

Discover Finland: Oulu &
Peaceful Nordic Life





01. Welcome to
Oulu Finland



02. Education &
Lifestyle



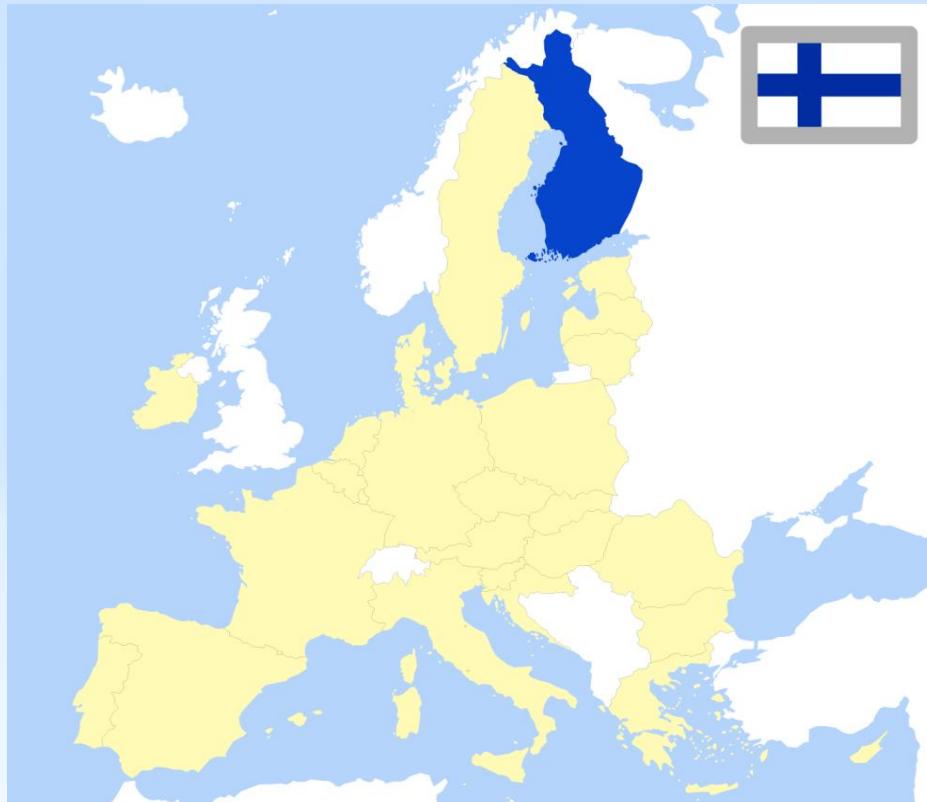
03. Culture &
Nature



04. Traditions &
Food & Trivia

Finland & Oulu

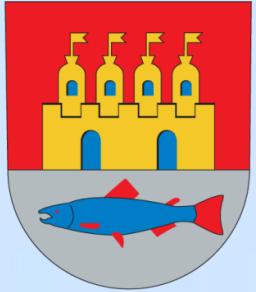
Finland is a Nordic country in Northern Europe, bordering Sweden to the west, Norway to the north, Russia to the east, and the Baltic Sea to the south. Its location places it between Western Europe, the Nordic region, and Russia, giving it an important strategic and cultural position.



Finland Population : ~5.6 Million
Population density : 19/km² vs Japan: 343.28/km²
Capital city : Helsinki
Land area : 338 472 km²



Oulu population : 214 633
Land area : 3 052 km²
Population density : 73.09/km²

 **University Profile**

Oulu University of Applied Sciences (OAMK) is one of Finland's largest universities of applied sciences, with about 9,000 students, including around 240 international degree students.



Peaceful Student Life in OAMK



2.95 euro — 535 yen



250 euro — 46,000 yen



Safe and Affordable Living

Oulu offers a peaceful and safe environment for students; with a low crime rate and affordable cost of living compared to other Finnish cities.



Festival of Cultures

This event is part of the University of Oulu's home internationalization initiative, aimed at promoting cultural awareness and creating enriching international experiences.



Finnish Culture and Traditions

Finnish culture values honesty, equality, and a deep respect for nature.

In the summer, people often enjoy having barbecues and riding bikes.

During the fall, they go mushroom picking and sometimes chase the Northern Lights.

In the winter, Finns love relaxing in the sauna and skiing.





Christmas & New years

Christmas: family gatherings, giving small gifts to each other, eating good food, visiting the cemetery and eating way too much food & chocolate.

New years eve: meeting friends, partying, shooting fireworks, eating good food and enjoying the sauna

Some traditions may vary depending on the region and family in question, some may have their own unique traditions, while others may not celebrate them at all, but these are the most common ways to celebrate Christmas and New years in Finland.





Midsummer festival: Juhannus

Most people go their summer cabins with friends or family, and the cities will be quite empty at this time.



Traditionally the Kokko is burned near water. Usually its bigger than this. This picture was taken at 3am on the 22nd of June



BBQ food. Commonly meat, Vegetables and Potatoes.

Finns celebrate Juhannus on a Friday between the 19th and 25th of June.

During midsummer the sun doesn't go below the horizon.

The typical midsummer cottage traditions are: drink, do barbecue, play Finnish summer games and light a bonfire called "Kokko". The original purpose of the Kokko was to ward off evil spirits.



