

SWR/DLF/NDR/YLE/ABC – Red. Walter Filz

The Light of Darkness

Finnish impressions of endless days and nights

Feature by

Jean-Claude Kuner and Hannu Karisto

Authors:

Translator woman (Finnish):

Translator (Finnish):

Translator (German):

Translator (French):

WINTER

Music: MR Ylane

O-Ton: KERTTU

There are always good things and bad things you have to cope with in light and dark.

O-Ton: Hannu and Jean-Claude

<u>Jean-Claude:</u> What does light do to us? What does darkness do to us?	Licht light
<u>Hannu:</u> ... more than factual ... more impressionistic ...	Dunkelheit darkness
<u>Jean-Claude:</u> ... light and darkness	dunkelster Ort
<u>Hannu:</u> ... where the message is between the lines.	darkest point

Authors:

Finland sinks into darkness during winter.

What effects do light and the lack thereof have on people?

This is a question that we often discussed.

Hannu Karisto from Finland.

Jean-Claude Kuner from Germany.

O-Ton: Timo

We have lost this wonderful feeling what we have in general in Finland with weather and the seasons. That we have those four seasons. But Helsinki has become like a middle european city- There is not so much change. Of course the summer is totally different, but than when october comes it is all the same. Dark, grey, rainy, and wet, dull and you can call it even depressing from time to time

Authors:

Helsinki in winter.

The cloud cover hangs low over the city. The overnight snowfall quickly transforms into a black-brown sludge in the early morning hours.

It is the end of January. The twilight will stay like this for the whole of the very short day.

Dreary and grey.

O-Ton: Harald

Dunkelheit, das bedeutet Ruhe. Ausruhen. Fast so eine Art heimliche Geborgenheit.

Translator (German):

Darkness represents serenity.

A sort of **furtive**/secret **security**/protection.

Music: MR Slow travel Part 2+1

O-Ton: KERTTU

When it is dark than we have to cool down.

O-Ton: Sounds of city and drinking

O-Ton: Hannu and Jean-Claude

Hannu:

This is radio the language of dreaming, memories, and remembering, and that kind of logics also.

Jean-Claude:

to have their own thoughts...

Hannu:

... not giving straight answers.

Jean-Claude:

to not make final statements ...

Hannu:

This is radio.

Authors:

We also visited one of the darkest, and at the same time brightest places in Europe, to see how the people there deal with the extreme light conditions – and perhaps to find some answers.

Ivalo and Inari, up far in the north of Lapland.

O-Ton: French Tourist

I come from France!

Hannu: You can speak french with him!

Un magnifique pays! C'est très beau.

Jean-Claude: Et ce n'est pas trop sombre?

Non non, avec la neige, qui ce reflet, c'est très beau.

Maintenant on va pêcher.

It's nice. The reflection of the light on the snow.
We go fishing now!

Translator (French):

A French tourist in Lapland.

It isn't too dark for him.

The reflection of the light on the snow is very beautiful.

O-Ton: Harald: Proj73Take356-03

Das ist das typische Geräusch Laplands! Motorschlitten!

Translator (German):

Snowmobiles are the typical sound of Lapland!

O-Ton: Schneemobil-Fahrt

Authors:

In winter the deepest of nights reigns here.

Polar night.

The Finns call this time:

Hannu:

“Kaamos.” The time of the year when the sun doesn't come out.

Authors:

Two months of the year – from mid november to mid january - it remains pretty much dark. Now, at the beginning of February, the sun barely peeks over the horizon seizing a little bit more space every day, so that by June it has

completely conquered the darkness.

At -25° Celsius it is extremely cold. The frosty landscape is buried beneath a thick blanket of ice and snow.

This is a time of stunning silence.

Occasionally interrupted by the wail of motors of snowmobiles and chainsaws.

