

**Ability Guidebooks  
presents  
Explore Helsinki!**



# **I Am Going To Kaisaniemi Botanic Garden!**

**A Step-by-Step Guide On How To Visit the Botanical Gardens.**

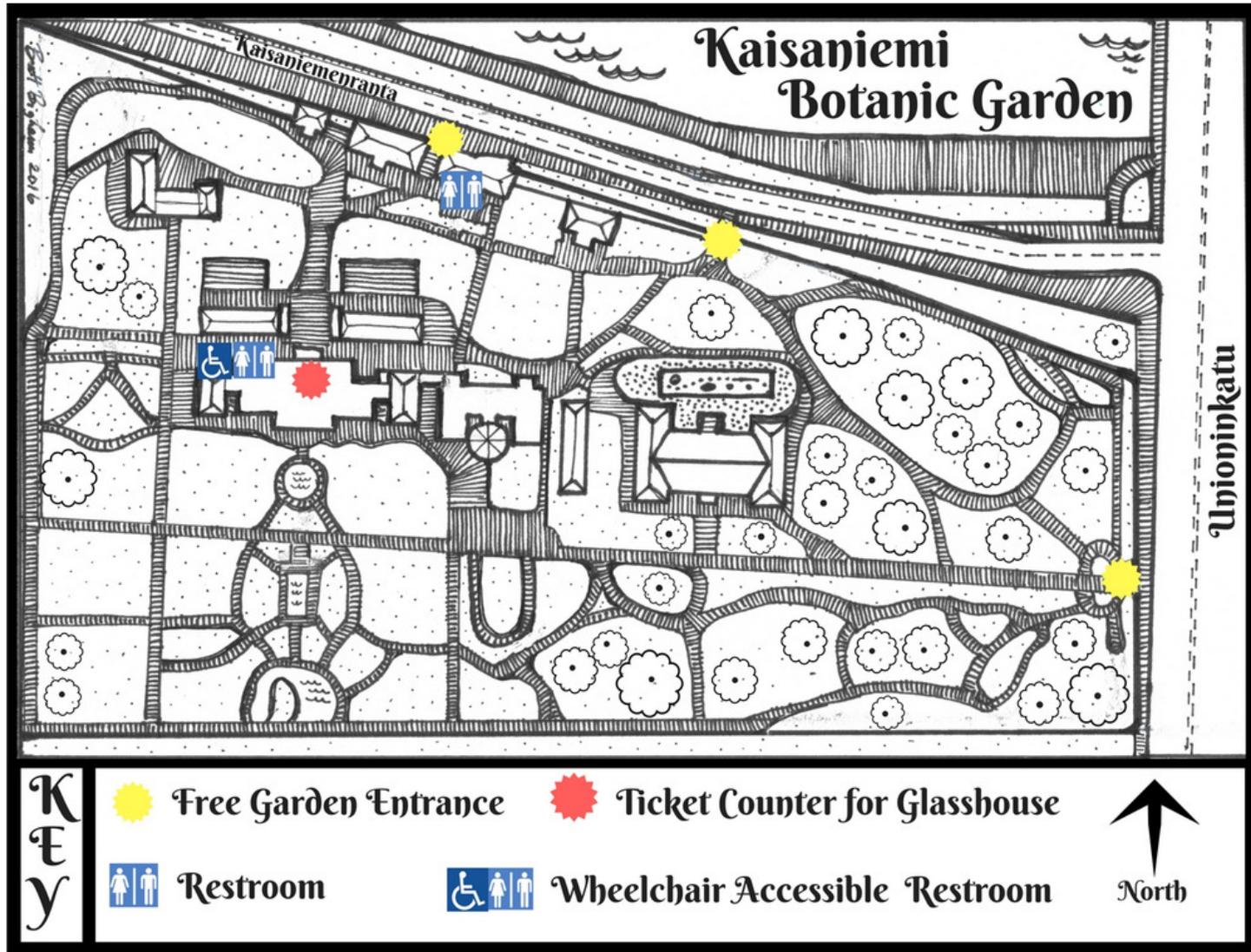
by  
**Brett Bigham**

**The Kaisaniemi Botanic Garden is a great place to visit in the center of Helsinki. The outdoor gardens are free.**



**Since the gardens are free you can just walk in and enjoy!**

# Here is a map for the Kaisaniemi Botanic Garden.



The left side of the park has more flowers. The right side of the park has more trees.

