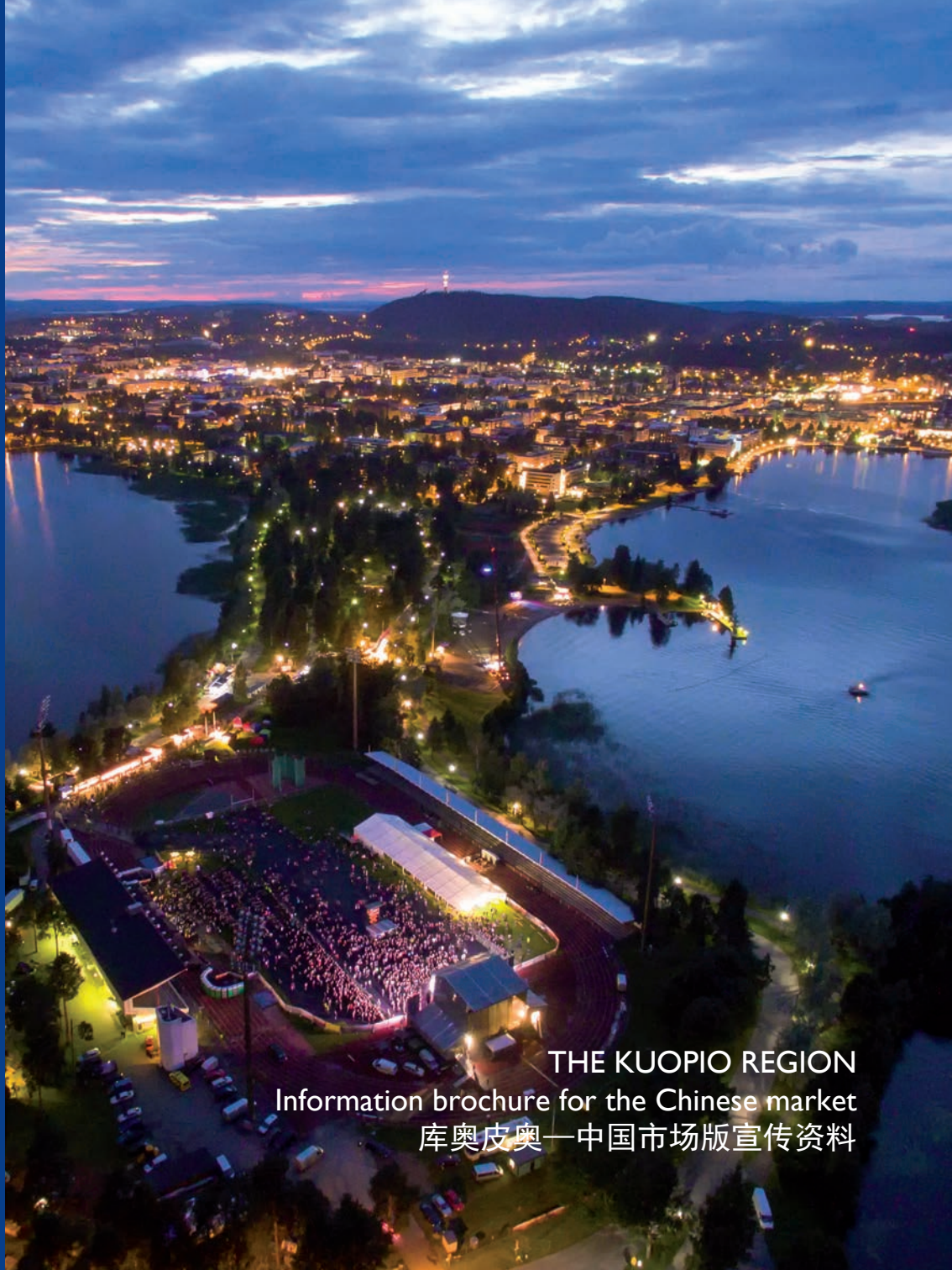


# 库奥皮奥市

KUOPIO



THE KUOPIO REGION  
Information brochure for the Chinese market  
库奥皮奥—中国市场版宣传资料



# 芬兰

## FINLAND

### CHAPTER 1. 第一篇

## FINLAND AT THE TOP OF THE WORLD 芬兰一站在世界屋脊的国家

Located between East and West, with snowy winters and bright summers, Finland has a number of fascinating contrasts. The weather varies during four seasons; winters bring snow and clear skies, in summer it's warm enough to swim in the thousands of lakes in Finland. There is always a multitude of opportunities to enjoy the beautiful natural surroundings.