O-Ton: Harald

Wir haben jetzt zwei Uhr Nachmittags. Die Sonne ist bereits im Sinken. Wir haben um diese Zeit so ungefähr sechs Stunden Tageslicht. Während vor einem Monat waren es so höchstens vier Stunden Dämmerung. Wir haben hier allerdings manchmal wunderbare Sonnenauf- und untergänge. Selbst wenn die Sonne hinter dem Horizont ist, kann es sein, dass der Himmel manchmal blutrot ist. Das ist sehr schön!

2.19 now it is 2 pm in the afternoon. the sun starts sinking now. around this time of the year we have about 6 hours of daylight. a month ago there was about 4 hours of dämmerung (?). sometimes there are beautiful skies, deep red. very beautiful.

Translator (German):

It is two in the afternoon. The sun is already setting.

Now, in early February, there is a maximum of six hours of daylight. One month ago it was just four hours of twilight.

When the sun stays just below the horizon the sky sometimes turns blood red. It is very beautiful!

O-Ton: Stories Seppo

(Finnish) Foreign tourists can't stand the silence. At first they are very fascinated about this. But when Sinikka asks could you imagine that you could live here. No is the answer. (laughs)

Translator (Finnish):

Tourists can only put up with the silence at the beginning.

After a few days, none of them can imagine how people can live here.

O-Ton: Hannu and Jean-Claude

Hannu:

We met Harald Helander ... and his wife Margarete ...

Jean-Claude:

They live close to the city of Ivalo in a very remote place in the woods ... almost self supportive and Harald constructed his house all by himself.

Hannu:

And Margarete comes from Germany.

O-Ton: Harald

FINNISH!

O-Ton: Harald

Harald: Wir erleben also wie die Tage länger werden, was einem auch wieder Kraft gibt. Die Erwartung, dass es wieder heller wird, ist sehr wichtig. Während der dunklen Jahreszeit schlafen wir bedeutend länger wie normal.

Margarete: Ja so viel länger nicht! Man ist länger im Bett, liest

noch

Harald: Wir stehen jetzt immer früher auf. Mit dem Licht.

Margarete: Dann gibt es so eine Lichttherapie. Ich habe hier auch so eine Lampe, die gut ist, weil es mehr Tageslicht ist. Da setzt man sich dann ein bisschen davor, wenn man arbeitet, und das hilft dann auch, dass man ein bisschen Tageslicht hat.

Harald: Also wenn ich mir jetzt vorstellen würde, dass ich in Ivalo lebe, in einem gewöhnlichen Haus, dann würde ich glaube ich depressiv werden. Aber wenn man hier ist, dann lebt man in einer beseelten Natur und das ist ein ständiges Erlebnis.

0.00 German: we live now where the days gets longer during the dark times we sleep much longer we read more ... get up later now we get up earlier, together with the light.

14.40 Margarethe: we have special daylight lamps.

15.12 Harald: if he imagines to live in Ivalo he would become depressive. but here living in nature one forgets about that. people without work in Ivalo who try to find salvation in alcohol become depressive.

Translator (German):

The anticipation of the days becoming longer again is very important.

People sleep longer during the dark seasons than in the summer.

Now they get up earlier each morning with the (returning) light.

A bright-light lamp helps you get through the winter.

In the city, in Ivalo, he would get depressed.

Here he doesn't, where glorious nature is a constant experience.

Music: MR Aaltonen

O-Ton: Hannu

Hannu:

Mika, who is working in the sound studio in Helsinki.
He needs light in his office all the time.

O-Ton: Mika works 2 on the computer

Authors:

For Mika, light is like a drug. He cannot live without it.

He works as a broadcast engineer in Helsinki. At his workplace, a bright light lamp shines the whole day long. Even in summer.

He is something of a light junkie.

That's because Mika suffers from the darkness.

A darkness which, in Helsinki, is strangely even murkier than in Lapland, 1,000 kilometers further north, where ice and snow reflect and intensify what scant light there is.

