olympic Games)
 - <https://www.hel.fi/en/culture-and-leisure/ulkoilu-puistot-ja-luontokohteet/public-beaches/friluftsbad/swimming-stadium>
 - <https://goo.gl/maps/4e79hyFF5zWoqzww9>
- Löyly (outdoor bar, restaurant and sauna by the sea. One of the 100 Greatest Places in the World by Time Magazine)
 - <https://www.loylyhelsinki.fi/>
 - <https://goo.gl/maps/CGRQw82vWnVDMLoB7>
- Kotiharjun sauna (the last wood burning public sauna in Helsinki)
 - <https://www.kotiharjunsauuna.fi/>
 - <https://goo.gl/maps/aSc6p84dWi5eNGSD9>
- Sompasauna (volunteer community kept free public sauna)
 - <https://www.sompasauna.fi/>
 - <https://goo.gl/maps/RR4uFad52dYbQY4H9>

Shopping

- Stockmann (traditional department store)
 - <https://goo.gl/maps/bas4aKz1y4S76erLA>

- Forum + Kamppi (two shopping malls in city centre)
 - o <https://goo.gl/maps/LxNPhwG8SDAmY5dA9>

- Mall of Tripla (one of the biggest shopping malls in the Nordic countries)
 - o <https://goo.gl/maps/Zq1zbaVN3LeikMa46>