



# KOUVOLA

CITY OF ACTIVITY

## Things to do and experience for everyone

The city of Kouvola offers its residents a wide range of activities and ways to spend time. Events and activities are mostly free of charge.

# Culture for people of all ages

## CHECK OUT THE AVAILABLE EVENTS

### Cultural events

The City of Kouvola's Cultural Services organise cultural and artistic events and festivals for target groups of all ages throughout the year. Annual events include *Night of the Arts*, the traditional *Talvi- ja Elovalkeat*, the *Wiipurintie Medieval Festival*, *InkJazz* concerts, *Lux Like Kouvola*, the series of lectures *Perspectives on Finnish History*, *Kouvola Day* and the *Cultural Recreation series of summer events*.

**[facebook.com/kouvolankaupungin-kulttuuripalvelut](https://www.facebook.com/kouvolankaupungin-kulttuuripalvelut)**

The city also organises annual celebrations such as Veterans Day, Midsummer and New Year's Eve for the whole family. Some cultural events can also be experienced online.

**[kouvola.fi/kulttuuri](https://www.kouvola.fi/kulttuuri)**  
**[kouvola.fi/kulttuuritapahtumat](https://www.kouvola.fi/kulttuuritapahtumat)**  
**youtube: [kouvolankaupunki](https://www.youtube.com/kouvolankaupunki)**  
**[facebook.com/kouvolankaupunki](https://www.facebook.com/kouvolankaupunki)**  
**[kymenlaaksonyt.fi](https://www.kymenlaaksonyt.fi)**

Kouvola's cultural education services organise free cultural events for families with children, including *Children's Culture Weeks* and *Satuviikot* (fairytale weeks).

*Lennokki* is a cultural education programme for schoolchildren in grades 1–9. Cultural clubs for special-needs children (theatre, music, dance and art) are also free services offered by the city to its residents. The *Kulttuurivirta* (Culture stream) programme provides cultural recreation in various forms for the elderly.

**[kouvola.fi/kulttuurikasvatus](https://www.kouvola.fi/kulttuurikasvatus)**

### Adult Education Centre

Check out the Adult Education Centre's free events, lectures, online lectures:

**[kouvolankansalaisopisto.fi/tapahtumat](https://www.kouvolankansalaisopisto.fi/tapahtumat)**

### Events in libraries

Author visits, literary circles, stories and crafts, music concerts, storytelling, film screenings, digital advice, lectures, exhibitions and online events. You can also find library events on the Facebook pages of the Kouvola, Kuusankoski and Myllykoski libraries and on the library's website.

**[kyyti.finna.fi/?lng=en-gb](https://www.kyyti.finna.fi/?lng=en-gb)**

### Music events

The City of Kouvola cooperates with Kymi Sinfonietta and the North Kymi Music Academy. In addition to these, Kouvola offers a wide range of music from rock to folk music.

**[kouvola.fi/musiikki](https://www.kouvola.fi/musiikki)**

### Theatre performances

Kouvola has a high-quality professional theatre, Kouvola Theatre, and numerous amateur theatres.

**[kouvola.fi/teatterit](https://www.kouvola.fi/teatterit)**

### Kouvola Culture Awards

Citizens can nominate award winners at the beginning of each year. The prize is awarded annually on Kouvola Day.

**[kouvola.fi/kulttuuripalkinnot](https://www.kouvola.fi/kulttuuripalkinnot)**

## MEETING AND CULTURAL FACILITIES

### Event venues in Kouvola

Kouvola's event venues offer facilities for various cultural events and meetings. Kuusaa Concert Hall in Kuusankoski Hall is the largest concert hall in the city, with a capacity of 480 people. Many of the country's most popular artists visit the event venues and diversify the music on offer.

The gallery at Kuusankoski Hall is a popular exhibition space that is rented out to artists from a variety of disciplines. Admission to the gallery is free.

[kouvola.fi/nayttelytilat](http://kouvola.fi/nayttelytilat)

### Library facilities

**Mediamaja** in the Main Library. Tools and guidance for doing things on your own: computers, recording, video, studio, editing, digitising, gaming, game consoles, board games, device rental.

**Urban Office** in the foyer of the main library provides a free work and study space with printing and scanning facilities. No reservations necessary. Other libraries also have work spaces.

**You can reserve library facilities** at the Varaamo service with your library card and the associated ID number. Some of the facilities are free of charge and some are subject to a fee.

See more: [varaamo.kouvola.fi](http://varaamo.kouvola.fi)

### Exhibition facilities

The Kouvola region offers art lovers plenty to see and do.

