

An aerial photograph of Oulu, Finland, showing a city with a river, a forested area, and a factory in the distance. The image is overlaid with a semi-transparent blue filter. The text "Well-being facilities in Oulu" is centered in white. The background shows a cityscape with buildings, a river, and a forested area. In the distance, a factory with smokestacks is visible. The sky is a mix of blue and orange, suggesting a sunset or sunrise.

# Well-being facilities in Oulu

Fig. 1. Ota Haltuun Oulu – Asteen Verran Parempi Pohjoinen Kaupunki.” *Oulu*, [oulu.com/oulu/](https://oulu.com/oulu/). Accessed 17 Jan. 2023.

# Bysis

- Bysis is a hangout place for youngsters from the ages of 11-25 year olds
- Bysis is situated in the middle of the city.
- Bysis has a wide variety of activities;
  - Instruments (Drums, guitars, pianos)
  - Video Games (PS4, Gaming computers)
  - Living room (With board games)
  - Café





Fig.2. Manninen, Janne-Pekka, "Ainolän Puisto Kutsuu Nauttimaan Kauniista Kesäpäivästä." *Kaleva*, [www.kaleva.fi/ainolan-puisto-kutsuu-nauttimaan-kauniista-kesapai/1728654](http://www.kaleva.fi/ainolan-puisto-kutsuu-nauttimaan-kauniista-kesapai/1728654). Accessed 17 Jan. 2023.



"Kurkkaus Menneeseen." *Ison Veen Rannalla*, 23 Mar. 2014, [isonveenrannalla.wordpress.com/2014/03/23/kurkkaus-menneeseen/](http://isonveenrannalla.wordpress.com/2014/03/23/kurkkaus-menneeseen/). Accessed 17 Jan. 2023.

# Ainola Park

- Ainola Park is located near the city center of Oulu and is also very close to OIS.
- Ainola Park is good for the mind, body and soul.
- Ainola Park has activities for everyone from toddler to the elderly.

# City Dance

- City dance is **Oulu's largest dance school** made for dancers of all ages
- Good for **mental, physical and social health**
- It offers a **wide variety of different dance courses**, such as show dance, street dance and ballet
- It allows people to **have fun with friends, learn new things, and exercise** at the same time!
- You also get the opportunity to **preform and compete**

.. . .  
**CITY**



Fig. 4. "City Dance Logo" *City Dance*, Accessed 17 Jan. 2023.



Fig. 5. "City Dance" *City Dance*, Accessed 17 Jan. 2023.



# Konservatorio

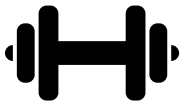
- Konservatorio is a **music academy** intended for students wanting to play an instrument
- Good for **mental, social and spiritual health**
- Students learn to play different music pieces very quickly due to the **high education**
- Only the **best students** in the entrance exams get in
- Usually, **three lessons per week**
- The basic level is up to 15 years, after that you can continue by doing advanced studies
- Benefits:
  - You learn to express yourself through music
  - Have fun playing variety of different music pieces
  - Learn at your own speed
  - You get to perform different music pieces multiple times a year





# Hukka

- Hukka is an **exercising center** where you can do many different activities:
  - Go to the gym
  - Play tennis, squash, Ping-Pong, badminton, pickleball and go mountain biking
  - Go to instructed lessons such as cycling, bodyjump, jooga, bodyattack, stretching, Latin dance and barre
- Good for your **mental and physical health**
  - You can push yourself to your limits to achieve new goals
  - Make new friends from instructed lessons, ballgames and the gym
  - Get relaxed: free coffee and hot chocolate as well as boardgames and a game of darts



# Kuusisaari

- Kuusisaari offers well-being for the body and spirit
- Kuusisaari has multiple types of physical activities such as:
  - Basketball
  - Beach volleyball
  - Frisbee golf
  - Outdoor gym
- The beach offers relaxation and fun



Fig. 1. "Kuusisaari" Ramboll, Accessed 17. Jan 2023



- The outdoor gym in Kuusisaari offers multiple different ways to exercise
- They have machines for cardio and strength exercises
- There is also an area for pullups and other bodyweight exercises

Fig.7 "Kuusisaaren liikuntapuisto" *Oulun Kaupunki*, Accessed 26.Jan 2023



# Oulu Swimming Hall (Raksila)

- Good for physical and mental health
- In addition to the pool section, the facility's services include a gym, a sports hall, and a judo and boxing hall
- It is one of Finland's largest swimming halls
- Our school occasionally holds PE classes there
- There are diving boards of several different levels
- There are a variety of pools
- It is located very close to the city
- The swimming hall is also suitable for handicap people

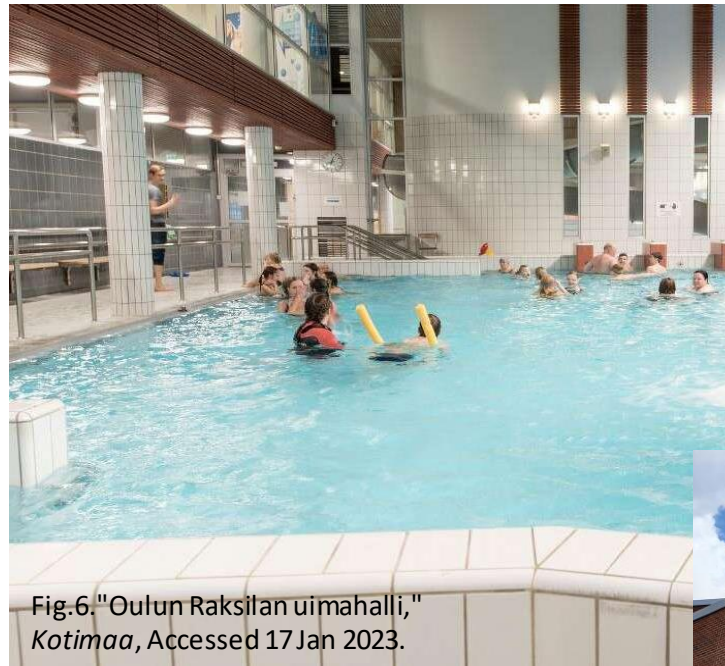


Fig.6. "Oulun Raksilan uimahalli," Kotimaa, Accessed 17 Jan 2023.



Fig.7. "Oulun uimahallin kuntosali," Ouka, Accessed 17 Jan 2023.



Fig.8. "Uimahallin rakentaminen," Munoulu, Accessed 17 Jan 2023.

An aerial photograph of the Ouluhalli arena in Oulu, Finland. The arena is a large, modern building with a prominent, curved, grey roof. It is surrounded by a large parking lot with several cars. In the background, there is a dense forest and a cityscape with various buildings and houses. The sky is clear and blue.

# Ouluhalli

- Ouluhalli is good for the body, mind and spirit. If you visit Ouluhalli you will be able to work out in the gym, run inside in the track and field and work with your body more in general.
- You will be able to make loads of new friend when you start to attend hobbies and go to the gym, this helps with your mental health.
- In Ouluhalli you are also able to relax and take your mind off things.

Fig. 8 "Ouluhalli" Kontukoski,  
accessed 17.1.2023

# Nallikari

- Nallikari is a great place to relax and calm down, especially at sunset
- Nallikari is also a very popular swimming spot, and it also ranks as the second-best beach in all of Finland.
- In Nallikari you are also able to do hobbies like kayaking and in the winter go walking on the ice.
- In my opinion Nallikari is the most beautiful place in Oulu