在东西方的交汇处，有一个冬季白雪皑皑而夏季阳光明媚的国度，芬兰向世人展示着不一样的迷人和美好。芬兰原生态的森林、数以十万计的湖泊和岛屿令爱好自然风情的游客流连忘返。

Finland is a small country of five million people located in Northern Europe. With Iceland it is the only country in the world located almost completely north of the 60th latitude.

芬兰是一个拥有500多万人口的北欧国家。芬兰是世界上除冰岛外几乎完全处于北纬60度的国家。

Finland's education system is ranked as the best one in the world. Finland is also considered to be the most stable state in the world. High educational standards have contributed to the emergence of high technology – Finland is well known for exciting startups especially in the gaming industry.

芬兰的教育质量在全球范围内名列前茅，而且芬兰也被认为是安全度最高的国家。高质量的教育体系为高科技产业和企业的诞生提供了良好的基础，现今芬兰的创新型企业，特别是在手机游戏领域，已经为世界展现了许多的惊喜和惊奇。

We Finns believe strongly in an equal and free society. Low inequality rates, well educated people and business friendly economy have made Finland a haven for startups, for example in the fields of high-tech, design and mobile games. Finns are experts also in the fields of technology, biochemistry and medicine, among others.

芬兰人崇尚平等和自由，极低的不平等待遇比率、高学历的人群和友善的商业经济环境使芬兰成为初创企业的“摇篮”，比如在高科技、设计和手机游戏领域。芬兰还在信息技术、生物化学和制药等领域拥有全球领先的专业技术。

In recent years, Finland has consistently been ranked among top 20 conference destinations in the world. Finns are experienced event organizers, and all services are first class. Leading universities, specialized hospitals and research institutes help attract international conferences to Finland.

近几年，芬兰已经成为众多全球大型会议的首选之地。芬兰拥有大量经验丰富的活动组织人员和世界一流的服务和设施。全球顶尖的大学、专业的医院和研究机构也成为吸引国际会议在芬兰举行的重要因素。



# 库奥皮奥市

KUOPIO CITY

CHAPTER 2.  
第二篇

## CITY OF HAPPINESS, WELLBEING AND HEALTH 充满欢乐、福利和健康的城市

Kuopio is the capital city of the Lakeland area surrounded by the famous lake Kallavesi. The city has a great choice of events, a wide variety of shopping opportunities and plenty of excellent hotels to choose from.

库奥皮奥位于芬兰湖区的中心区域，周围环绕着秀美多姿的卡拉维西湖。库奥皮奥丰富的日常活动、良好的购物环境和众多的优质酒店设施都令人影响深刻。

The region of Kuopio is a unique combination of science, technology, art, industry and security. It is also one of the country's innovation hubs and an important university city. The region including Kuopio, Tahko and neighbouring areas has a population of almost 250000. There are over 5400 businesses in the urban area of Kuopio employing some 50000 people.

在库奥皮奥，科学、技术、艺术、产业和社会安全被完美地融合在了一起。不仅如此，库奥皮奥还是芬兰的创新中心和重要的大学城。库奥皮奥、塔贺古以及周边地区的人口数量总和为25万左右。库奥皮奥的中心城区聚集了5400家商业企业和5万名员工。





## THE CITY CENTRE 城市的中心区域

Kuopio's downtown is the heart of the city. Everyday hundreds of people come here to socialize and to shop. Kuopio marketplace is also one of the largest and busiest in Finland.