There are exhibition facilities of different styles and sizes throughout the municipality, from the large Poikilo museums to small art cafés and galleries. The rental of exhibition spaces is mainly subject to a charge.

[kouvola.fi/nayttelytilat](http://kouvola.fi/nayttelytilat)

### Community facilities

The local committees in Kouvola have established community facilities in Elimäki, Jaala, the city centre, Kuusankoski and Myllykoski. The aim is to increase the well-being of residents by promoting local community activities, and to provide them with services and leisure activities open to all, organised by associations and other actors.

In Elimäki, there is *Pulju* village hall and Jaala has *Jaalatalo* in the former municipal hall. There is a *Porukkatalo* and other meeting places in the city centre, *Etappi* at Kuusankoski and *Kamari* in Myllykoski. Community facilities for Valkeala are still being examined. The day-to-day running of community facilities is managed by the users themselves. The city is responsible for the technical maintenance of the space and the functionality of its equipment.

[kouvola.fi/yhteisotilat](http://kouvola.fi/yhteisotilat)





## POIKILO MUSEUMS - EXPERIENCE THE JOY!

At the Poikilo Museums, you can visit both the Art Museum and the City Museum. On Fridays, admission is always free from 4 to 6 pm. Children under 18 years of age are admitted free of charge. Check out Poikilo's exhibitions and other programmes.

### Poikilo Art Museum

The diverse Poikilo Art Museum showcases both traditional art and new and experimental expression. In addition to the art exhibitions, there is also the **KOUTA society's gallery** with its own exhibition programme and **Kino-Poikilo**, a studio for the presentation of media art. Its presentations are linked to the Art Museum exhibition or are independent works. There are also temporary exhibitions in **Poikilo Gallery**, which has free admission.

### Poikilo City Museum

Poikilo City Museum hosts exhibitions related to the history of Kouvola.

[poikilo.fi](http://poikilo.fi)

[facebook.com/poikilomuseot](https://facebook.com/poikilomuseot)

[instagram.com/poikilomuseot](https://instagram.com/poikilomuseot)

Youtube: [Poikilo-museot](https://www.youtube.com/channel/UC...)

### Museums online

You can visit the Kartanoiden Kouvola (Manors of Kouvola) exhibition at any time.

[poikilo.fi/koe-ja-osallistu/](http://poikilo.fi/koe-ja-osallistu/)

### Mobile guides

Explore Kouvola's statues, food history, ancient battlefields or transformed cityscape from your couch or print out a route map and walk/cycle around.

[poikilo.fi/koe-ja-osallistu/mobiiliopastukset](http://poikilo.fi/koe-ja-osallistu/mobiiliopastukset)

### Collections online

The Poikilo museums' collections of art, photography and artefacts can be viewed online.

[poikilo.finna.fi](http://poikilo.finna.fi)

## ADULT EDUCATION CENTRE

Kouvola Adult Education Centre operates at almost 60 locations throughout Kouvola. There are around 800 courses available. Most of these are subject to a charge. A grant from the Ministry of Education and Culture enables special groups (e.g. seniors, unemployed, immigrants) to be supported in their studies, for example through reduced course fees and vouchers.

[uusii.opistopalvelut.fi/kouvola](http://uusii.opistopalvelut.fi/kouvola)

[kouvola.kansalaisopisto.fi](http://kouvola.kansalaisopisto.fi) | [facebook.com/kouvola.kansalaisopisto](https://facebook.com/kouvola.kansalaisopisto)

[instagram.com/kouvola.kansalaisopisto](https://instagram.com/kouvola.kansalaisopisto)

## LIBRARIES

In the library you can read, study, use equipment and materials, or just hang out. You can borrow fiction and non-fiction in different languages, language courses, audio books, films, sheet music and music recordings.

### Self-service libraries

You can visit the Elimäki, Haanoja, Inkeroinen, Jaala, Korja, Myllykoski and Valkeala libraries every day.

### Library bus

The Tesauros library bus operates extensively around Kouvola. Timetables

[kyyti.finna.fi/?lng=en-gb](http://kyyti.finna.fi/?lng=en-gb)

### E-resources:

The library provides access to a variety of electronic resources. The selection includes books, audio books, domestic and foreign newspapers, magazines, music and films. Some services can only be used in the library, but some can be used remotely at home. More information on e-resources

[kyyti.finna.fi](http://kyyti.finna.fi)

### Items for loan

You can also borrow various items from the library. The range varies between different libraries.

