



# Leisure, Life & Language

## Useful links for international students in the Oulu area (2009)

N.B: in the email addresses, replace (xx) with @

### 1. Guides for International Degree Students

#### ...both for studies, necessities in life and leisure time:

University of Oulu and Oulu University of Applied Sciences have both published wonderful, informative guide packages about studies and life as international student in Oulu. You will find information about studying, living, transportation, shopping, paying taxes in Finland... Have a look in the both of the guides, but please, note that a part of the information is valid only for the students in the university in question!

- University of Oulu: <http://www oulu.fi/students/degreeguide.pdf>
- Oulu University of Applied Sciences: [http://www.oamk.fi/english/exchange\\_opportunities/ects/practical\\_information/](http://www.oamk.fi/english/exchange_opportunities/ects/practical_information/)
- See also <http://www.oamk.fi/english/nettutor/index.php>
- Some links about leisure time for the students in Raahе:  
[http://www.oamk.fi/english/exchange\\_opportunities/ects/schools/raahe/index.php?page=activities](http://www.oamk.fi/english/exchange_opportunities/ects/schools/raahe/index.php?page=activities)  
<http://www.oamk.fi/raahe/english/students/services/hobbies/>

### 2. Places to Ask About Life in Oulu

#### ...when you feel a bit lost and have sooo many questions:

#### **Youth Information and Counselling Centre Nappi**

Young people, their parents and those who work among young people are welcome to pass by Nappi, use a computer or ask questions from the staff! These people are here just for you!

Phone: +358 8 558 48225, gsm +358 44 703 8225 e-mail: [nappi\(xx\)ouka.fi](mailto:nappi(xx)ouka.fi). Address: Hallituskatu 5a.

Open Mon-Thu 11.00–18.00, Fri 11.00–16.00. Summer time Mon-Thu 9.00.–16.00, Fri 11–16. July closed.

<http://www.nettinappi.fi/immigrant/en/> There is useful information for immigrants on this www-page and an on-line form to ask the Youth Information and Counselling Centre Nappi about issues relating to youth life, happenings in the Oulu district, courses, jobs, education, etc. The page is in English, Finnish, French, Russian and Arabic.

#### **Oulu Tourist Information**, <http://www.oulutourism.fi/en>

Open Mon-Thu 9–16.00, Fri 9–17.00. Tel: +358 (0)44 703 1330, Address: Torikatu 10.

Sports & Leisure: [http://www.oulutourism.fi/en/tekemista/ulkoilu\\_ja\\_liikunta.aspx](http://www.oulutourism.fi/en/tekemista/ulkoilu_ja_liikunta.aspx)

Culture & Entertainment: [http://www.oulutourism.fi/en/tekemista/kulttuuri\\_ja\\_viihde.aspx](http://www.oulutourism.fi/en/tekemista/kulttuuri_ja_viihde.aspx)

#### **International Activity Centre Villa Victor**, <http://ouka.fi/kvtoimintakeskus/english/>

The centre organizes e.g. Finnish courses, clubs and informative meetings, celebrates Finnish holidays and has foreign newspapers, computers and even a guitar and a piano for you to use! As a foreigner you may contact the activity coordinator Shahnaz Mikkonen in any topic about living in Oulu and she will try to find you somebody to give the answer.

Tel: +358 8 5584 1674, e-mail: [shahnaz.mikkonen\(xx\)ouka.fi](mailto:shahnaz.mikkonen(xx)ouka.fi) Address: Kirkkokatu 54.

#### **Oulu city map and location service**

There is a very practical tool for finding places in Oulu at <http://kartta.ouka.fi> (→ click the British flag for English).

You may type the searched place in English or in Finnish and you are given the location on the map in English.



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### 3. International organisations and activity groups ...for you not to feel bored or lonely:

**Expatriate Family Adjustment**, <http://www.ouka.fi/efa>

There is a lot of useful information for a foreigner living in Oulu on this www-page. EFA is also organizing activities, workshops and lectures about different topics.

**Oulu Settlement's Friendship House**, [www.ystavyystalo.fi/en/index.html](http://www.ystavyystalo.fi/en/index.html)

They arrange Finnish courses, clubs and activities.

**International Activity Centre Villa Victor**, [www.ouka.fi/kvtoimintakeskus/english/](http://www.ouka.fi/kvtoimintakeskus/english/)

**Oulu International Women's Club**, <http://iowc.freeshell.org/>

The club welcomes new members to join in a variety of activities, trips and meetings!

