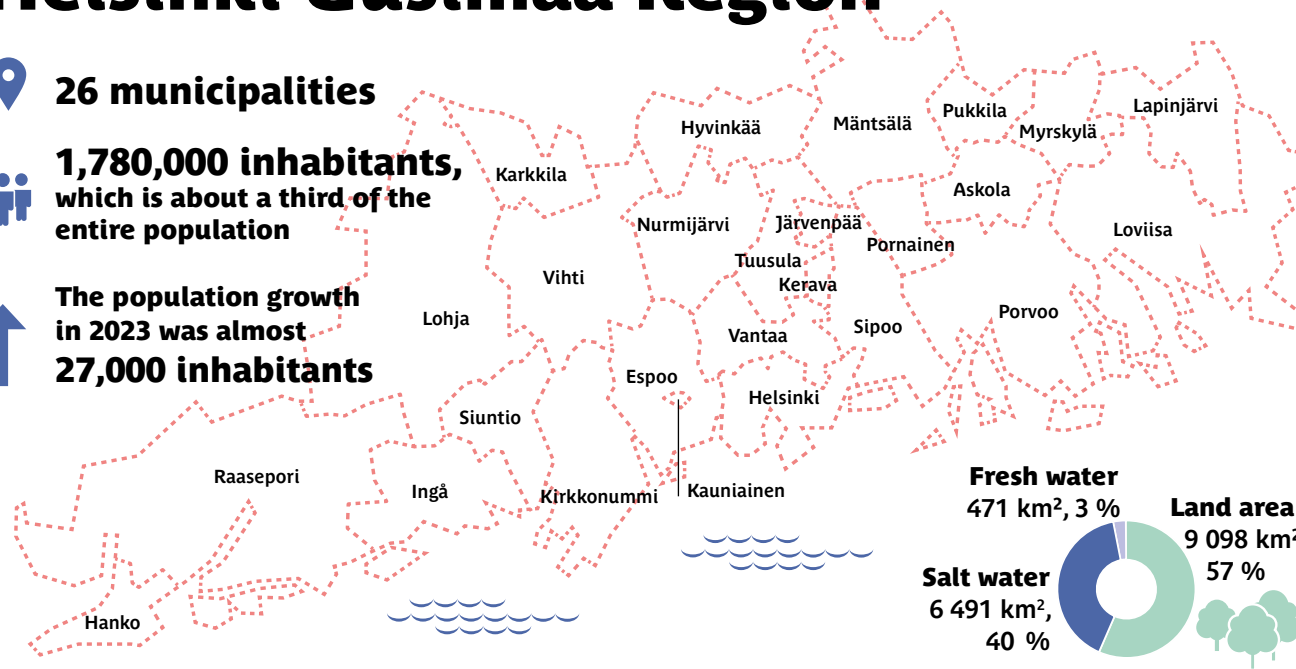


Helsinki-Uusimaa Region

 **26 municipalities**

 **1,780,000 inhabitants,**
which is about a third of the
entire population

 **The population growth
in 2023 was almost
27,000 inhabitants**



Coat of Arms



The **Uusimaa Coat of Arms** has a golden boat between two wavy bars in silver on an azure blue ground. It is in use as of the late 16th century.

Nature Symbols



Wood anemone. It blooms as a sea in the broad-leaved forest floors in South Finland in May-June.



Blackbird. Its first sounds of the year are heard in spring, and you can recognise it by its orange-yellow beak.



Pikeperch. It is a common species in all of Europe. In Finland it can be found along the seashore all the way up to the Northern Quark.



Hedgehog. It is one of our most known wild animals. It is a night animal in deciduous and mixed forests, but also a common sight in parks and gardens.



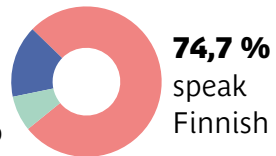
Lake Tuusula. It is almost 8 km long and narrow, its area is about 6 km².

Amphibole. It is a flaky and sparkling mineral in black, dark green or dark brown.

In our Region

18 %
speak another
language

7,3 %
speak Swedish



**The most
spoken foreign
languages are
Russian, Estonian,
Arabic and Somali**



Our Region has
861,000 workplaces,
which is a bit more than one third of the Finnish

We have

 **119** libraries

 **112** cinemas

 **52** museums

 **4,200** restaurants

 **3** national parks

 **1,016** lakes

Uusimaa Day invites you to enjoy culture, meetings and local nature together. A festive spring day is celebrated all around the region Uusimaa annually in May.

uusimaapaiva.fi • [#uusimaaday](https://www.instagram.com/uusimaapaiva) • Instagram @uusimaapaiva



**Uusimaa
Day**