O-Ton: Mika

(Finnish: one sentence)

(English) I didn't understand what this all was about until I was 35. I am 44 now. I just noticed that I don't feel good sometimes, but I did not make the connection with light. More than 10 years before I realized that light was the reason. That it always came at the same time of the year and because of the light. I ate lots of chocolate. (laughs)

Music: MR5 Ylane

I was very inactive during winter. So when you feel depressed ... when I got home from work I just put the tv on and took a blanket ... and was phlegmatic

until I went to sleep and the cycle followed the next day. Until the sun started to come up in spring.

Music: MR Ylane

Music: MW 13 Duhát

O-Ton: Kerttu Proj74Take01

In Sami mythology: there are two goddesses or two feeries to share the year, it's the dark time and the light time

Music: MB 04 By the Aurora

O-Ton: Hannu and Jean-Claude

Hannu:

Kerttu Vuolab ... she lives besides the Teno river ...

Jean-Claude:

Which was frozen in the winter and in the summer they were fishing salmon there.

O-Ton: Kerttu

(English:) My name is Kerttu Vuolab. I am an author in Sami

(Finnish:)

(English:) Well the dark time nowadays when we got electricity is quite different to the time when we had no electricity. My home got electricity in the year 1973. So when I was a child, the dark times meant quite a limitation for life. Because all the work, to go out to get some wood or play outside, you had to do it in the daylight. Then it was a very meaningful time for the darkness. It was making sort of rhythm for a day.

But of course when you were a child and born to it, it was normal life. You didn't take notice of it, you didn't get tired of it, you had to accept the fact that now is the dark time and no more complaining about that. Of course now the dark

time isn't the same as it was than when I was a child. It helps when you got light and you can sit down and write and read books I can go and look for things, read etc with electric light. But I feel this electricity light is tiring after 2-3 months I have to go out to see the natural light.

But when you look into the darkness and you only see stars above you which are thousand of years in light there up in the space you have more room for your thoughts and you can choose your own way much better in the darkness than in the light.

I am born with it it belongs to this nature. But of course it takes strength.

Music: MW 1 Dalveleikkat

O-Ton: Hannu and Jean-Claude

Contradiction

In a way it was so natural

city life ...

during the darkest time ...

living close to nature ...

they stay more inside

O-Ton: Sinikka:

Jean-Claude+Hannu: If you would have to describe the darkness?

Sinikka: Yes, it is light, the snow is reflecting. Then light from the space it's amazing. Even when you are inside the house that light is coming through the windows. I feel in my body the natural light. During kaamos time I try to go out every day at noon so that I can have this natural light in my eyes.

Electric light, I by the way feel these kind of things in my body ... if you are all the time in electric light you don't feel good, it's unhealthy. You must have a least half an hour natural light during kaamos time.

Authors:

How would you describe the darkness?

Translator woman (Finnish):

It's bright! Because of the snow reflection.

As well as the amazing light from space that shines right into the house.

During Kaamos she goes outside as often as she can, at least one hour each day, to catch the natural light.

O-Ton: Hannu and Jean-Claude

Seppo Saraspää and his wife Sinnika.

Sinnika is from Nuorgam.

She is Sami.

During winter they are fishing and tourism business during summertime.

And they have a reindeer farm too.

O-Ton: Seppo: Proj76Take02.R.wav 1.31/7.50

O-Ton: Hannu and Jean-Claude

Hannu: Now we are going to let out the reindeers (Seppo in distance)

JC: What are they going to do now?

Hannu: They collected the reindeers and now they will take them and let them free to eat

JC: The moon is always out there the whole day?

Hannu: Yes, during the wintertime you can see it the whole day ...

JC: Now it is really cold, no?

Hannu: Yes, they said here it is over 30 minus degrees But the light is beautiful ... they told me this is the first day the sun is

shining on this part of the lake. And now the sun is almost at the highest point, just above the horizon

JC: So the light is coming back.

