



„NUORTEN
OULU„



Hello young person, welcome to Oulu!

Information for New Residents in Oulu



nuortenoulu.fi



050 599 2293 / Byström One Stop
Guidance Center



bystrom@ouka.fi



[@nuortenoulu](https://www.instagram.com/nuortenoulu)

Youth Oulu

Oulu has 22 youth spaces. These spaces are mainly for young people under 18, but **Youth Bysis** offers activities up to age 25, and **Nurkka in Valkea** has an upper age limit of 29. At the city's youth spaces, you can meet peers, engage in hobbies, play games, do crafts, and hang out in a safe environment.



Byström One Stop Guidance Center offers free information, advice, and guidance to young people under 30 in Oulu. You can reach out to Byström Guidance Center for help with matters like employment, education, finances, housing, well-being, relationships, and international opportunities.



Outreach Youth Work provides advice if your future plans are unclear, if you lack income, work, or a place to study, if you're feeling lonely, or if you're just unsure of your direction. Outreach Youth Work is primarily for young people aged 16-29 who are not in education or employment.



Youth Workshops are designed for all unemployed young people in Oulu under 29 and secondary school students. You don't need any skills to join the workshops. You'll learn new skills with like-minded people under professional guidance. All you need is the willingness to find your own path. There are nine workshops in Intiö and three in Haukipudas.

Young adults' leisure activities include free clubs, trips, events, and groups. These activities are open to all young people and young adults aged 16-29 from Oulu. Some activities require registration, and different groups may have varying age limits.

Kastelli Youth Space Huudi organizes evenings for rainbow youth aged 11-17, and Byström's Guidance Center caters to young people and young adults aged 17-29. In celebration of **rainbow activities**, we participate annually in Oulu Pride at the turn of July-August.

There are plenty of ways to **get involved and make a difference** in Oulu. Join local groups for children and youth participation, get active in the Oulu Youth Council ONE, become part of the Young Adults' Participation Group, or apply for Youth NERO funding.

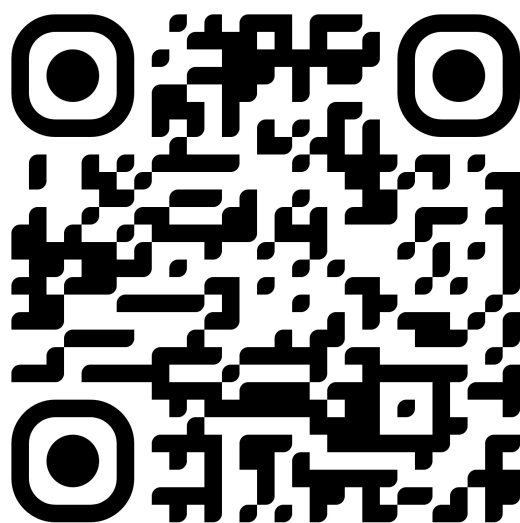
You might also encounter youth workers from Oulu while out and about in streets and parks. **Street-based youth work** is ongoing throughout the year in the city center, powered by Kaasi's guides. The Kaasi team gets additional support during school start and end festivities and during holiday seasons. You can spot the youth workers by their blue vests.

You can find us on social media too. Follow @nuortenoulu on Instagram, @nuortenoulu5174 on YouTube, and join us on the NuortenOulu Discord server.

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Find all the youth spaces in Oulu, Byström Guidance Center, workshops, NERO funds, and much more at **Nuortenoulu.fi**.

On Nuortenoulu, you can read **Info for Youth**, search for suitable services using the **Löydä oma palvelusi** search engine, and ask anonymous questions in the **Pulmakulma**.



Nuortenoulu.fi/en

Feeling lost with
services, looking for a
hobby, or new friends?



Hey there, new Oulu resident under 30!

Come join the New Oulu Residents'
Evenings at Youth Bysis, Hallituskatu 5A!

