

Your ESC Loimaa Guide

VOLUNTEERING IN LOIMAA

◆
Made 2025



Make yourself at home at Nurmenpolku in Loimaa!

To all the following volunteers of Loimaan Kaupunki, soon your journey in Loimaa, Finland will start or it might have already started. Therefore you can use this as a little guideline for the next months here, from volunteers to volunteers. We're the longterm volunteers from 2024/2025 and with that in a long line of volunteers in this small City.

This guideline can be pretty helpful in knowing about your new home and work, but way more helpful are the people you'll meet here. In the interview for this project you'll already have met Anu and Sari - your new Finnish moms, as they (and we) like to put it. If you have any questions or difficulties, just ask them. They'll help you and also they will have weekly meetings with you so you can plan your work schedule and talk about any upcoming questions.

Or you can just text them. :) You will also be doing your Youthpass with them, where you can reflect on what you have learned during your time here and put it all together as competences.

More than that you will also be helped by Mauri (who you'll also have met in the interview), spend your time in the Youth Center with

Marianne and Emil and other nice colleagues. You can help Teija with the Rainbow Club and Café and meet people from all around Loimaa there.

But also in Loimaa, you can make great friends; former volunteers who decided to stay in Finland, highschool students and others. You are not the only volunteers in Loimaa either, there's two more in the Leko school in Hirvikovski, contact them! Moreover, you'll meet other volunteers at the trainings from the ESC program. We hope you can be as lucky with that as us and have some guests that can write into the guestbook in the apartment.

Since you'll work with another volunteer and flatmate, you'll always have someone to talk to. At least in our case we grew very close as friends. You'll still have your privacy in your own room though.

Have a great time in Loimaa, make friends, memories and grow a bit more independent!

Stine & Lian

A few things about:

Your apartment

City Nuokkari

Loimaan
Teatteri

Loimaa

What to do

Tips from
volunteers



About the apartment

For the next months of your life you will be living in an apartment at Nurmenpolku. Don't worry, it is full of life. There are two bedrooms, a bigger and a smaller one, as well as a shared living room with a spare bed for guests and a possible summer volunteer. Mostly in summer the organisation has a summer volunteer for about two months. The living room has a TV and a sofa as well as a balcony. For the TV you can either rent DVD's from the city library, which is not far away, or you can connect your laptop with an HDMI cable. Then there is the kitchen with everything you need, just be prepared to do the dishes, because there is no dishwasher, but a typical Finnish drying rack. The baking trays are under the oven.

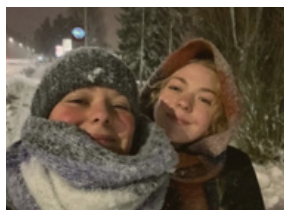
There is a typical Finnish filter coffee machine (Finns mostly drink filtered coffee), a toaster, a microwave, kettle, fridge, freezer, baking utensils and a pro tip: When you have guests move the kitchen table to the middle of the room. :)

In case you saw that you have sauna scheduled in your calendar every Friday, this is how that works: There is a sauna down in your building. When you enter the building, you'll find a door on the right and the left side of the hall. On the right side there are the bikes. You have one mountainbike and one city bike. Make Anu and Sari happy and don't forget your helmets. Anyway, behind the door on the left side of the hall you'll find another hall. The second door on the right is the entry to the sauna. You can use it during your scheduled time on Friday, when it's booked for you. Don't worry, you'll learn about sauna during your sauna workshop at the On-Arrival-Training. The last door on the right side of the hall where you also find the sauna is the washing room. You'll need an extra key for that which hangs by the coatrack in your apartment. The other doors as well as the front door you can open with your apartment key. For the washing machine you need two 1 Euro coins (best if you change money at the theater). The dryer is free.

You should feel free to decorate the apartment, since it'll be your home for the next few months - and also have friends over. :)

If you have questions: Ask us

This apartment is a great place, full of little features from all the previous volunteers and



it has everything you need (if not you can always ask Mauri and Anu) including a fondue from the volunteers before us and a muffin form that we bought. It's nice that all of the volunteers personalized the apartment a bit. Maybe you can add to that.

Anyway, if you have any questions concerning the apartment or anything else, feel free to contact us! :) We can now tell you how to change the light in the bathroom if it starts flickering again. :)

Like the other volunteers we are going to leave our Instagram for that in the guest book (by the way: Have a look at the guestbook and maybe let your visitors add to it as well).

I think, you'll manage just fine with the apartment, we also did, just in case you ever wonder whether you have a basketball in the apartment (in the basket next to the front door) or spikes and a reflector band maybe for running (in the storage room), I am happy to help. :) Instagram: stine.rohwer

Ps: The washing machine stays on for a while after you used it. Meaning you can do multiple washes with just 2 Euros if you time it correctly.



Check the storage room

Our tip, before you feel like something is missing:

Check the storage room!