[facebook.com/kouvolankirjasto](https://facebook.com/kouvolankirjasto)

[facebook.com/myllykoskenkirjasto](https://facebook.com/myllykoskenkirjasto)

[facebook.com/kuusankoskenkirjasto](https://facebook.com/kuusankoskenkirjasto)

[instagram.com/kouvolankirjastot](https://instagram.com/kouvolankirjastot)

#### Also note:

Audiobooks from Celia library for the visually impaired.

#### The library's printing service

allows you to print, copy and scan securely.

#### A home transport service

for people who, because of illness or disability, cannot use libraries themselves or even when assisted.

# Things to do for young people

## YOUTH SERVICES

### Diverse activities for young people

Youth services organises events and leisure activities for young people aged 11–28. At ten youth houses (NuortenTalo) around Kouvola, young people can hang out, meet friends and engage in activities. SporttiTalo Lehdokki gives young people the chance to work out in a well-equipped gym. In PeliTalo Vintti at NuortenPaikka, you can play with your friends in the same room on gaming computers.

Excursions, camps and events take place mainly during school holidays, to destinations requested by young people. Most events and activities are free of charge!

[nuortenkouvola.fi](http://nuortenkouvola.fi)

[instagram.com/nuortenkouvola](https://instagram.com/nuortenkouvola)

[facebook.com/kouvolan.nuorisopalvelut](https://facebook.com/kouvolan.nuorisopalvelut)





# Exercise – alone or with others

## THERE'S ALWAYS A REASON TO BE ACTIVE

### **Liikkuvakouvola**

Liikkuva Kouvola (Kouvola in motion) encourages active everyday life. Follow Liikkuvakouvola on Facebook, Instagram and YouTube.

### **Open and free public sessions**

Public skating at the Kouvola, Valkeala, Kuusankoski and Inkeroinen ice halls. Safe walking sessions in winter on the jogging track around Kouvola ice hall. Open family sports sessions at Jaala ballgame hall at weekends.

[kouvola.fi/yleisovuorot](https://kouvola.fi/yleisovuorot)

### **Swimming and gym card for special groups**

On the basis of illness or disability, you can apply for a special group swimming and gym card for one year at a time. The card gives free access to the city's swimming halls and gyms.

Note: the card is subject to a fee. See 'Swimming and gym card for special groups' for more details tel. 020 615 4220

[kouvola.fi/erlkortti](https://kouvola.fi/erlkortti)

### **Fitness cards**

Fitness cards are available at swimming halls and from the city's sports instructors. Returned cards are entered into a prize draw three times a year.

[kouvola.fi/liikuntahankkeet](https://kouvola.fi/liikuntahankkeet)

### **Guided exercise**

Health- and special sports activities in different parts of Kouvola in cooperation with organisations and peer instructors. Kouvola Adult Education Centre offers courses in physical education and dance. The groups are subject to a charge. Peer-led exercise groups are mostly free of charge.

[kouvola.fi/liikuntaryhmat](https://kouvola.fi/liikuntaryhmat)  
[kouvola.fi/kouvolankansalaisopisto.fi](https://kouvola.fi/kouvolankansalaisopisto.fi)

### **Equipment for loan**

Exercise equipment can be borrowed from Kouvola Main Library and the Myllykoski, Elimäki and Jaala libraries. You can borrow walking sticks, kettlebells, balance boards and much more. The selection varies from library to library. The main library has the widest selection

### **Gym at Porukkatalo**

The gym and its equipment are suitable for seniors, but also for other people who need lighter strength and balance exercises. The gym is located on Savonkatu in the centre of Kouvola. The space is open and free of charge: Mon, Thu and Fri 8 am–2 pm and Tue and Wed 8 am–1 pm. Subject to change.

[kouvola.fi/porukkatalonliikuntatila](https://kouvola.fi/porukkatalonliikuntatila)

## MOVE!

Move! is meant for people who are new to gym activities or aquajogging. Instruction is free of charge (swimming pool and gym fees are payable at the cash desk). Contact your local physical activity instructor to book an appointment for personalised instruction.

City centre tel. 020 615 7625 or tel. 020 615 8248

Kuusankoski tel. 020 615 4234

Valkeala tel. 020 615 7551

Koria, Jaala tel. 020 615 7081

[kouvola.fi/liikkeelle](http://kouvola.fi/liikkeelle)

## Sports advice

Free physical activity advice will help you make lifestyle changes and support you on your way to a more active lifestyle. You can access the service with a referral from your healthcare provider or make an appointment yourself.

