



Euroopan unionin  
osarahoittama

# Bringing Joy to Everyday Life through Hobbies



# Hobbies Are Important for Both Children And Adults

Hobbies bring joy and variety to life. They offer opportunities to meet new people and to do things that genuinely interest you. Through hobbies, you can also learn the Finnish language and hear about local services in your community.

## Multiple Opportunities

Sports: football, dance, gym training, gymnastics, etc.

Arts: painting, playing instruments, handicrafts, theatre

Literature and languages

Cooking

Media and information technology



Picture: Hanka / Pixapay

# Physical Activity for Young Children



Daily recommendation:

About one hour of brisk physical activity(e.g., tag games, jumping on a trampoline, climbing, running, swimming)

About two hours of light activity and outdoor time(e.g., forest walks, cycling, swinging, playing catch)

The day should also include calm moments(e.g., playing, reading, drawing, mealtimes)

# Physical Activity for Adults

Regular physical activity promotes health and well-being. The recommendation is:

Light physical activity whenever possible (e.g. taking the stairs instead of the elevator)

Brisk physical activity that raises the heart rate and causes slight breathlessness (e.g. swimming, aerobics, dancing) at least 2.5 hours per week

OR

Vigorous physical activity that is very effective and causes heavy breathlessness (e.g. running, cycling) approximately one hour per week

Muscle-strengthening and balance exercises (e.g. gym training, yard work) at least twice a week



## Where to Find a Hobby??

There are many kinds of hobbies available for children, young people, and adults. Most hobbies have a fee, but some are also free of charge.

Municipalities, organizations, clubs, adult education centers, and private companies offer guided activities for people of all ages. In many local areas, family exercise sessions are organized where children and parents can be active together.

Free hobby opportunities are offered, for example, by libraries. You can read books there, and by getting a library card you can also borrow books to take home.

Some swimming halls offer swimming sessions reserved only for women.



Picture: Wolfgang Eckert / Pixapay

## Going out into nature



Picture: Gregor Ritter / Pixapay

### *Being active in nature is fun!*

- In the forest, everyone is free to move around.
- You can explore nature safely by using marked trails.
- There are many different things you can do outdoors depending on the season, such as hiking, berry picking, skiing, or swimming.
- Remember not to harm nature (for example, by breaking branches or leaving trash in the forest).

## Associations and Volunteer Work

Various associations organize activities and get-togethers, for example in the areas of culture or sports.

Associations can also help to preserve and develop one's own culture in a new society.

Volunteering is work that is not paid for, but it can help you gain work experience, get involved in working life and improve your language skills.



Picture: Juan Diego Salinas / Pixapay

## Museums and Exhibitions

Most towns have various museums or exhibitions. They present, for example, art, history or nature. The museums also organize guided tours in different languages. Entrance fees vary. Sometimes it is also possible to enter the museum or exhibition for free.

Visiting a museum or exhibition is a nice thing to do together for the whole family.



Kuva: Sarari 1123 / Pixapay



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Niitty 2 -project 2023-2026

*Together for a better everyday life for  
immigrant families*

Read more:  
[projects.tuni.fi/niitty2](https://projects.tuni.fi/niitty2)

Check also:  
[tuni.fi/perheinfo](https://tuni.fi/perheinfo)

You can find more information about leisure opportunities on the website of your local municipality.

# hobbies  
# museums

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