**Finnish-Deutsche Verein**, [www.ssy oulu.net/wirueberuns/index.htm](http://www.ssy oulu.net/wirueberuns/index.htm)

Contact: [gottfried.efe@oulu.fi](mailto:gottfried.efe@oulu.fi)

**Chinese scholar and student association**, [Chinese@lists oulu.fi](http://Chinese@lists oulu.fi)

**Finnish Russian association**, [www.kaapeli.fi/svs/](http://www.kaapeli.fi/svs/)

**Finnish American society**, [www.sayl.fi/](http://www.sayl.fi/)

**The Finnish Thai association**, <http://www.finthai.net/>

**Irish Music Society of Oulu**, [www.irishmusicsocietyofoulu.org/](http://www.irishmusicsocietyofoulu.org/)

**Romanian Group** Contact: [Isabela Ion eion@tols16 oulu.fi](mailto:Isabela Ion eion@tols16 oulu.fi)

**South Sudanese Community Oulu** Contact: Fasto Malish, phone: 040 9137296, [avokaya\\_miridi2006@yahoo.ca](mailto:avokaya_miridi2006@yahoo.ca)

**Chess**: <http://www.saunalahti.fi/~pterasti/shakki-77/introduction.html>

**Fitness boxing team Oulu**: <http://www.kuntonyrkkeily.net/engsummary.html>

**American Football**: <http://www.northernlights.fi/live/>

**Golf Oulu**: <http://golfpiste.com/kentat/esittely/?seura=7712&lang=en>

#### Especially for students:

**University Sports**: the both universities in Oulu are using the same Sport Pass.

You will find a lot of information about the university sports here: <http://www.oulunkorkeakoululiikunta.fi/?page=home>

Contact: [markku.saarela@oulu.fi](mailto:markku.saarela@oulu.fi) or [aki.hentila@oamk.fi](mailto:aki.hentila@oamk.fi)

**Ylioppilaskunta (Student Union of the University of Oulu)**: Contact the Secretary of International Affairs: [kvsihteer@ouy.fi](mailto:kvsihteer@ouy.fi) or the office: +358 8 311 3176, [toimisto@ouy.fi](mailto:toimisto@ouy.fi), [www.ouy.fi/in-english/](http://www.ouy.fi/in-english/)

**OSAKO (Student Union of the Oulu University of Applied Sciences)**: [www.osakoweb.fi/english.html](http://www.osakoweb.fi/english.html)

**Erasmus Student Network**: <http://www.ouy.fi/esn> Contact the ESN-leader: [esn@oulu.fi](mailto:esn@oulu.fi)

**International Student Organisation AIESEC**: <http://www.aiesec.org/finland/oulu/>



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## 4. Places to Learn Finnish

### ...either formally in schools or in casual talk-groups:

**Good list of Finnish language course possibilities** is available at <http://finnishcoursesinoulu.blogspot.com/>  
See, e.g. the calendar for courses.

**New list of Finnish language course possibilities, soon also in English**  
<http://www.ouka.fi/kansainvalisyys/suomikoulutus.html>

**Electronic teaching material for to learn Finnish and Finnish culture by yourself:**  
[http://www.infopankki.fi/en-GB/Finnish\\_on\\_the\\_Internet/](http://www.infopankki.fi/en-GB/Finnish_on_the_Internet/) and  
<http://webcgi.oulu.fi/kielikeskus/index.php?a=oe&s=suomiMuutLinkit.html&v=fff>

**THE LIST OF FINNISH COURSES HERE IS AN EXAMPLE OF THE COURSES OFFERED IN 2008!  
PLEASE, CONTACT THE SCHOOL OR SEE THE LINK ABOVE FOR TO SEE UPDATED DETAILS.**

### 4.1. Finnish courses, which can be accredited towards your degree:

#### **Oulu University of Applied Sciences/ Oulun seudun ammattikorkeakoulu**

(Free of charge for the students of either one of the Oulu universities.

The elementary courses are generally reserved for the students of the own university.)

#### **Examples of the courses in the fall 2008:**

- *Intermediate Finnish, in the School of Business and Information Management, Teuvo Pakkalan katu 19.*
- *Intermediate Finnish 2/Finnish Business Communication*
- *Finnish in Working Life*

#### **University of Oulu, Language Centre/Oulun yliopiston kielikeskus**

(Free of charge for the students of either one of the Oulu universities.