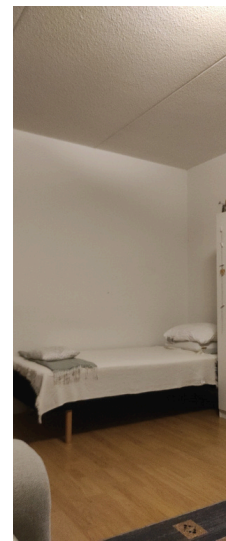
A little list of things you can find there:

- two 1kg weights
- a yoga mattress
- a fake Christmas tree
- an ironing board + an iron
- a lot of spare blankets and mattresses
- ice skates
- pink butt sliders
- an air pump for the bikes
- two more helmets
- some decorations for Halloween, Christmas and birthday's
- a scale
- some jackets and boots that were left in the apartment

About the apartment



On the left you can see the hallway. Underneath you can see the living room with a third bed, the balcony as well as the bathroom. Please don't mind the decoration that we still have to put away! :)



To the right there is the kitchen - which still has the decorations from Lian's 20th birthday.



A picture of the two bedrooms- the right one is the bigger one.

Your work places



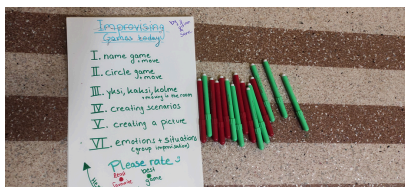
City Nuokkari

In the Youth Centre you're gonna work a lot with Emil and Marianne. It is only 5 minutes by foot from your apartment. Apart from nice events like sleepovers and holiday celebrations, where you're free to dress up or bake, there are a lot of handcrafts at the Youth Center. You can make cards, buttons and reflectors with the children. Or you play billiard, pingpong, Skip.Bo and so on. Maybe you can figure out the Virtual Reality glasses and try them out.



Loimaan teatteri

At the Loimaan teatteri you'll sometimes have to work a lot when there are shows and you'll help with preparations. Other times there is not really anything to do, so you might help by sorting out the props room. But there are always the kids group with whom you can do warm ups and character work, so prepare to be creative in games.



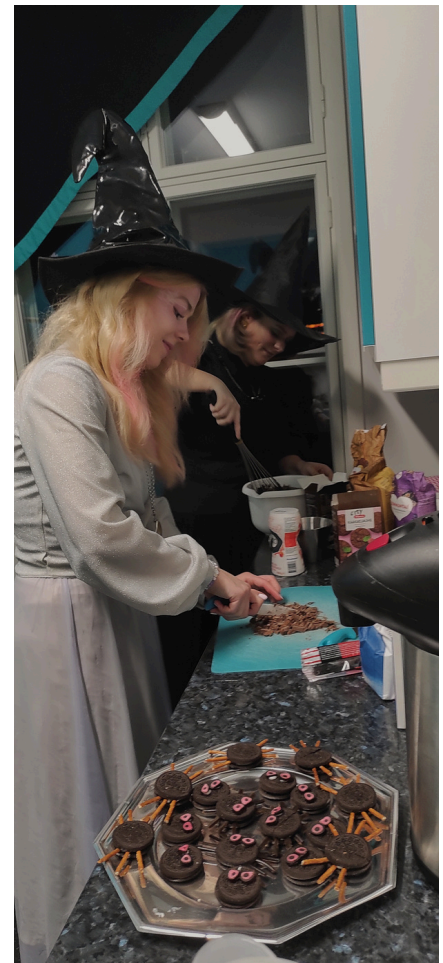
Alastaro

You might spend your Tuesdays in the Youth Center in Alastaro with Emil (like we did). Alastaro is part of Loimaa, although you have to drive there for about 20 minutes. We just started renovating the pingpong room. Just be prepared to spend most of the hours with sunlight in a basement without windows, because in winter your working hours will collide with that.



Outdoor theater

In the summer months the theater work mostly takes place in the outdoor theater, which is a bit further away. Since we are making this mainly in February, we haven't been there much ourselves, so we can't tell you about it. Sorry!



Events at the workplace

- Rainbow Club/Café once a month (every first Saturday of the month) we started having the Rainbow Café here in Loimaa, where some of Loimaa's youth, as well as people from all around, come and join for some good food, music, a little activity and some pride talk and stickers

- sleepovers

every once in a while you might have a sleepover at the Youth House where you do some activities with the children, sing some karaoke or dance and have breakfast the next morning

- bring in your own ideas

the Youth House is a great place to do some things you want to do, some of our examples are: cultural evenings on Fridays, celebrating Carneval and more! (Check out our Instagram for more, we kept it updated!)

