



NUORI ESPOO



YOUTH CENTRE – A LEISURE PLACE FOR YOUNG PEOPLE

- In the Youth Centres you can enjoy your hobbies, spend leisure time and experience life
 - Various kinds of clubs for example, football club, hobby crafts clubs, band club, girls' club, etc. Theme evenings, workshops and games.
 - Various events (Nuori Espoo event tour, Espoo live) and numerous camps on offer (payment exemptions possible)
- Safe and substance-free place for leisure
- Everyday life learning environment
- Meet children and young people from different cultures as well as from yours
- Make friends and spend time with them
- A place where you can be yourself
- A place where racism or segregation is not entertained
- Religiously and politically neutral place
- Youth workers are culturally and linguistically diverse
- Free Entry!



Locate Your nearest youth centre

ESPOON KESKUS AREA:

Youth Centre	Address and other contact information	Youth workers also speak
Juvanpuisto Youth Centre	Juvanpuro 2, tel. 043 825 1378 / 046 877 2982, juvanpuisto.nuoriso@espoo.fi	Swedish, English
Kalajärvi Residents and Youth Centre Rentola	Hiirisuontie 1, tel. 043 825 2887 / 050 303 1957, kalajarvi.nuoriso@espoo.fi	
Kauklahti Youth Centre	Hansakallio 2, tel. 046 877 1356 / 043 826 6668, kauklahti.nuoriso@espoo.fi	English
Keski-Espoo Residents and Youth Centre Senterri	Kirstintie 1 tel. 050 462 5656 / 046 771 355, suvela.nuoriso@espoo.fi	Albanian, Bosnian, English, Croatian, German, Somalian, Russian
Rainbow Youth Centre Kirjava	Kirkkojärventie 4, tel. 043 825 8424, kirjava.nuoriso@espoo.fi	English, Swedish



ESPOONLAHTI AREA:

Youth Centre	Address and other contact information	Youth workers also speak
Kivenlahti Youth Centre	Merivalkama 2, tel. 046 877 2375, kivenlahti.nuoriso@espoo.fi	Swedish, English
Nöykkiö Youth Centre	Oxfotintie 4, tel. 050 302 8133, noykkio.nuoriso@espoo.fi	
Saunalahti Youth Centre	Brinkinmäentie 1, tel. 043 824 9353, saunalahti.nuoriso@espoo.fi	English
Soukka Youth Centre	Soukantie 13, tel. 046 877 1708, soukka.nuoriso@espoo.fi	English, German, Estonian
Sökö ungdomslokal	(Swedish Youth Work) Yläkartanontie 28, tel. 046 877 1361	English

More info: www.espoo.fi/fi-FI/Nuoret/Kivaa_tekemista/Nuorisotilat and www.harrastushaku.fi



LEPPÄVAARA AREA:

Youth Centre	Address and other contact information	Youth workers also speak
Karakallio Youth Centre	Kotkatie 4, tel. 046 877 3653 karakallio.nuoriso@espoo.fi	English
Leppävaara Youth Centre	Veräjätienkatu 6 C, tel. 046 877 3644 / 046 877 2204, leppavaara.nuoriso@espoo.fi	Albanian, English, Somali
Pointti	(Youth department, Sello Library) Leppävaarankatu 9, tel. 046 877 2205 / 043 825 5190,	Arabic, English, Turkish

More info: www.espoo.fi/fi-FI/Nuoret/Kivaa_tekemista/Nuorisotilat and www.harrastushaku.fi



MATINKYLÄ-OLARI AREA:

Youth Centre	Address and other contact information	Youth workers also speak
Gräsa Youth Handicraft Centre	Luomanportti 2, tel. 09 816 30495 / 046 877 3899, grasa.nuoriso@espoo.fi	
Haukilahti Community Centre	Toppelundintie 13, tel. 046 877 3035, haukilahti.nuoriso@espoo.fi	English, German, Swedish
Mankkaan Makasiini	Vanhan-Mankkaankuja 2 C, tel. 043 825 2329	
Matinkylä Community Centre	Matinraitti 17, tel. 050 345 4159 / 043 825 1140, matinkyla.nuoriso@espoo.fi	
Olari Partner Youth Centre	Maapallonkuja 1, tel. 046 877 1443	
Tapiola Youth Centre	Tapiontori 3 A, tel. 050 395 2229 tapiola.nuoriso@espoo.fi	

More info: www.espoo.fi/fi-FI/Nuoret/Kivaa_tekemista/Nuorisotilat and www.harrastushaku.fi