库奥皮奥市中心是城市的中心区域，每天数以百计的人们在这里享受着社交活动和购物带来的乐趣。库奥皮奥的露天集市广场也是芬兰最大和最繁忙的集市广场之一。



# 亲近自然

## THE NATURE AND THE CITY

CHAPTER 3.  
第三篇



### NATURE IS ALWAYS CLOSE TO YOU 自然的美景随处都在

The close relationship with nature is a basic element of Finnish mentality. There are many parks and outdoor recreation areas in Kuopio, all available for everyone to enjoy.

与自然的亲密接触是芬兰人意识形态中的基础元素。在库奥皮奥，所有的公园和室外娱乐场地都向市民开放。

In addition, you can enjoy fish, berries and mushrooms from the nature almost directly to your plate. In Finland it is 'Everyman's Right' to enjoy the goods from nature.

从大自然中获取的鲜鱼、浆果和蘑菇都可以直接成为盘中之餐。在芬兰，这被称作“每个人的权利”。





## LANDMARK PUUJO

The 75-metre tall Puijo observation tower is the most recognisable landmark in Kuopio. The tower stands atop the Puijo hill overlooking the city, visible from almost every corner of town.

75米的普约眺望塔是库奥皮奥识别度最高的地标性建筑。从塔上可以通过不同的视角，观赏库奥皮奥各处的城市美景。

Besides being a local attraction, the forests of Puijo are known for their wide range of nature trails and exercise tracks. The unique nature of the area is very popular among residents. The forests are also ideal for picking berries and mushrooms or just for a leisure walk within a healthy forest.

在苍翠繁茂的普约森林里，到处都是自然而成的蜿蜒小径和运动足迹。人们在感叹独特的自然美景之余，也尽情地享用着自然带来的欢乐和美好。在森林中采摘浆果和蘑菇或者在“天然氧吧”休闲漫步真的是很惬意的事情。



# KUOPIO – CAPITAL OF LAKELAND

## 库奥皮奥 – 湖岛环绕聚集的首府

Kuopio, known for the Kallavesi, is a vibrant and growing city of 118,000 inhabitants. People in Kuopio are known as the forerunner of wellbeing, health and environment expertise. It is said that luck lives in Kuopio. Life is relaxed, intelligently witty and sophisticated. In Kuopio something essential has been realized about life. This is evident in the sounds of music, the movement of dance, the humming of the forests, the splashes of Kallavesi waves and reflected as a sparkle in people’s eyes.

库奥皮奥市因风光旖旎的卡拉维西湖而闻名遐迩，居民数量为11.8万人，城市充满活力而又发展迅猛。库奥皮奥人以健康医疗技术和环境技术而著称。许多人都说住在库奥皮奥是幸运的，这里的生活是轻松的、睿智中透着诙谐的和精致的。在库奥皮奥很多事情已经与生活融为一体，美妙的音乐、舞步的摆动、森林的吟唱、卡拉维西湖的波浪和人们眼中映射出的火花。

Lake Kallavesi - Pure water for leisure and life  
卡拉维西湖 – 纯净的湖水和闲暇的时光



Saaristokaupunki – One of the newest suburbs in Kuopio has over 6000 residents.  
萨瑞斯托城 – 有6000名当地居民居住的新城





## WINTER ACTIVITIES IN KUOPIO

### 库奥皮奥的冬季活动

Kuopio is not only the capital of Lakeland but also a destination for active winter visitors. The best-known winter activity in Kuopio is skating on natural lake ice - the Finland Ice Marathon attracts thousands of skaters and spectators. Kuopio also offers easy access to explore wintry forests, since there are many nature reserves within a couple of kilometres of the city centre.

库奥皮奥不仅是湖岛环绕聚集的首府，而且还是冬季活动爱好者理想的旅游目的地。库奥皮奥最有名的冬季活动是在自然结冰的湖面上滑冰 - 芬兰的雪地马拉松每年都吸引着成千上万的滑冰者和观众参与其中。因为在市中心数公里范围内有很多自然保护区，所以库奥皮奥还让人们能够以便捷的方式探索冬日的森林。



## RECREATION OPPORTUNITIES IN TAHKO

### 塔贺古的休闲娱乐

Tahko Holiday Centre is a year-round travel destination. Tahko introduces visitors to Finland's beautiful lakes and forests and provides high-quality services and accommodation. In the winter, Tahko offers exotic activities in the surrounding countryside including snowmobiling, husky sledding, snowshoe adventures and many more. Tahko is also the fourth biggest ski centre in Finland with 25 magnificent slopes for downhill skiing. In the summer, visitors are taken to the lake for canoeing, jet ski or fishing trips. Guided hiking and biking tours in the forests, as well as golf, are further examples of summer activities that make for unforgettable experiences.