**If you want to visit the Glasshouse go in this door to buy a ticket. The Glasshouse has tropical flowers. It is a warm place to visit on a cold day!**



**There are several large greenhouses connected to each other. Walk through all the greenhouses and enjoy seeing the tropical plants!**

**It is important that you don't pick any flowers in the Glasshouse. These plants are just to look at.**



**One greenhouse has a big pond inside with giant waterlilies!  
Maybe you will visit when the lilies are blooming!**

**These tropical plants can't live outside in the cold. That is why they are inside the greenhouses.**



**The Glasshouse is a great place to visit but remember the rules. No running and stay on the paths!**

**Behind the Glasshouse is a large garden area. This part of the garden has many kinds of flowers.**



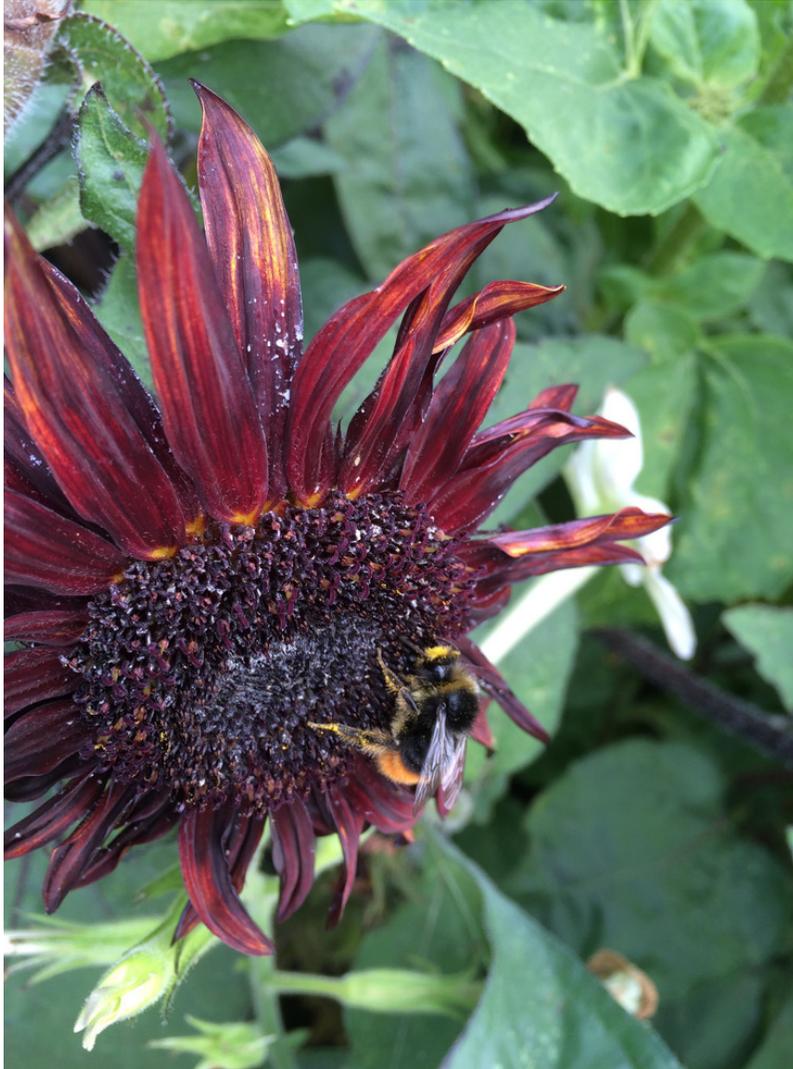
**In the garden we have to stay on the paths!**