The elementary courses are generally reserved for the students of the own University.)

- for the courses *Finnish for foreigners,*

see: [http:// webcgi.oulu.fi/kielikeskus/index.php?a=oe&s=fffCourses.html&v=fff](http://webcgi.oulu.fi/kielikeskus/index.php?a=oe&s=fffCourses.html&v=fff)

Anne Koskela (email [anne.koskela@oulu.fi](mailto:anne.koskela@oulu.fi)) would like to talk with the students of the University of Oulu and tell about the Finnish courses in the University of Oulu.

#### **Tandem – learn language with a Finnish student in your University:**

OUAS, Finnish-German: <http://www.oamk.fi/tekniikka/english/tandem>

University of Oulu: <http://webcgi.oulu.fi/kielikeskus/index.php?a=oe&s=Tandem.html&v=independent>

#### **Summer University of Northern Ostrobothnia/ Pohjois-Pohjanmaan kesäyliopisto**

Address: Kauppurienkatu 8 B (Most of the courses cost 50 euros.

The credits are not directly accredited towards your degree – please, ask your university about the accreditation.)

- You will find the Finnish language courses when you scroll down:

[www.pohjois-pohjanmaankesayliopisto.fi/toimipaikat/oulu/kurssit/frameset.html](http://www.pohjois-pohjanmaankesayliopisto.fi/toimipaikat/oulu/kurssit/frameset.html)

In the fall 2008 there was one course free of charge:

FINNISH-EXTRA – A Finnish Language Help Centre for Foreigners

- *Beginners' level: Wed. 16.30–18.00 (year 2008)*
- *Intermediate level: Tue. 16.30–18.00 (year 2008)*

#### **Open University of Oulu/Avoin yliopisto (Each course costs 83 euros)**

<http://www.kotu.oulu.fi/avoin/opetus/index.htm>



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## 4.2. Finnish Courses organized by schools and organisations in Oulu:

**Oulun aikuislukio**, a senior secondary school teaching adults

### **Examples of the courses in the fall 2008:**

Finnish for Foreigners – courses with level 0, 1 and 2, either during the day or in the evening. Each course lasts for 5 weeks, twice a week, 2+2 hours/week. One course costs 25 €. The first period starts 25.8. and the second one 2.10.

Please, contact Henna Aikio for more information and enrolment: [henna.aikio@ope.ouka.fi](mailto:henna.aikio@ope.ouka.fi), 044 703 9374.

### **Oulu-opisto/ the Adult Education Centre of Oulu**

Casual evening courses, the program is available here: [http://opnet.virkamaki.fi/oulu/opinto-ohjelma/index.htm#150\\_OULU](http://opnet.virkamaki.fi/oulu/opinto-ohjelma/index.htm#150_OULU)

### **Examples of the courses in the fall 2008:**

- Finnish for Foreigners 1. Elementary course. Lessons twice a week: Tue. 17.30–19.00 and Thu. 17.30–19.00  
The course costs 68 € for the whole year. 9.9.2008–4.12.2008 and 13.1.2009–23.4.2009.
- Finnish for Foreigners 2. Advanced course. Tue 19.00–20.30. The course costs 48 € for the whole year: 9.9.2008–2.12.2008 and 13.1.2009–21.4.2009. For more information see: [http://www2.edu.ouka.fi/koulut/pohjankartano/ouluopisto/in%20english\\_word.htm](http://www2.edu.ouka.fi/koulut/pohjankartano/ouluopisto/in%20english_word.htm)

### **International Activity Centre Villa Victor** (Kansainvälinen toimintakeskus Villa Victor) (Courses are free of charge!)