塔贺古假日中心是一个四季皆宜的旅游度假之地，在这里不仅可以欣赏到芬兰优美的湖泊和森林景色，而且能够享受高质量的食宿服务。在冬季，塔贺古周边的乡村为游客们提供充满异国风情的活动，包括雪橇车，狗a拉雪橇，冰鞋探险等。另外，塔贺古也是芬兰第四大滑雪中心，拥有25条高山滑雪的滑道。在夏天，游客们可以泛湖划舟，乘坐水上摩托或者开启垂钓之旅，同时还可以打高尔夫球和由向导带领在森林中进行徒步和自行车旅程，这些夏季活动一定会给游客们带来难以忘记的体验感受。



# 发展中的城市

A GROWING CITY

CHAPTER 4.  
第四篇



## CITY GROWING FAST – UNIQUE SAVILAHTI AREA

飞速发展的城市 –  
独一无二的萨维拉赫蒂地区

Kuopio is a dynamic and constantly growing business city.  
库奥皮奥是一个充满活力的而又持续发展的商业化城市

The Savilahti area locates in the middle of Kuopio by the lake Kallavesi surrounded by beautiful and pure nature. Savilahti is one the most extensive urban planning and development projects in Finland. The area is expected to grow into an attractive, modern complex of about 35 000 residents, workers and students by the year 2030. The investments of the public and the private sector in Savilahti amount to 1,5–2 billion euros.

萨维拉赫蒂地区位于卡拉维西环绕的库奥皮奥市中心，周围环境纯净而优美。萨维拉赫蒂是芬兰最大的城镇规划和开发项目，该地区计划在2030年发展成为一个拥有3.5万居民、公司职员和学生的现代化联合体。整体投资规模达到15–20亿欧元。

The Savilahti area, which also covers the Science Park, has hundreds of technology and service companies, several national research centres and numerous testing and analysis laboratories. The area is a unique combination of skills and know-how in the fields of health and well-being. Also several internationally successful companies have laid their foundations into the region.

库奥皮奥科技园位于萨维拉赫蒂地区，这里汇聚了上百家科技创新型企业、多个国家级研究中心和众多的检测分析实验室。健康医疗领域的时间知识和专业技能在这里实现了完美地交汇和融合。一些国际知名的企业已经确定在萨维拉赫蒂地区设立办事机构。

Concept picture by Architect Agency AJAK  
由建筑代理商AJAK有限公司绘制的概念图



The exterior wall, "Evolution", of Kuopio University Hospital by Partanen & Lamusuo Ltd.  
帕拉塔宁兰姆索有限公司为库奥皮奥大学医院进行的外墙设计---- "进化"



## KUOPIO UNIVERSITY HOSPITAL 库奥皮奥大学医院

One of Finland's five university hospitals and the most modern facility in Finland, which offers high-level specialized medical care for almost a million people in Finland. With its 26 state-of-the-art operating theatres and 50 recovery room places the hospital entity is one of the largest in Europe. Kuopio University Hospital has 4300 employees and 100 surgeries daily. Kuopio airport is only 15 minutes from the hospital.

作为芬兰五所大学医院之一，库奥皮奥大学医院拥有最先进的医疗设施，并且为芬兰100万人口提供高质量的专业医疗服务。26个全球顶尖的手术室和50个术后恢复室在欧洲范围内都是数一数二的。库奥皮奥大学医院有4300名员工，每天的手术数量在100个左右。与库奥皮奥机场15分钟的车程距离也体现了其交通的便捷。

## UNIQUE HEALTH AND MEDICAL TOURISM SERVICES IN FINLAND 芬兰独一无二的健康医疗旅游服务

FinnHealth is a personalized health and medical tourism service offered by Finland's most modern medical facility Kuopio University Hospital with its partners. FinnHealth helps diversely with the treatment of diseases, and have access to hundreds of specialists in the fields of medical specialties. Speciality e.g. in cardiac treatments, neurosurgery, treatments of epilepsy and cyperknife treatments.

