



Welcome to Oulu – a small guide to Finnish life

Finns are friendly. They just express it a little differently.

Finland has its own way of doing things – and people here take them fairly seriously. No worries, this guide will get you started. Once you learn the rules, living at PSOAS will feel like a sauna – steady, warm, and quiet. *Just as it should be.*



Quiet hours

22:00 – 07:00

After 10 PM, **silence descends** like a Finnish winter night – automatically and without asking permission. Music, parties and loud company are moved to another day. **Parties are not allowed in shared spaces** – use the club room instead.

💡 Your neighbour won't knock on your door – they'll go straight to the property supervisor.

NEIGHBOURS

A Finnish neighbour **doesn't usually do small talk** in the stairway. A nod is friendliness. A smile is practically intimacy.



Waste sorting

IMPORTANT

In Finland, waste is **sorted carefully**. Mixed waste is only for what doesn't fit elsewhere. Food waste, paper, cardboard, glass, metal and plastic – each has its own place.

💡 Putting waste in the wrong bin is not a small thing. It's almost an insult.

BOTTLE DEPOSIT

Plastic bottles and cans are **returned to the shop** – not thrown away. You get money back. In Finland, this is almost a sacred tradition.



Sauna etiquette

THE BASICS

You enter the sauna **clean and without a swimsuit** – or with one in shared saunas. Place your own towel on the bench. Leave the sauna cleaner than you found it.

BOOKINGS

Sauna bookings **vary by building**. Bookings are made through **OmaPSOAS**. Book in advance, don't be late and leave on time.

💡 The sauna is therapy in Finland. Treat it accordingly.

NOT IN THE SAUNA

Shaving body hair and dyeing hair **do not belong in the sauna**. These are done in your own bathroom.



Shared spaces

LAUNDRY ROOM

Always book your slot in advance through **OmaPSOAS**. **Don't leave laundry in the machine** after your slot – it's as rude as pushing in a queue.

💡 In Finland, 12 o'clock means 12 o'clock. Not 12:05.

CLEANLINESS

Shared spaces are cleaned **after every use**. No exceptions. This is not a request – it's an expectation.

WINTER & STAIRWAYS

Outdoor shoes stay in the entryway. **Snow stays outside**.

💡 Finns stomp their feet firmly before stepping inside – it knocks the snow off. It's a ritual. Join in.



OmaPSOAS – your digital home base

BOOKINGS

Book sauna slots, laundry room times and other services through **OmaPSOAS** – your personal PSOAS portal.

MESSAGES

Receive official messages, notices and announcements from PSOAS directly in OmaPSOAS.

ACCESS

Log in at **omapsoas.fi** using the same email address you used when applying for housing.



The golden rule: when PSOAS says something, that's how it is

The terms agreed in your tenancy agreement and guidelines are **binding**. We aim to be fair and transparent, and we expect the same from you. If something feels different from what you're used to back home, don't worry. Just ask us and we'll explain. If anything is unclear, **just ask** – we're happy to help.



Breaking the rules results in a warning. Repeated violations may lead to termination of the tenancy agreement.



Preparing for winter – Oulu special

DRESSING

In Oulu, winter is **real**. Layering is not optional – it's a survival strategy. Get proper winter boots before October.

TEMPERATURE

It can be **–20°C or colder**. When a Finn says "it's a bit cold", they mean **–15°C**. Adjust accordingly.

DARKNESS

In December the sun rises late and sets early. **This is normal**. Vitamin D and outdoor exercise help. Finns swear by them.

Useful Finnish – a survival starter kit

ESSENTIALS

Kiitos	Thank you
Ole hyvä	You're welcome
Anteeksi	Sorry / Excuse me
Kyllä / Ei	Yes / No
Hei / Moi	Hi / Hello
Heippa / Moi moi	Bye

OULU DIALECT 🗣️

Joo-o	Yeah, sure
Oho	Oh sorry
Ennä	Not anymore
Nää	You

DAY TO DAY

Apua!	Help!
Missä on...?	Where is...?
Paljonko maksaa?	How much is it?
En ymmärrä	I don't understand
Puhutko englantia?	Do you speak English?
Haluaisin...	I would like...

MORE OULU DIALECT 🗣️

Ookko nää?	Are you?
Ihan hyvää	Pretty good
Känkky	Pizza

AT HOME

Pyykkitupa	Laundry room
Kerhohuone	Club room
Sauna	Sauna 🇫🇮
Vuokra	Rent
Isännöitsijä	Property supervisor
Naapuri	Neighbour
Vuokrasopimus	Tenancy agreement
Vakuusmaksu	Security deposit
Irtisanomisaika	Notice period
Vika / häiriö	Fault / disturbance
Huomautus	Warning
Kiinteistöhuolto	Property maintenance



Most Finns speak good English – but a *kiitos* goes a long way.



QUESTIONS?

Our office is always here to help



LOCATION

Oulu, Northern Finland



MORE INFO

psaos.fi