

10. Recreation

10.1 Culture

Åbo and Vasa offer a great variety of cultural experiences that you can discover during your stay. There are choirs, theatres, cinemas, dance theatres and performances, museums, and orchestras and bands who give concerts, as well as festivals and other cultural events. If you need help with finding events and things to do, contact the tourist information offices or have a look at their websites. You can also ask around among your local friends or check with the Student Union or your subject's student association as they sometimes organise trips to the theatre or cinema. The city of Åbo has rather good information about cultural events and e.g. museums on their website as well. The city of Vasa's website offers some links to cultural events to. It may also be a good idea to like the cities on Facebook and get updates about upcoming events that way.

Åbo:

Turku Touring: www.visitturku.fi

Student Union ÅAS: www.studentkaren.fi

City of Åbo: www.turku.fi > Culture

City of Åbo: www.facebook.com/turunkaupunki

Vasa:

City of Vasa: www.vaasa.fi > Leisure > Culture

Vaasan Seudun Matkailu Oy: www.visitvaasa.fi

Student Union ÅAS: www.studentkaren.fi

City of Vasa: www.vaasa.fi > Leisure > Culture

City of Vasa: www.facebook.com/vaasankaupunki

Remember to ask about student discounts! Sometimes it's possible to get a discount by showing your Finnish student card.

10.2 Sports

When it comes to sports, there are both local teams and clubs you can join, and sport activities organised by the student union that are open to all its members. To be able to participate in the sport activities organised by the student union you need to pay the sports fee (22 euros). Most activities are offered against a small fee that you pay each time you participate (e.g. 2 euros/time). For more information about the sport activities organised by the student union/university, please see www.abo.fi/student/en/motion (choose Åbo or Vasa in the menu to the left). The activities include, for instance, Zumba, body pump, capoeira, yoga, salsa, badminton, and football. There are also gyms, both on campus and public ones where students at Åbo Akademi University can get a discount.

If you prefer to join a local team or club, have a look at the websites of the city for more information on what's available:

- *City of Åbo:* www.turku.fi > Sports and Outdoor Activities
- *City of Vasa:* www.vaasa.fi > Leisure > Sports

There are also jogging tracks (some with outdoor exercise equipment) and fields and parks where you can play football, volleyball etc. free of charge. For more information on where you can find these, visit the websites of the cities, or ask for a map of them at the tourist information or the city's sports office:

Åbo

Åbo City Sports Services Centre

(Åbo Stads Idrottsbyrå)

Blombergsgatan 4/Hipposvägen 6

20720 Åbo

Vasa

Leisure Services Department

(Fritidsverket)

Vasaesplanaden 20 B, 3rd floor

65100 Vasa