INFORMATION AND COUNSELLING

- **yESBOx Youth Information and Counselling services** – All about youth life in Espoo and Finland in general. Piispansilta 11 (Iso Omena shopping centre), tel. 043 825 7607, yesbox@espoo.fi,
 - **Opening hours:** mon., tue. and thu. 12pm-6pm, wed. 12pm-8pm, fri. 12pm-4pm;
 - Ohjaamo Espoo's counselling services on Tuesdays 1pm-5pm
 - Service available in Finnish, Swedish and English
 - www.espoo.fi/yesbox
- **Ohjaamo Espoo** provides counselling services for young immigrants between 17-29 years, Kamreerintie 3 C 6th floor, tel. 040 126 7513.
 - Services available in: Finnish, Swedish, English, Somali
 - www.ohjaamoespoo.fi
- **Other:**
 - Tyttöjentalo (Centre for Girls), Leppävaarankatu 24 D 2, 3 krs., (Ruusutorppa school) tel. 050 442 2173
 - www.espoontyttojentalo.fi
 - Pulmakulma: www.nuoret.info (chat service) realtime online counselling
 - Nuorten elämä: www.nuortanelama.fi (chat service) realtime online counselling
 - Infopankki: www.infopankki.fi information available in different languages



OPPORTUNITIES FOR PARTICIPATION AND INFLUENCE

You can think of and influence decision-making through a variety of means:

- Youth Council (NuVa) is an influential body of the Youth. Read more about NuVa on their website www.espoo.fi/nuva.
- Another option is through municipal initiatives. With this, you can influence your municipality by making proposals about issues of interest to the municipal authorities. Your Youth Instructor can guide you on how to do this.
- You can also participate in open forums in your Youth Centre and share ideas regarding how activities of the centre can be improved.
- Various schools have student unions / student regulated bodies through which you can share your opinion on school-related matters.
- More info: www.espoo.fi/fi-FI/Nuoret/Osallistu_ja_vaikuta

Participate and Influence!



NUMEROUS EXERCISE AND RECREATIONAL OPPORTUNITIES

- **Free sports groups:**
 - WAU-clubs for 1st-4th graders for (in schools)
 - MUUVI-group for 4th-6th graders (example in schools)
 - JUMPPI for 7th-9th graders
 - Holiday activities such as during christmas, winter and summer holidays www.espoo.fi/lomaliikunta
 - More information about recreational sports and other sports groups at www.espoo.fi/lastenjanuortenliikunta
- **Exercise tips and advice:** You can get free information and counselling about how to begin exercises as well as exercise opportunities close to you. Information and counselling are provided by exercise professionals. tel. **09 8166 0800 mon-fri from 11am-1pm.**
- More about exercise opportunities in Espoo, Vantaa and Helsinki from: www.harrastushaku.fi



ENJOY CULTURE!

Espoo is an active **cultural city**, where you can enjoy culture from one place to another. www.espoo.fi/kulttuuri

- Find yourself at a **library** – The knowledge, skills, learning and participation centre serves residents in 15 locations and also online. In larger libraries, you find lots of interesting things to do and also hang out places for young people as well as band rehearsal rooms and music studios. For example at Sello library, you can find playstation, twitter, boardgames or pools. You can meet and make friends and also chat with your Youth instructor. www.helmet.fi
- **'Culture friend'**. If you want to participate in a cultural event but you have difficulty going to such places, a 'Culture Friend' can help. 'Culture Friend' (Kulttuurikaveri) is a volunteer, whom you can request to keep you company or help you to participate in a cultural event. Under 18-year olds can be part of the 'Culture Friend' programme together with their family or a care-taker. www.espoo.fi/kulttuurikaveri tel. 050 381 4033
- **Kaiku-card**: With Kaiku-card you can get free tickets to cultural locations. You are eligible for Kaiku-card if you are a minimum of 16 years and feel financially constrained. With Kaiku-card you can go to some concerts, festivals, theatres or museums for free. More information: www.espoo.fi/kaikukortti



LARGEST LIBRARIES BY AREA

Area	Library	Visiting address	Website address
Espoon keskus	Entresse Library	Espoon keskus, Siltakatu 11, 02770 Espoo	www.helmet.fi/entresselibrary
Espoonlahti	Kivenlahti Library	Merenkäynti 3, 02320 Espoo	www.helmet.fi/kivenlahtilibrary
Leppävaara	Sello Library	Leppävaarankatu 9, 02070 Espoo	www.helmet.fi/sellolibrary
Matinkylä-Olari	Library Omena	Suomenlahdentie 1, Palvelutori, 02230 Espoo	www.helmet.fi/isoomenalibrary
Tapiola	Tapiola Library	Culture Centre, Kaupinkalliontie 10, 02070 Espoo	www.helmet.fi/tapiolalibrary

NUORI ESPOO

For more information: www.espoo.fi/nuoriespoo
and www.harrastushaku.fi (find a hobby)

Facebook: /Nuori Espoo
Instagram: #nuoriespoo and @nuoriespoo