**These are some of the flowers I saw in the Garden.**



**I wonder  
what  
flowers you  
will see?!**

**Gardens have bees sometimes. They visit the garden to gather pollen for their hive.**



**These bees don't bother people. They are too busy enjoying the flowers. Don't worry about the bees.**

**On the hill next to the greenhouses is the Finnish Museum of Natural History Botanical Museum. This building is not open to the public but if you go up it has a special garden.**



**The ground up there is crunchy rock so make sure you wear shoes!**

**The Garden has stepping stones to walk on. Make sure you stay on the stepping stones!**



**The water in the stones is for birds to drink. Don't touch the water!**

**There are benches all over in the park. If you need a break or are getting tired, sit down! This man sat down and watched butterflies landing on the flowers.**



**Gardens are great places to sit and enjoy beautiful flowers and butterflies.**

**The Kaisaniemi Botanic Garden has a lot of paths to choose from. Behind the Glasshouse there flowers in beds.**



**It is easy to see your friends in this side of the park.**

**The Other side of the garden is full of trees. It is harder to see your friends on this side of the park. Stay close to your group.**



**This is a nice park to go to on a hot and sunny day!**

**There are many different plants to see at the Botanical Garden. Most have a little sign with the plant name.**



**Some plants are poisonous! If you see a plant with this sign do not touch the plant! This plant can make you sick.**

**The gardner is working on the flower bed. She is very proud that visitors are following the rules and staying out of her flower beds!**



**I'll bet she appreciates you doing a good job at the garden!**

**Here is a funny looking plant!**



**And a beautiful poppy!**

**Enjoy your visit to the  
Kaisaniemi Botanic Garden!**

# **Tips For Visiting the University of Helsinki Kaisaniemi Botanic Garden**

**The Kaisaniemi Botanic Garden is not far from the Helsinki Central railway station. The garden is very peaceful and quiet. There are many benches for sitting and relaxing and a variety of ponds for viewing.**

**The main garden is free to visit. There is a fee to visit the Glasshouse. Just visiting the outside gardens is a lovely trip. The inside gardens offer ponds with giant lily pads and tropical flowers year round. The Glasshouse in January is probably as magical as the outdoor gardens are in July.**

**Pathways in the garden are wheelchair accessible. There are some hills and dips on the natural sloping property.**

**There are three entrances to Kaisaniemi Garden. Please check the map to see which entrance is most convenient to you. The garden is a short walk from the Helsinki Metro.**

**The Kaisaniemi website has information for your visit. Please note that the the Glasshouse is only open five days a week. Check the website to see when the buildings are closed. The outdoor gardens are open seven days a week.**

**The wooded area of the park puts on a great show every season of the year!**

**Ability Guidebooks are step-by-step instructions on how to access community destinations. For many people with autism and neuro-diversity, new situations can cause stress and discomfort. Ability Guidebooks help prepare people for new experiences. This is why I emphasize the places to sit and areas to relax.**

**This book will also help general ed teachers prepare their young students for a visit to the garden.**



## **Can You Translate?**

**If you can translate this book into Finnish or any other language I would love to hear from you!**

**Brett Bigham is the 2014 Oregon State Teacher of the Year and an NEA National Award for Teaching Excellence winner. Bigham is the first Oregon Special Education teacher to win these awards.**

**Bigham was named a Global Fellow by the NEA Foundation and traveled to Peru as an ambassador of that program. This allowed Bigham to create his first international Ability Guidebook for the Museo de Inka in Cusco, Peru. He has since made books for Greece, Italy, Croatia, Montenegro, Estonia, Finland, Latvia and Montenegro.**

**Text and Photos by Brett Bigham unless otherwise noted.**

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