Hannu: Yes! (than in Finnish ..)

O-Ton: Timo

The winter was cold. And snow. There was a feeling of light in darkness.

O-Ton: Sounds of city and drinking

Music: MR 5 Ylane

O-Ton: Hannu and Jean-Claude

Hannu: Sirpa who is a dance teacher for kids and adults. Also she found that her symptoms during the winter time have something to do with darkness.

JC: We only found people who suffer from darkness in Helsinki.

Hannu: Yes, some people were even laughing at us if you mention kaamos depression in Lappland.

O-Ton: Sirpa

(English) In Finland light is so important. In London you don't realize it. But coming back it hit me in my face again. Also in architecture you can see it in Finland, how important light is to us, all these massive windows. Everything is kind of thought of to have as much light as possible.

But now again I don't talk about it. It's more like a statement: Oh yes, it's so dark, it's horrible. We really never talked in such a specific manner: should we do something about it? No. it's just a statement: here we go again, winter is coming! It's a finnish manner to just moan about it. I don't have to do anything about it. It is a factor from outside. I can not do anything about it or be in control of the situation, I can just moan.

O-Ton: Kerttu

What is it to live with the nature? That is something that the Western world needs from the people who live in the nature, from the Amazonas, Deserts, Arctic. It's the law of nature that you have to learn to respect in order to survive.

O-Ton: Harald

Ja das ist doch klar. Die leben völlig in der Natur mit ihren Rentieren. Für die ist es durch Generationen völlig ...

Ja ich kenne keinen von den Sami die Depression haben. Jeder freut sich natürlich, wenn das Licht wieder kommt.

Translator (German):

The Sami live completely with nature.

They know no winter depression.

But they are naturally delighted by the returning light.

O-Ton: School children singing

O-Ton: Timo

I think I have lost something from my childhood. This sweet cold light

There was a feeling of light in darkness. The reflection of light around you coming from the snow and the sky the city looks easily very dead when the dark comes, that never happend in the north. As cold as it was it always looked alive. (door)

O-Ton: Kerttu

(Finnish): It's true that we don't survive without sun light. But the nature is storing light in berries. When I was a child we ate Arctic Ocean fish

Translator woman (Finnish):

We cannot survive without light.

But nature concentrates the light in food.

(English) If you think in the old days when people didn't have electricity light, they were able to cope with the cold times in the darkness with no sunlight. It was the food which kept people alive. Cod liver oil gave vitamin D, reindeer has vitamin C, the only animal which gives that, and it was the berries which gave vitamin C. People were eating the sunshine.

Music: MR 5 Ylane

Authors:

In the past, humans, by necessity, adjusted their lifestyles and sleeping patterns to the natural conditions, the daylight, and the change of seasons.

Nowadays the phases in which we are active during the day have been extended through the use of electric light. But the alarm clock always rings at the same time.

Night in modern cities has been conquered by artificial light.

But a lightbulb cannot replace natural light.

Sleep disorders or SAD – seasonal affective disorder – can result.

O-Ton: Sounds of city and drinking

O-Ton: with Hannu in the cab to SOS

Hannu: It's a beautiful winter morning here in Helsinki. Now the light has come! This is very nice.

Jean-Claude: And your mood gets better?

Hannu: Yes, inspite of the coldness. I have nothing against cold, but when it is dark without snow, than it is very bad. You can notice that you are in a different mood.

Jean-Claude: What is your strategy in time of darkness?

Hannu: One thing is that it is a very good time for work But now we are getting closer to the SOS line office I am sure she has a lot to say about SAD and light and darkness.

Jean-Claude: And also if some of the things you read abroad, the statistics, are true. And maybe related to light and darkness.

O-Ton: Phone conversation SOS Hotline

(Finnish) Yes this the right place....What is bothering you?

O-Ton: Phone conversation SOS Hotline

(Finnish) Ok, it this the first time for you, or have you noticed that this has something to do with the changes of seasons? Or something else?