Evenings are held once a month
on Tuesdays from 4 PM to 6 PM

Aug 26

Sep 23

Oct 28

Nov 25

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For more information: Youth Bysis 044 703 8219

Bystömin

OHJAAMO

OULU



NUORISOPALVELUT

ODL



Yhdessä

Other places for young people and young adults

Walkers is a place where teens aged 13–18 can find companionship and activities from Tuesday to Friday. At the Walkers meeting spot, you can enjoy coffee, tea, lemonade, and cookies. There are various board and card games, musical instruments, art supplies, chargers for all phones, and the opportunity for private, confidential conversations with staff members. Walkers meeting spot is located in downtown Oulu (Isokatu 47). [You can learn more about the activities at Odl.fi \(in Finnish\).](#)

Tyttöjen Talo is a space for girls and women aged 12–29, where gender diversity is also respected. At Tyttöjen talo, you can join community activities, open events, and various groups, plus there's individual work to help strengthen your abilities, meet new people, and get life support. Tyttöjen Talo is located in downtown Oulu (Kirkkokatu 19 A 9). [You can learn more about the activities at Likka.fi \(in Finnish\).](#)

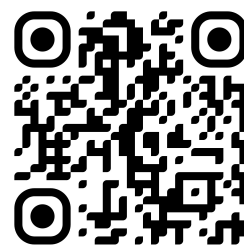
Poikien Talo is a space for boys and men aged 12–29, taking gender diversity into account. At Poikien Talo, you can play games, cook, or simply relax and chat. A range of groups, community activities, and individual support are available. Poikien Talo is located in downtown Oulu (Isokatu 41 A 13). [You can learn more about the activities at Poikientalo-oulu.fi \(in Finnish\).](#)

LOKO is a meeting spot for young adults aged 18–35. At LOKO, you'll find a safe place to relax, meet others, and engage in meaningful activities. Guidance and individual support are available as needed. The activities are substance-free and free of charge. LOKO is located in downtown (Kauppurienväylä 23, 1st floor, entrance on Vaarankatu side). [You can learn more about the activities at Onmky.fi \(in Finnish\).](#)

Mielipaletti offers activities for young adults aged 18–35, allowing you to join creative method groups, nature activities, events, or social gatherings according to your resources. Mielipaletti is located in Hyvän mielen talo in downtown Oulu (Kauppurienväylä 23, 2nd floor, entrance on Vaarankatu side). [You can learn more about the activities at Hyvanmielentalo.fi \(in Finnish\).](#)

Libraries

There are 24 libraries in the Oulu area. In addition to borrowing books, these libraries offer other services like wireless internet, public computers, and some locations even have workspaces available for reservation. Depending on the library, you might also find additional services like borrowing tablets or games.

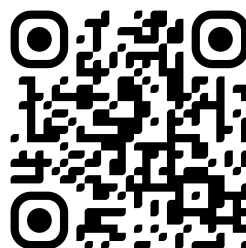


[Ouka.fi/en/library](https://ouka.fi/en/library)

In some libraries, you can access the premises outside regular opening hours using a valid OUTI library card and its associated PIN code. You can obtain a library card from the library's customer service.

Exercise

Action Sports offers guided activities for ages 13-19, free of charge. Options are available throughout the city, and all necessary equipment is provided on site. With Action Sports, you can enjoy e.g. swimming, gym workouts, climbing, or fitness kickboxing. Oulu also offers sports coaching for young people.



[Ouka.fi/en/action](https://ouka.fi/en/action)

Oulu boasts a wealth of **outdoor sports facilities open to the public**, including outdoor gyms, skate parks, fitness stairs, ice rinks, and ski trails. Student cardholders can access indoor sports facilities like swimming pools and gyms at reduced prices.

If you don't own the necessary sports equipment, you can borrow it from the Equipment Lending Center at the Recycling Center Likke in Limingantulli (Jääsalontie 16-18). Available items include balls, rackets, summer games, skates, skis, and helmets.

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Well-being and Health

Oulu is part of the Northern Ostrobothnia welfare region, known as Pohde. On the Pohde.fi website, you'll find resources like the digital social and health center, where you can chat with a professional without needing an appointment and perform a symptom assessment. Student health care is primarily provided through the student's own health services.