Finnish language courses are available here: <http://www.ouka.fi/kvtoimintakeskus/english/language.html>

### **Examples of the courses in the fall 2008:**

- Level 0: Thursdays at 10–11:30 am, Starts August 7th 2008
- Level 1: Thursdays at 4–5:30 pm, Starts August 21st 2008
- Level 2: Tuesdays at 5:30–7 pm, Starts August 19th 2008
- Advanced: Tuesdays at 4–5:30 pm, Starts August 19th 2008
- Advanced/Conversation: Wednesdays at 5–6 pm, Starts September 10th 2008

**Finnish Language and Cultural Knowledge** Courses at the International Activity Center Villa Victor, in the co-operation with Oulu-Opisto, free of charge:

- Beginners with a little Finnish Knowledge: Tuesdays at 5:30–7 pm (year 2008)
- Simple conversation with grammar themes: Tuesdays at 4–5:30 pm (year 2008)

### **Oulu Settlement's Friendship House (Ystävyystalo, Oulun Seudun Setlementti)** (Courses are free of charge!)

For Finnish language programme see <http://www.ystavystalo.fi/en/index.html> → Activity → Finnish language groups

- A plenty of Finnish courses and clubs, cultural evenings and other activities!

## 5. Official Links for Necessities in Life

**Oulun kaupunki (City of Oulu):** <http://www.ouka.fi/english/index.asp>, A wonderful information source for many issues related to Oulu.

**Oulu city map and location service:** There is a very practical tool for finding places in Oulu at <http://kartta.ouka.fi> (→ click the British flag for English). You may type the searched place in English or in Finnish and you are given the location on the map in English.

**Maahanmuuttovirasto (Finnish Immigration Service):** [www.migri.fi](http://www.migri.fi)

**Poliisi (The Police):** [www.poliisi.fi](http://www.poliisi.fi)

**Maistraatti (Register Office):** [www.maistraatti.fi](http://www.maistraatti.fi)

**KELA (Social Security):** [www.kela.fi](http://www.kela.fi)

**Vero (Taxation):** There is a very good page about Finnish Tax System and a Tax Guide in English in the official web site of the Tax office. Check [www.vero.fi](http://www.vero.fi) → In English → Tax guide

**Valtiovaraministeriö (Ministry of Finance):** [www.vm.fi](http://www.vm.fi)

**YTHS (FSHS Finnish Student Health Service)**, Health care for the students in the University of Oulu: [www.fshs.fi](http://www.fshs.fi)

**City of Oulu Student Health Care Clinic:** The Students of the Oulu University of Applied Sciences residing in Oulu, whose stay lasts at least four (4) months, are entitled to use the services here, in cases of acute illness. <http://www.ouka.fi/sote/english/health.html>

**Työvoimatoimisto (Employment Services):** [www.mol.fi](http://www.mol.fi)



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## 6. Churches

### **Oulu Evangelical Lutheran Congregations' International Work**

Pastor of the International Work Mr Árpád Kovács  
Fri 10–12 in the Öberg House, Kirkkokatu 5  
Tel: (08) 3161 337, 040 524 2778, arpad.kovacs(xx)evl.fi

### **International Christian Fellowship of Oulu**

<http://icfo.wordpress.com/>

### **Oulu Cathedral** (Oulun tuomiokirkko, Lutheran)

Kirkkokatu, Tel. (08) 311 2516. Open: 12–1pm daily.  
There is a Sunday Service, in English, in the Oulu Cathedral, every Sunday at 6 pm.

### **Orthodox Cathedral of the Holy Trinity**

(Oulun ortodoksisen seurakunnan Pyhän Kolminaisuuden katedraali)  
Torikatu 74, tel. (08) 311 5741 Open: Mon-Fri 9am–12noon

### **Catholic Church** (Katolinen kirkko)

La Santa Famiglia di Nazaret (The Holy Family of Nazareth)  
Liisantie 2, Tel. (08) 347 834 Open by appointment.

### **The Adventist Church**, (Adventtiseurakunta)

Tuulimyllynkatu 18, tel.(08) 530 3953

### **The Church of Jesus Christ of Latter-day Saints**,

(Myöhempien Aikojen Pyhien Jeesuksen Kristuksen Kirkko) Nokelantie 38, tel. (08) 335 714

### **Pentecostal Church**, (Helluntaiseurakunta)

Uusikatu 78, tel. (08) 561 8900

### **The Islamic Community of Northern Finland**, (Pohjois-Suomen Islamilainen yhdyskunta)

Kajaaninkatu 36 H, tel. (08) 311 5514

### **Jehovah's Witnesses**. (Jehovan todistajien valtakunnansali)

Kello Assembly Hall, Tel. 564 0000, 510 100. Center Congregation, Tel. (08) 370 208.

### **Oulu Bahai Community for English speakers**.

Information, Tel. (08) 311 3942