Music

O-Ton: SOS Hotline

(Finnish) I don't' think there is a direct connection between the suicide rates and light or darkness. There might be some other things also, not just the lack of light. We all know the Finnish mentality, melancholy and then comes that typical Finnish problem, alcohol. Men make most of suicides and very often under the influence of alcohol. And also behind this are depression, economical problems, unemployment, divorces. Not only light or darkness ...

Translator woman (Finnish):

Do people commit suicide solely because of the light conditions? Pirjo-Riitta Liimatainen thinks not.

There are many contributing factors. The Finn's penchant for melancholy. And things like unemployment, depression, money problems, divorce. And alcohol abuse. Many men commit suicide (**when**) completely drunk.

O-Ton: Phone conversation SOS Hotline

(Finnish) Yes, you told that you are tired, you don't what do anything. these are typical symptoms of SAD, Have you heard about it?

Authors:

The caller is suffering from the typical symptoms of SAD: lethargy and fatigue.

He doesn't know anything about it. Nor about treatment possibilities.

They advise him to stop in for a consultation.

Music

(Finnish) Have you done something against it?

Music

(Finnish) Come here and we can together think how to go on Ok. Thanks.

Hei, hei....

O-Ton: Ice drilling

Authors:

Sirpa, the dance teacher who suffers from winter depression, found her own therapy. In winter she walks from herhome down to the Baltic sea in order to take a dip in the bitterly

cold water through a hole in the ice.

Every day.

O-Ton: Sirpa

(Finnish) How did I find the idea of swimming in the freezing lake in the winter? The mornings were so dim and and grey and it was so grey everywhere all the time. And the electric light doesn't help. And then I decided to try swimming... And morning by morning it was getting darker and I realized that I can be there just by myself, alone in the sea. And that I am able to feel the coldness in peace. And after swimming I felt better and better every time ... And then I felt the nature, that the nature is close to me and this is my place. This my moment.

Translator woman (Finnish):

Overcoming her inhibitions about getting into the ice-cold water, and thus feeling the power over herself and no longer being ruled by outside forces, that is what helps her combat depression every winter.

O-Ton: Ice drilling

Music: MR5 Ylane

(Alarm clock)

O-Ton: Timo

When you wake up in the morning you have to push yourself nature doesn't invite you out it is very dark outside, and when the day is over it is dark again.

O-Ton: Strasse in Helsinki,

O-Ton: Vesa goldwasher

The most important thing about darkness is to be in peace ...

Translator (Finnish):

The most important thing about the darkness is to feel
calm/peace. Not to be in a hurry.

O-Ton: Hannu and Jean-Claude:

Hannu:

Darkness and lightness on radio?

Jean-Claude:

Music – ugly sounds – city sounds

Hannu:

darkness is not an ugly thing

Jean-Claude:

make you afraid

Hannu:

positive

Jean-Claude:

symbol for death

Hannu:

cozy

Jean-Claude:

suffering

Hannu:

very warm experience – light is easier in radio. What do you think?

Jean-Claude:

White sounds

Music: MR 5 Ylane

O-Ton: Kerttu

The light has come back again, and you start seeing shadows in the snow. In the dark time you don't have any shadows. It's difficult to see where the road goes. It's easier to move now when you have shadows and light.

O-Ton: Mika/Sirpa

Mika: When light starts to

Sirpa: But I see it ... in the winter time the change in attitude

Mika: When light gets back during the spring, you begin to feel better and better. Almost like a different person. Nowadays the lamp gets rid of 90% of the symptoms.

Sirpa: 1st of May people get alive again. Here we go! Nice!

Mika: Now I feel active and happy during the winter.

SUMMER

O-Ton: Sounds of Dog, Birds and Water, Kerttu singing

O-Ton: Harald shows garden

O-Ton: HANNU AND JEAN-CLAUDE

Hannu: During the summer time, the light time of the year

Jean-Claude: As we followed these people who tend to be very much adapted ..