“芬兰健康”由芬兰最先进的库奥皮奥大学医院及其合作的医疗机构共同打造，旨在为客户提供个性化的健康和医疗旅游服务。我们使用多元化的手段和方法帮助您进行疾病的诊断和治疗。在这里，您能享受到数百位医疗健康专家的悉心照顾和周到服务。专业的领域包括心脏疾病的治疗、神经外科、癫痫症的治疗和射波刀的治疗等。



# TOP KNOWHOW IN KUOPIO – HEALTH AND SAFE MEDICATION

## 库奥皮奥的顶级专业技术 - 健康与医药安全

Kuopio is the home of several internationally recognised hi-tech and service companies. In the field of medicine, Medfiles, Newlcon and Servicepoint have combined their efforts to ensure the safety of production and distribution lines. The aim is to guarantee the safety of the whole service chain from pharmaceutical research to product development and production and on to the patient.

库奥皮奥是数家国际公认的高科技和服务公司的总部所在地。在医药领域，Medfiles, Newlcon和Servicepoint联合他们的力量共同保证产品生产和分销渠道的安全。主要目标是确保从医药研究到产品开发和生产以及病患使用这整个服务链的安全。

Medfiles Ltd is a CRO in product development, laboratory analytics and QP certification, clinical research, regulatory affairs, health economics and pharmacovigilance for pharmaceutical, medical device, food, nutrition and cosmetic companies.

Medfiles有限公司是一家面向医药、医疗设备、食品、营养品和美容品公司进行产品开发，实验室分析和QP认证，临床研究，法规事务，健康经济和药物安全的研发合同外包服务机构。

Servicepoint Oy is a leading serialisation automation supplier, specialised in industrial automation and electrification projects, maintenance and robotic applications.

Servicepoint有限公司是一家领先的自动化供应商，专门从事工业自动化和电气化项目，设备维护和机器人技术的应用。

Newlcon Oy is a health technology company that develops and manufactures innovative new generation medicine storage, distribution and dispensing automation systems for the global market.

Newlcon有限公司是一家为全球市场开发并生产新一代创新型药物存储，自动分拣和调剂系统的健康技术公司。

The area of Savilahti is the location of several health-related companies. There are also research and development centres such as the Finnish Medicines Agency (Fimea), the National Institute for Health and Welfare (THL) and the VTT Technical Research Centre of Finland.

萨维拉赫蒂不仅是一些健康医疗类公司的所在地，而且还有几个著名的国家级研发中心，比如芬兰医药代理处、芬兰国家健康福利研究院和芬兰国家技术研究中心。



**HEALTH and MEDICAL TOURISM SERVICE**  
健康和医疗旅游服务



# 高水平的教育质量

## TOP LEVEL EDUCATION

CHAPTER 5.  
第五篇

### GENERAL EDUCATION IN KUOPIO 库奥皮奥的基础教育

The City of Kuopio offers high quality basic and upper secondary education for children and young people. Great performance in Pisa results, teacher competence, innovative, digital learning environment and collaborative classroom practice make Finnish education unique also in Kuopio.

库奥皮奥为孩子和年轻人提供高质量的基础和高中教育。“国际学生评估项目”中的出色成绩、顶级的师资力量、创新性的能力、数字化的教育环境和协作式的课堂实践都使库奥皮奥的基础教育显得与众不同。

### HIGH-CLASS EDUCATION 高水平的教育质量

Finland is known for its excellent school and academic system. The city of Kuopio is no exception.

芬兰的教育质量在全球范围内处于领先地位，库奥皮奥也不例外

The University of Eastern Finland (UEF) is one of the largest universities in Finland. UEF is a multidisciplinary university, which offers teaching in more than 100 majors. The university is ranked high among the world's young universities and among the world's leading 400 universities (ARWU, THE 2016).