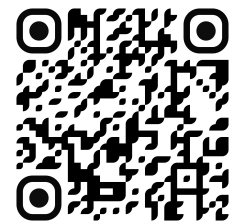
Pohde.fi/en/front-page/

In urgent situations during on-call hours, you can contact your local health center or joint emergency services. Call emergency assistance at 116 117. In emergencies, always dial 112.

Individuals under 18 receive an invitation for a dental check-up. If needed, you can make an appointment by calling 08 669 2030. For emergency dental services, call 044 703 6426.

Pharmacies are available throughout the city. The University Pharmacy in the center offers the longest opening hours, from 8 AM to 11 PM.

Walk-in therapy offers free and anonymous conversation support without needing an appointment. It's designed for young people and young adults aged 16–29 to support mental well-being.

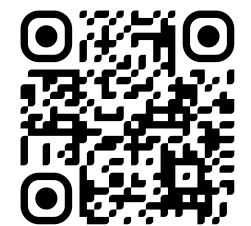


Oulunseurakunnat.fi
(in Fin)

Getting Around in Oulu

Oulu has an efficient public transportation system. You can find the best line and route for you using the Route Planner at **Reittiopas.osl.fi** or the **OSL app**. At **Jl.oulunliikenne.fi**, you can check bus arrival times at specific stops. You can also see which buses stop at each bus stop.

For bus travel, you can purchase a single ticket, a day ticket, or a season ticket. The travel card can be bought at the Oulu10 service point. Those under 16 travel at the children's fare, and individuals aged 17–24 at the youth fare. Students aged 25 and older can purchase a 30-day season ticket at the youth fare by updating their customer group to student in the online store.

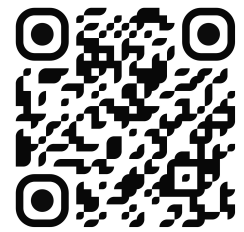


Osl.fi/en/

Oulu has a well-maintained network of bike paths covering the entire city, accessible all year round. **Remember to lock your bike whenever you leave it unattended!**

BusinessAsema

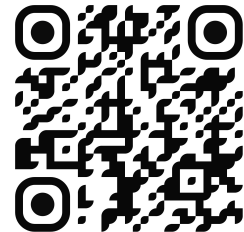
At BusinessAsema, you'll discover a range of services, including business advice for those planning ventures, housing guidance, and Talousneuvola - Financial Counseling Center.



Businessasema.com

International House Oulu At BusinessAsema

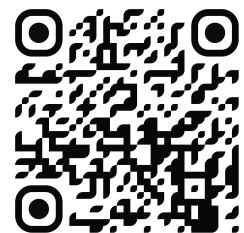
IHOulu provides support for immigrants with questions related to work, entrepreneurship, or studying. Services are also available for those granted asylum.



Oulu.com

Events - MunOulu

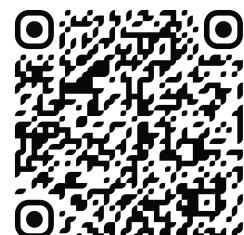
Oulu hosts a variety of events suited for everyone. You can find both small and large events listed comprehensively in the Mun Oulu event calendar.



Tapahtumat.munoulu.fi

Kaikukortti Card

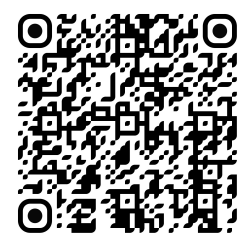
If you're facing financial challenges, you can receive the Kaikukortti Card. With this card, you can access free tickets to cultural events and venues, like concerts, theaters, and museums. The card also allows you to enroll in some community college courses. It is a personal and complimentary card.



Ouka.fi

Thrift Stores

Oulu has plenty of great thrift stores where you can snag some bargains. Some of the most well-known ones are Järkikirppis, Paljekirppis, SPR Kontti, and the Recycling Center Likke.



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