Hannu: .. as everybody told us in Lapland they are very busy

hunting, fishing ...

Jean-Claude: ... life which goes along the nature ...

(Harald shows garden)

Hannu: We have to live this moment, in this season. Live in this moment. Don't wait for the next one which is coming! Don't even think about the future.

Jean-Claude: Maybe there it is easier!

O-Ton: Harald shows garden

O-Ton: HARALD und MARGARETE

Harald: Ja, das ist eben der Reiz der Jahreszeiten. Aber der Winter, um es ehrlich zu sagen, ist eine schwere Zeit. Weil er sehr lange, sehr kalt, sehr dunkel und sehr arbeitsreich ist. Das ganze Brennholz zu machen. Eine harte Zeit. Und wenn das Frühjahr kommt, dann erwartet man das mit Sehnen. Wenn der 16. Januar kommt, dann wandern wir auf diesen Hügel hoch und schauen, ob man die Sonne für einen ganz kurzen Augenblick am Horizont sieht. Aber dann bleibt es noch lange dunkel. Es geht noch mindestens zwei Monate, bis man sagen

Margarete: Aber wenn es dann hell wird, freut man sich natürlich sehr.

Translator (German):

Winter is a difficult time. Spring is eagerly awaited.

That is the allure of the seasons.

On **16** January, he and his wife hike up a hill just to see the sun peek over the horizon for a moment.

There are still two months of darkness ahead.

Everyone is delighted when it finally gets light again.

O-Ton: on the Teno river, fishing ...

Authors:

The Sami author Kerttu Vuolab – like most people in Lapland – is very busy in the summer and usually outside.

For the winter she goes out and picks berries. Or, when the salmon returns to the Teno river from its yearly migration, she and her husband take a narrow wooden boat out onto the river to catch them.

O-Ton: KERTTU

I like all the seasons of the year. Just like we need the light, we need the darkness. For rest and for life.

This is the time for fishing and time for light.

It feels right.

O-Ton: Sinikka

During summer you collect energy for winter... Here in Lapland summer is so short that you are busy all the time.

I live fully all the time, this season. I don't wait for the next season. This is it.

Translator woman (Finnish):

In summer **we** collect energy for the winter.

She fully lives each and every season.

O-Ton: Sounds of Birds and River

O-Ton: Kerttu singing

O-Ton: Harald

Finnish sentence

<p><u>Hannu:</u> Darkness creates philosophy.</p> <p><u>Jean-Claude:</u> Maybe there it is easier to live in the moment!</p>	
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O-Ton: Harald

Harald: Ich habe eines festgestellt, wenn ich auf Finnisch rede, dann ist das wie ein Gedicht. Ich denke in Finnisch. Und in Deutsch, da ist nicht soviel Stimmung drin ... ich kann es nicht anders erklären.

Der Frühling ist wie eine Befreiung. Man kann heraus! Die schweren Kleider weg ... man begrüsst die Sonne. Licht ist ein Energiespender! Man begrüsst jedes Lebewesen. Vom kleinsten Käfer, wenn die Ameisen aus den grossen Hügeln kommen, dann spricht man mit ihnen.

Das Licht bedeutet das Wiederkehren vom Leben. Sowohl für den Menschen wie für alle Tiere, die es gibt. Die sind tief verkrochen in ihren Höhlen und Spalten ... ein unglaubliches Naturschauspiel, das einen tief ergreift.

Margarete: Man erlebt es hier stärker als in Deutschland, weil es so krass ist. Diese lange dunkle Zeit und wenn dann das Frühjahr kommt, dann explodiert die Natur förmlich.

Harald: Ich habe ja lange in Indonesien gearbeitet als Ingenieur, und ich wurde dort fast so etwas wie gemütskrank. Keine Jahreszeiten.