东芬兰大学是芬兰最大的综合型大学之一。东芬兰大学为学生提供各种学科的学习机会，学科数量超过100个。东芬兰大学在全球新生大学排名中名列前茅，同时在国际知名学府调查排名中进入前400强。

Savonia University of Applied Sciences (Savonia) is one of Finland's largest and most versatile Universities of Applied Sciences. In education Savonia implements Open Innovation Space (OIS) to combine learning, teaching, development & research.

萨沃尼亚应用技术大学是芬兰最大的综合型应用技术大学之一。他们实施的“开放型创新空间”的教育方式将学习、研发和教学有机地结合在一起。

Savo Consortium for Education (SAKKY) is one of the biggest training providers in Finland on the field of vocational education and training. Very well equipped practical learning environments and rich cooperation with the industry and enterprises offer very good and multidisciplinary learning opportunities on the vocational level.

萨沃教育联合体是芬兰最大的职业教育培训机构之一。良好的实践学习环境以及与企业 and 产业的紧密合作为学员提供了优质的和多学科的学习机会。



## RECOGNISED QUALITY IN HIGHER EDUCATION INSTITUTIONS 公认的高质量教学机构

The University of Eastern Finland (UEF) and Savonia University of Applied Sciences (Savonia) are multidisciplinary, renewal-driven, internationally recognized higher education institutions.

东芬兰大学和萨沃尼亚应用技术大学都是综合型多学科的、更新驱动型的和国际公认的高质量教学机构。

At UEF, quality management and the promotion of sustainable development constitute integral parts of the implementation of the university's strategy.

在东芬兰大学，教育质量的管理和持续完善提高是大学运作实施策略的核心。

Savonia is the first one among the Finnish Universities of Applied Sciences, whose quality system was acknowledged with prestigious Recognized for Excellence label. The Finnish Education Evaluation Centre (FINEEC) evaluated that Master's degree programmes in Savonia, are supported by quality management in an excellent way.

在芬兰所有的应用技术大学中，萨沃尼亚应用技术大学是第一所获得卓越教学质量奖项的大学。今年芬兰教育评估中心对其所有的硕士课程进行了评估，结果显示在萨沃尼亚应用技术大学的教学管理体系的支持下，这些课程的设计和实施都达到了令人满意的效果。

## TOP-LEVEL INTERNATIONAL RESEARCH 顶级的国际研究能力

The University of Eastern Finland has identified four global challenges: ageing, lifestyles and health; learning in a digitized society; environmental change and sufficiency of natural resources; and cultural encounters, mobilities and borders. According to the university's strategy, solutions to these challenges are sought by the university's internationally top-level, strategic research areas: Aerosols, Climate Change and Human Health; Cardiovascular and Metabolic Diseases; Neurosciences; Forests, Global Change and Bioeconomy; and Borders, Mobilities and Cultural Encounters.

东芬兰大学认为目前全球面临的四大挑战包括：老龄化、生活方式和健康；数字化社会的新学习方式；环境变化和自然资源的充足度；文化冲突、人口流动性和地域边界。根据东芬兰大学的发展策略，学校的国际顶级战略研究团队承担了探索研究应对解决方案的艰巨任务，研究领域包括：空气浮质、气候变化和人类健康；心血管和新陈代谢疾病；神经科学；森林、全球变化和生物经济；文化冲突、人口流动性和地域边界。

## QUALIFIED MULTIDISCIPLINARY RESEARCH, DEVELOPMENT & INNOVATION SERVICES 优质的多学科研发和创新服务

In Savonia transdisciplinary is secured by organizing RDI services into Competence Networks, which are Water safety, Applied wellbeing technology, Responsible food production and Innovative engineering and energy industries. These Competence Networks are built together with enterprises and working life.

萨沃尼亚应用技术大学将跨学科的研发和创新服务有机地结合起来组成了“专业技能合作网络”，涉及的领域包括水质安全、应用健康福利技术、食品生产安全、创新工程和能源产业。相关领域的企业也共同参与了“专业技能合作网络”的构建。





# 文化之城

CITY OF  
CULTURE

CHAPTER 6.  
第六篇

Italian dance group Il Posto dancing  
on the side of Puijo Tower.

