

Helsinki

# Finland Ranks as the World's Happiest Country for the Ninth Year in a Row – Helsinki Shares its Secrets to Making Everyday Run Smoothly



Oodi is Helsinki's Central Library and a living meeting place, photographer: Kuvatoimisto Kuvio Oy

**Helsinki, 19 March 2026 – Finland has once again been ranked the happiest country in the world in the latest *World Happiness Report (WHR)*, marking the ninth consecutive year at the top with Finns reporting an average score of 7.764 (out of 10) when asked to evaluate their lives. In the capital city of Helsinki, happiness is not only reflected in international rankings but also in everyday life from active lifestyles to policies that support wellbeing and learning.**

The annual WHR report, produced by the University of Oxford's Wellbeing Research Centre together with Gallup, UN Sustainable Development Solutions Network and WHR's Editorial Board, evaluates people's life satisfaction across almost 150 countries. This year, the *World Happiness Report* placed a special focus on the ongoing debate around social media usage,

particularly among children and young people, and has assembled a range of expert researchers to help better understand the wellbeing consequences of social media use across age groups and cultures.

### **Supporting young people’s wellbeing in the digital age**

Finland and Helsinki has taken concrete steps to support healthy digital habits among children and young people. [Since August 2025](#), use of phones and other mobile devices has been banned during the school day in Helsinki’s comprehensive schools, encouraging students to focus on learning, face-to-face interaction and physical activity.

At the same time, media literacy is a core part of the Finnish education system. Students learn how to critically analyse information, understand digital platforms and navigate social media responsibly. These skills help young people develop a healthy relationship with technology and strengthen resilience in the digital information environment.

*“At the core of happiness in Helsinki is our determination to make everyday life work well for everyone. Strong education plays a vital role in that. Our teachers are highly educated and as a city we focus on providing our students environments that support learning, concentration and well-being. When families know that their children will receive high-quality education it creates safety and happiness,”* says **Daniel Sazonov**, the Mayor of Helsinki.



Students in an interactive classroom. Image source: City of Helsinki, photographer: Maija Astikainen

## A city where everyday services are available and close by

For Helsinki, Finland's continued success in the World Happiness Report reflects long-term investment in education, equality, public services and a well-designed urban environment.

*"Happiness does not happen by accident. It is built through trust, good education, strong communities and an environment where people can live balanced lives. People's satisfaction with their lives is strongly connected to the work that cities do. For Helsinki, it's about making sure everyday life for our citizens runs smoothly. Neighbourhoods are safe, schools are good, and important everyday services are available and close by," Sazonov adds.*

An active lifestyle is a natural part of daily life for many Helsinki residents. The city's residents move throughout the year: cycling to work, running along the waterfront, skiing in winter or swimming in the Baltic Sea year-round. [Helsinki residents move more than the average in Finland.](#) The city has highlighted the importance of supporting people's active lifestyle also in the [new city strategy](#).



There is more than 50 free, always-open outdoor gyms in Helsinki. Photo source: OmniGym, photographer: Akifoto

Helsinki's urban planning supports this culture of movement. The city offers hundreds of kilometres of cycling routes, extensive parks and forests, public sports facilities and direct access to the sea. Nature is never far away: over 40% of Helsinki's land area consists of green spaces, and most residents live within a short distance of outdoor recreation areas or seashore. Regular physical activity and access to nature are widely recognised as important contributors to wellbeing and life satisfaction.

*“For many of our citizens, myself included, the closeness to nature plays a big role in wellbeing and happiness. Being able to step outside and in a few minutes reach the sea, a park, or a forest for an evening walk is something special. And when it comes to finding balance and taking a breather in an ever-digitalizing everyday, one thing I cannot recommend highly enough is sauna. Not only is it restorative and relaxing, but it is also a phone-free space,” Sazonov concludes.*



Happiness is a feeling. Image source: Helsinki Partners, photographer: Akseli Valmunen

As the Finnish capital continues to grow, Helsinki aims to strengthen the foundations that support quality of life for residents while also serving as a model for sustainable and people-centred urban development.

**More information:**

Sara Jäntti

Senior Manager, PR & Communications, Helsinki Partners

[sara.jantti@helsinkipartners.com](mailto:sara.jantti@helsinkipartners.com)