Highlights of Loimaa



K-Citymarket

In Loimaa you'll pretty much find three big grocery stores: Prisma, Lidl and K-Citymarket. You'll get an account in K-Citymarket where you can buy everything from your normal groceries over clothes and toothpaste up to Legos. If you, however, have a weak spot for red cabbage or fruit tea, we advice you to go to Prisma. If you're vegetarian or vegan, try the first big freezer on the right. There you'll find patties for great burgers. Also in the fridge isles you'll find a bit more meat alternatives and there is a great no chicken fajita mix by the tacos. Also don't forget your vitamins, they're in the store, so you don't have to buy them in the pharmacy (which is, by the way, in the same building). The post office is there as well. Good to know is that packages don't get delivered to your apartment, but you'll get a card or email saying that you have something to pick up from the post office. The grocery stores are open on sundays, btw, if you're like us and didn't expect that. Basically the whole week. And postcards are also delivered on Sundays.

Secondhand stores

There are two second hand stores in Loimaa. In the one that's further away, our personal favourite, you can find a lot of good and cheap stuff. Just don't forget to bring cash. You can withdraw money at the ATM at K-Citymarket or Prisma. At the other second hand store you can pay with card.



Watertower

Only a few minutes away, behind the football field and the small forest, is a great place to try and watch the northern lights or go sledding. Even at night the stairs have lights.

What more?

Loimaa has a bowling alley and the statue park (where some of the summer volunteers have helped out)



The coast in Rauma is about an hour drive away.



How to get out of Loimaa

- the train station -

It is pretty near the apartment and the Youth House - the trains are always leaving on time. Even though there is a ticket machine at the train station, it's easiest to book the train tickets beforehand with the VR app. The seats are assigned.

- rent a car -

If you need a car for a roadtrip or to pick someone up from the airport, you can ask at Loimaan Laatuauto OY

(I once rented a car there for 3 days with 50 Euros per day + gas money)

- there is a bus

You can also buy the tickets in an app for that. The bus also stops at the train station.

- the bikes (for a camping trip)

You can also use the bikes to get to Hirvikoski (about 5km away) where you can go to the gym or the swimming hall twice a week.

- go with friends (who have a car)

On Sundays you can also join Sari for sauna and a swim in the lake in Mellilä, if you make friends with the Leko volunteers, they can usually lend a car from the school.



Updating on social media

For your time as a volunteer here in Loimaa you'll continue updating the social media account just like we are and just like the volunteers before us did. You'll get the lock-in data for Instagram and the posts you do there will automatically be on Facebook as well. You can also already have a look at the account and see what we and the other volunteers did here in our time. When you make friends at the On-Arrival Training, you can follow them on their accounts and see what they are doing in their volunteering, too.

You should post about once a week, make a post or a story and in the end use the give hashtags which you will find in our posts.

Don't forget to change your names in the discription of the account. Currently there are our names. The account is also a nice way for your friends and family to see what you are doing here.

If you already want to have a look into the theater, then here is a great video about the history of the Loimaan teatteri as well as a look around in it.

Just follow the link:

<https://drive.google.com/file/d/1PI703QsPIKhrTrHxw0wlcY2A4xfdrFka/view?usp=sharing>

Stay tuned!

ESCLOIMAA	INSTAGRAM & FACEBOOK
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What to do?

- Cottage of cultures

Cottage of Cultures is a European Solidarity Corps solidarity project, run by volunteers. The monthly Cottage of Cultures events bring together international and local youth around various themes.

<https://www.nuorisovaihto.fi/allianssi-youth-exchanges/cottage-of-cultures/>

- Ice hockey games

Maybe you can join in on a trip planned by the Youth Center to Tampere or Turku to an ice hockey game.

- Bisons games

The Bisons Loimaa is a professional basketball club and the sports hall where some games take place is not far away from your apartment. Anu is a big Bisons fan.

- Movie Saturday

Lian and I introduced 'movie saturday' where we cook and watch movies together either just us two or with the volunteers from Hirvikoski and some other friends.

- Baking Sunday

Since we both love to bake this was basically just an excuse for us to do it every Sunday. (We still bake way more often.)

- city visits (maybe Christmas markets)

Especially around Christmas it is nice to see the Christmas markets and the lights in the cities, but Turku and Tampere are both not far away and worth a visit. (Tampere even has a small themes park that is open during summer times.)

- travel (Lapland, Tallinn, Stockholm,...)

Tips from volunteers

Most of our tips for you are gonna be as always - easier said than done, but try it anyway:

There is not too much to do in Loimaa, so try to make some friends and hang out with them. Try to travel a bit, maybe visit the other volunteers. You can also do things you always wanted to, like learn how to knit or do a sourdough starter. Learn to find things to do by yourself like reading, sports, painting or facetime with your friends and family.

Regarding your work, try to bring in own ideas and projects. Sometimes the children are a bit shy or are doing their own stuff, but if you planned something like making friendship bracelets, do it anyway and hope/wait for the children to join you.

Another nice thing is to kind of document your journey here. You can write a diary, letters to yourself, make a video diary, post about it or make a little video/documentation. Maybe have a look at the short movie from Leeza about Leeza's stay in Finland on youtube on her channel "Leezacca pella".

Enjoy it!
