

**Life on an Isolated Island - Åland Islands | Cabinlife**  
**<https://www.youtube.com/watch?v=5Nvp4hWGuFg> Transcript:**  
**<http://dontveter.com/ec/aland2.pdf>**

Welcome to my heaven on earth, my family's cabin.

It's located on a beautiful island in the Åland archipelago.

The Åland islands consists of thousands of islands and many people build summer cottages on these.

It is common in the Nordic countries to have a summer house or cabin to get away from ordinary life and spend vacations or holidays there.

Because of the location of the cabin we don't have running water.

All the water we use, we either bring with us, or we gather in barrels when it rains.

All Finnish summer cottages have saunas, and so do we.

In Finland we have a tradition of making a bouquet of birch twigs (branches) binding them together, and then in the sauna, whipping ourselves with them to increase the blood circulation, it's called ??? and the wonderful smell is a bonus.

Before the sauna, we fill this container connected to the service boat to heat up the water.

Then we get hot water for washing and doing the dishes.

Taking care of a cabin like this requires maintenance, trimming the paths between the different cabins and outhouses, making sure we have enough firewood for the sauna, and trimming trees that block the view.

A place like this quickly gets overgrown.

We like to make dinner easy, some home grown potatoes and fish that we store in our fridge.

Of course, there is also time to relax and enjoy not being distracted by anything, playing and having fun.

A very popular Finnish game we play is called mulku.

Here it is important to aim for either one specific number, or hit a large quantity of wooden pins to score points.

The first one to reach exactly 50 points wins.

Sometimes I like to walk around the island for some exercise and the magical view.

One side of the island is rocky and has sharp and harsh edges, the other side of the island has beautiful soft rounded cliffs.

These big differences are due to the last ice age, where ice as thick as two kilometers or one mile bulldozed over the Nordic parts of the world, shaping it the way we see it today.

After a day of work, our family has this tradition of watching the sunset and drinking coffee.

This part of the day I treasure the most. Here I collect myself and recall my day, talking with my family.

There is something truly special with these sunsets, they are like a deep sigh of relief.

We have lived for yet another day, and now we get to rest.