### Children, young people and families

tel. 020 615 6374

**Working age (20-65 years)** tel. 020 615 8248

**Seniors (over 65 years)** ) tel. 020 615 7625

[kouvola.fi/liikuntaneuvonta](http://kouvola.fi/liikuntaneuvonta)

## OUTDOOR RECREATION

### Disc golf courses

There are several disc golf courses of different levels of difficulty in the city of Kouvola. You can play on a course that suits your skill level, for example a challenging forest course or a parkland course in the heart of the city.

[kouvola.fi/frisbeegolf](http://kouvola.fi/frisbeegolf)

Katso myös:

[kouvola.fi/lahiliikuntapaikat](http://kouvola.fi/lahiliikuntapaikat)  
[kouvola.fi/puistot](http://kouvola.fi/puistot)

### Swimming areas

Kouvola has 11 beaches maintained by the city. Winter swimming sites at Myllykoski and Likolampi.

[kouvola.fi/uimarannat](http://kouvola.fi/uimarannat)

### Nature trails

There are many pleasant nature trails in Kouvola, some of which also take into account the needs of people with reduced mobility.

[kouvola.fi/luontopolut](http://kouvola.fi/luontopolut)

### Trails and fitness tracks

A comprehensive network of trails and fitness tracks offers easy local exercise all year round

[kouvola.fi/ladut](http://kouvola.fi/ladut)

### Repovesi National Park

Repovesi National Park offers a lot of beautiful scenery and trails for hiking, mountain biking and canoeing. During the summer, the most popular walks are the Koppelonkierros loop 8.2 km, the Ketunlenkki loop 3.5 km and the Kaakkuri loop 26 km.

[repovedenkansallispuisto.fi](http://repovedenkansallispuisto.fi)

### Kymijoki outdoor trail

can admire the Kymijoki landscape from the saddle of your bike or hike along the 25-km-long Kymijoki outdoor trail. Due to the steep banks of the Kymijoki River, there are also stairs on the route.

However, these places can be cycled along cycle paths. The route has three accessible sections, at Sääksniemi, Rauhanharju and Alakylä, where you can also use a wheelchair or a stroller.

[kouvola.fi/kymijoenuilureitti](http://kouvola.fi/kymijoenuilureitti)

### Fitness stairs

Step training is a popular form of exercise. Fitness stairs are located at, for example, Palomäki (188 steps)

[kouvola.fi/kuntoporaat](http://kouvola.fi/kuntoporaat)

### Ratamo Health Forest

access the health forest next to the Ratamo Centre from the car park at the end of the building. Along the route, which is just under a kilometre long, you will find both permanent and temporary art, as well as places to rest and wind down.

[kouvola.fi/ratamonterveysmetsa](http://kouvola.fi/ratamonterveysmetsa)

# Let's have fun together

## ADVICE AND INSPIRATION FOR DOING THINGS

### Guidance and advice for immigrants MOONA

MOONA provides guidance and advice on everyday issues related to immigration and integration. The service is free of charge and open to all. MOONA serves not only in Finnish and English, but also many other languages. You can get help with issues such as residence permits, citizenship, education, employment and leisure opportunities. We can also help you fill in various forms. [moona@kouvola.fi](mailto:moona@kouvola.fi), tel. 040 611 7052

[kouvola.fi/moona](http://kouvola.fi/moona)

### Virta card

The card gives you access to a wide range of cultural, sporting and community activities free or almost free of charge. The card, which costs €20, is aimed at people on a guaranteed pension and those receiving supplementary income support.

[kouvola.fi/virta-kortti](http://kouvola.fi/virta-kortti)

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Subject to change.

Cover photo: Helena Jetsu

### Ask more:

#### Cultural Services

**Elina Koivisto**

tel. 020 615 8454

[elina.koivisto@kouvola.fi](mailto:elina.koivisto@kouvola.fi)

#### Kouvola Adult Education Centre

**Tiina Kirvesniemi**

tel. 020 615 8280

[tiina.kirvesniemi@kouvola.fi](mailto:tiina.kirvesniemi@kouvola.fi)

#### Sports Services

**Teemu Mäkipaakkanen**

tel. 020 615 8228

[teemu.makipaakkanen@kouvola.fi](mailto:teemu.makipaakkanen@kouvola.fi)

#### Youth Services

**Maritta Rihu**

tel. 020 615 7794

[maritta.rihu@kouvola.fi](mailto:maritta.rihu@kouvola.fi)

#### Well-being Services

**Sanna-Riitta Junnonen**

tel. 020 615 7429

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