意大利舞蹈Il组的Posto跳舞  
在普幽塔的侧面

## RICHNESS OF CULTURE 丰富的文化生活

Kuopio is known for its high-class culture and cultural services. Culture has always had a strong impact on both the region of Kuopio and the whole of Eastern Finland.

库奥皮奥的文化生活设施和服务远近闻名，令人振奋的文化生活不仅牵动着库奥皮奥当地地区，而且对于整个东芬兰省来说都有着深远的影响。





Dance, movies, photography and children's culture are deeply rooted in the everyday life of the city. The cultural events of Kuopio are definitely worth experiencing. The summery Kuopio Dance Festival is one of the most unique and famous annual dance celebrations in the Nordic countries. It stages performances for dance groups from all over the world.

舞蹈、电影、摄影和儿童文化活动充满了这座生机盎然的城市的每一天。库奥皮奥当地的文化活动绝对值得您亲身体验。每年夏季的库奥皮奥舞蹈节是北欧国家最富盛名的舞蹈表演盛会。所有来自世界各地的舞蹈演出团队都会在舞台上一展身手。上一展身手。

Xie Xin & Li Xing,  
Kuopio Dance Festival, Gala 2016  
Photo Petri Laitinen

谢欣与黎星  
2016库奥皮奥舞蹈节盛会  
佩特里拉蒂宁摄影

Fall season's ANTI Contemporary Art Festival presents exciting and innovative works completely designed for public spaces.

秋季的当代艺术节展示所有为公共场所设计的令人振奋的创新型作品。

## KUOPIO MUSIC CENTRE & KUOPIO SYMPHONY ORCHESTRA 库奥皮奥音乐中心和库奥皮奥交响乐团

Kuopio Music Centre is one of Finland's most important conference and concert centers and also home to Kuopio Symphony Orchestra. The exceptional acoustics of the magnificent main hall are considered to be one of the best in Finland.

库奥皮奥音乐中心不仅是芬兰最重要的音乐会和大型会议的举办地，而且也是库奥皮奥交响乐团的所在地。拥有出色的音响效果的主音乐厅被认为芬兰最好的音乐厅之一。

Known for extensive international activities, the Music Centre has for many years served also as a meeting point for artists from China and our citizens.

考虑到广泛的国际合作交流活动，多年来库奥皮奥音乐中心也是中芬艺术家进行合作交流和展示演出的汇聚地。





## KUOPIO CITY THEATRE 库奥皮奥大剧院

Kuopio City Theatre is the largest professional theatre in Eastern Finland. The repertoire is very versatile offering something for everyone with an emphasis on children and the whole family.

库奥皮奥大剧院是东芬兰省最大的专业戏剧院。在这里，演出的种类也是多种多样，而且老少皆宜。

The theatre is especially well known for its new Finnish plays and high quality music theatre. It is also very active internationally with different kinds of collaborations with various other countries, such as Estonia, Sweden and Czech Republic.

库奥皮奥大剧院以其高质量的芬兰歌剧和音乐剧而闻名遐迩。同时库奥皮奥大剧院也与许多国家开展了紧密的国际合作交流，比如爱沙尼亚、瑞典和捷克斯洛伐克。

Musical Annie Get Your Gun,  
Kuopio City Theater 2016,  
Photo by Sami Tirkkonen

音乐剧“安妮拿起你的枪”  
2016年库奥皮奥大剧院演出内容  
萨米蒂勒科宁摄影



The uniqueness of culture can also be experienced in the Orthodox Church Museum, which is one of a kind in the whole of Scandinavia. Exhibition design by Partanen & Lamusuo Ltd.

文化的独特性可以从斯堪的纳维亚唯一的东正教的教堂博物馆中得到体验。帕拉塔宁兰姆索有限公司的设计展览。







## FINNISHVIEW IN GLASS ART 玻璃艺术体现芬兰灵魂

Finland has long, strong traditions in glass design. Works from famous artists, such as designer Ritva-Liisa Pohjalainen who is from Kuopio, are often bought as gifts and souvenirs.