This picture was taken at 1am on the 22nd of june



Vappu and Independence day

Finland gained independence from Russia on December 6, 1917

A Finnish tradition is to watch the “Linnanjuhlat” party on the tv as various guests invited to the party held at the presidential palace come to shake hands with the president.

Finns also often watch the “Tuntematon sotilas” movie on that day, there is also a military parade broadcasted on tv as well.



Vappu (First of May) is the day of celebration for workers and students alike and is usually the biggest student partying event of the year.

People go out on picnics wearing their student hats. Sima, Munkki and Tippaleipä are the traditional Vappu delicacies.





Other special days & foods

Pääsiäinen (Easter)
Laskiaisen (Shrovetide)
Runebergin päivä
Loppiaisen (Epiphany)
Mother's day
Helluntai
Helatorstai
Pyhäinpäivä
Father's day
Pikkujoulut



Different kinds of pies

Piparkakut
Runebergin torttu

Pullat

Karjalan piirakat

Joulutortut

Pasha

Mämmi

Juustoleipä



General trivia

The temperatures usually vary between 25 and -25 degrees Celsius. But can go up to 35 and down to -40.

During summer, the days are very long. While during winter the days only last a few hours.

Since Finland is so sparsely populated, some Japanese visitors might be taken back by how empty and quiet it can get, even in the larger cities. Some may find the silence fascinating.

Most detached homes have saunas, sometimes even multiple.

No dress-code or uniforms at schools

Finns drink a lot of coffee

Hours of	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Daylight	5.2h	8.5h	11.9h	15.4h	19.0h	21.7h	20.0h	16.4h	12.9h	9.5h	6.1h	3.8h



A photo taken from the same location in Sotkamo in spring, summer, autumn and winter



Finnish people respect their and other's personal space



Finnish people waiting for a buss



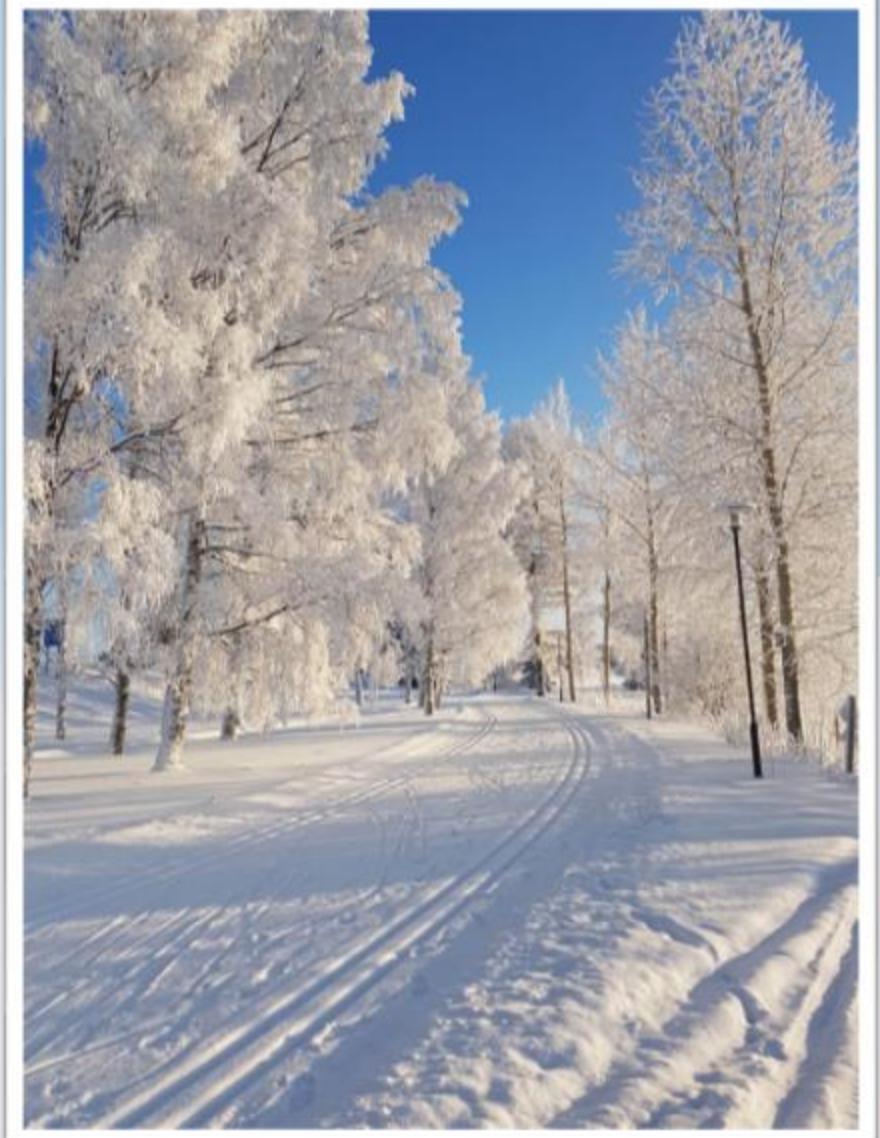
Finnish people waiting a buss in a winter storm



Thank you



Average small forest road in winter



Cross-country skiing path in January