

You can find book recommendations at the OUTI Web Library

outi.finna.fi

You can also ask for personalized reading recommendations from the library! ouka.fi/library

The Ready – Set – Read reading challenge is intended to get everyone into better reading shape.

Any reader, no matter their starting point, is welcome to join the challenge and start working on their reading fitness. There are many ways to enjoy literature: you can pick up a printed book, listen to an audiobook, or read something online.

The Ready – Set – Read reading challenges encourage reading and promote literacy among Oulu residents. We aim to be the most literate European Capital of Culture in 2026.

The Ready – Set – Read reading challenge family comprises four different reading challenges: The Ready – Set – Read reading challenge for adults, the reading challenge for pupils, the reading challenge for early childhood education and care and families, as well as the reading challenge for workplaces.



[@ouka.fi/lukevinkaupunni](https://ouka.fi/lukevinkaupunni)

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Oulu2026
European Capital
of Culture



OULU



THE EUROPEAN
READING CAPITAL
OF CULTURE

READY – SET – READ!

Reading Challenge for Adults



My name:

Studies suggest reading has many benefits to our general well-being. Reading improves your ability to concentrate and helps you relax. But above all, reading is fun and an endless source of experiences. The world is full of enchanting literature, and you can find books to suit any taste from the broad collections of libraries. Drop by the library and pick up a book!

Activate your reading engine by doing these reading-related exercises. You can do them in any order you want. After finishing an exercise, tick the box.

Enjoy reading as you work
yourself into better
reading shape!



MENTAL TRAINING

- ☐ 1. I think about what kind of literature I'm excited about.
- ☐ 2. I ponder what kind of reader I am.
- ☐ 3. I know or will find out at least one benefit of reading.
- ☐ 4. I will make time for myself to read.
- EQUIPMENT**
- ☐ 5. I have a library card.
- ☐ 6. I use an e-book and/or audiobook service.
- ☐ 7. I know a place where it is comfortable for me to read.
- ☐ 8. I will look for book recommendations and choose a book to read next.
- BASIC FITNESS**
- ☐ 9. I read a book review, e.g. in a newspaper, magazine, blog, or on social media.
- ☐ 10. I read the first 30 pages of the book.
- ☐ 11. I read somewhere else than at home.
- ☐ 12. I finished the first book!
- GROUP TRAINING**
- ☐ 13. I read a book together with someone else.
- ☐ 14. I was recommended a good book by a friend / family member / the library.
- ☐ 15. I participated in a discussion about a book on social media, with friends, or in a book club.

PICKING UP THE PACE

- ☐ 16. I told a family member, friend, or colleague about what I thought was the best part of the book.
- PICKING UP THE PACE**
- ☐ 17. I read for a longer time than I thought I had.
- ☐ 18. I picked books to read from various genres (e.g. suspense, horror, sci-fi, romance, history, war)
- ☐ 19. I watched a film or a TV show based on a book.
- ☐ 20. I read one of the following: a short story, a poem, a graphic novel, or a play.
- MAXIMUM SPEED**
- ☐ 21. I read for several days in a row.
- ☐ 22. I know at least three books I want to read next.
- ☐ 23. I attended a reading-related event.
- ☐ 24. I set myself a new reading goal!!
- FINAL STRETCHES**
- ☐ 25. I thought back to one of my favourite childhood books.
- ☐ 26. I listened to relaxing music.
- ☐ 27. I went out for a walk.
- ☐ 28. I thought back to a book I liked.