Der Verlust der Jahreszeiten bedeutet ... keine Spannung. Das ist immer gleich. Das ist auf die Dauer fast lähmend. Es gibt keinen Ansporn, kein Hoffen auf Etwas. Das macht niemals Wett das Erwachen im Frühling, das Kommen des Lebens. So eine Urform des Lebens. Das Wiederkommen vom Licht, von der Wärme.

Translator (German):

Spring is like a liberation.

You greet the sun. You greet every living thing. Light is a source of energy!

Light represents the return of life.

An **unfathomable** natural spectacle that deeply moves you.

He worked in Indonesia and almost became depressed.

The loss of the seasons meant...no suspense.

The weather is always the same.

There is no incentive, no hope for anything.

That can never make up for the awakening in spring.

The return of the light, the warmth.

O-TON: Goldwasher competition, Music

O-Ton: HANNU AND JEAN-CLAUDE

Jean-Claude: Do you think the drinking habits of finnish people have something to do with ...?

Hannu: Yes, I think it has something to do with lightness and darkness. After the dark time when the sun and light comes, people are awake and alive and joyful, and one part of that is alcohol. But also in the winter time, when they gather, it is one way to handle the problem, to survive, to adapt yourself.

O-Ton: Midsummernight: Bar, voices, music,

O-Ton: Hannu und Jean-Claude in Inari

Jean-Claude: Human beings of course can adapt to different circumstances. I experienced this when I was living in California: finally no winter! I enjoyed that. But after the second year and I was starting to miss it. Because for me there was a kind of natural rhythm of the year I am used to That in the winter you are more inside, looking at yourself

Hannu: The change of seasons

Jean-Claude: I thought this rhythm of autumn, winter and than life starts again spring is really nice and I missed it!

Hannu: Some people in the south are waiting for the next one, they are not living at the moment.

O-Ton: KERTTU

We have only 3 days left when we are heading towards the lightest time and than we turn back and start to go towards the darkness again.

For me it is as good time as ever.

(abrupt end of sounds)

O-Ton: Conv H+J in Inari

It is raining now ... It's funny, that the weather can change so quickly. It was sunny and rather warm in the morning and now it is very windy and even cold.

Authors:

Lapland's short summer ends abruptly. Quickly, little remains of the nightlessness, the endless days of summer. Slowly the night is re-conquering its space.

WINTER

O-Ton: Ice breaking sound, city traffic

Musik: MR1 Aamora

O-Ton: Sinikka:

Sinikka:

When you compare with the dark time....

Hannu:

Do you change when the spring comes ?

Sinikka:

Yes, full of energy. I become wild and crazy. I would like to tell you what I make using during kaamos time as medicine: sap of birch.... mobile phone

(Mobile phone ringing!!!!!!)

Translator woman (Finnish):

Whether she would feel different in summer as now in winter?

She'd be full of energy.

Wild and crazy...

O-Ton: Kerttu

Here is a good place to sit down.

(Finnish)

(English) When we build up this house I wanted to have a house with view to the river, because the river is never the same. If it is winter or summer. There are never two similar moments.

O-Ton: Helsinki streets in the winter

Musik: MR1 Aamora

	Hannu+JC:
	weiss
	white
if I experience the summer fully I	strahlend
am ready for the winter	radiating
the same with me: I found a new	
way to ...	hell
	bright
	blendend
accept the changes as	dazzling
something really nice ...	
I hate straight answers	
maybe that is one answer	
this is not a straight answer.	

O-Ton: KERTTU

(Finnish sentence)

(English) One of the sad things about big cities is that they never sleep. They never have a rest. They are busy all the time. But human beings get exhausted when they don't have time for rest.

We need both, the darkness and the light. Without rest we use ourselves out.

When it is dark than we have to cool down. Take it easy and take a rest. Give time to ourselves.

Than we are strong enough again when there is light and time for activity. And can enjoy the work too.

Human beings don't stay in good condition without rest.