芬兰在玻璃器皿的设计领域有着悠久的历史。很多艺术家的作品，比如来自库奥皮奥的瑞莉莎女士，经常被作为馈赠亲友的礼品和纪念品。





# 友好城市

## THE TWO SISTER CITIES

### CHAPTER 7. 第七篇

## KUOPIO-SHANGHAI PUDONG 库奥皮奥和上海市浦东新区

The co-operation between Kuopio and the Shanghai Pudong New Area began in 2002. The cities signed a sister city agreement in 2012, and activities between Kuopio and Shanghai Pudong have grown and deepened ever since. There is wide-ranging co-operation especially in the fields of culture, education, health & healthcare and science & technology.

芬兰库奥皮奥市和上海市浦东新区的合作始于2002年。双方政府在2012年缔结友好城市合作关系之后，众多领域的合作交流更是得到了不断地发展和深化，其中在教育、文化、医疗卫生和科技领域的合作显得格外突出。

The City of Kuopio has been nominated as a winner of China International Friendship-City Exchange and Cooperation Award -competition in 2016 by China International Friendship Association and China International Friendship-City Alliance.

芬兰库奥皮奥市在2016年荣获由中国人民对外友好协会和中国国际友好城市联合会共同颁发的“对华友好城市交流合作奖”。

### CO-OPERATION NETWORK

The Kuopio region's cooperation network for Shanghai activities is composed of the City of Kuopio, the University of Eastern Finland (UEF), the Kuopio Region Chamber of Commerce, the Savonia University of Applied Sciences and the Savo Consortium for Education (SAKKY).

### 合作交流网络

芬兰库奥皮奥市参与与上海市浦东新区国际合作的主要机构包括库奥皮奥市政府、东芬兰大学、库奥皮奥商会、萨沃尼亚应用技术大学和萨沃教育联合体。





# 您知道吗？

DID YOU  
KNOW?

CHAPTER 8.  
第八篇

Finland is often called Winter Wonderland.  
Santa Claus is also a familiar sight in Kuopio in December.

芬兰常常被称为“冬季仙境”。圣诞老人在12月份的库奥皮奥也是一幕熟悉的情景



## FACTS ABOUT KUOPIO 关于库奥皮奥

- 118 000 inhabitants
- Heart of Finland's lakes district, with 25 % of area fresh water
- Different activities available for all four seasons
- Northern lights are a common sight in winter time
- Finland has second lowest air pollution index in the World
- Kuopio is the most popular summer cottage destination in Finland
- Kuopio falls in the subarctic climate zone, closely bordering on continental due to its mildly warm summers
- Possibly the largest smoke sauna in the World is in Rauhalhti, Kuopio. Up to 70 people can relax at the same time
- One of the most diverse private economies in Finland as measured by HH-index
- The number of Chinese travelers to Kuopio has been steadily growing since 2011

- 11.8万居民
- 芬兰湖区的心脏，25%的城市面积为纯净的湖水
- 一年四季都有不同的活动
- 在冬天，北极光是很常见的景象
- 芬兰是世界上空气污染排名第二低的国家
- 库奥皮奥是芬兰最受欢迎的夏季小屋游目的地城市
- 库奥皮奥虽然地处副极带气候区域，然而温暖的夏季使城市与大陆性气候类型非常接近
- 库奥皮奥的拉乌哈拉赫蒂拥有世界上最大的烟熏桑拿，可同时容纳70人。
- 据HH-index测评，库奥皮奥拥有芬兰最多元化的个体经济
- 中国游客数量从2011年开始稳步上升



A serene landscape photograph featuring a sunset over a calm body of water. The sky is a mix of deep purple, magenta, and orange, with the sun's glow reflecting on the water's surface. In the foreground, dark, slender reeds or grasses are silhouetted against the vibrant background. The overall mood is peaceful and contemplative.

# KUOPIO

[www.kuopigoesshanghai.fi](http://www.kuopigoesshanghai.fi)