

Spending time in nature supports both mental and physical health as well as overall well-being. It also helps in social situations and in processing emotions. Exposure to nature and taking action for nature are important for developing a personal relationship with the environment. As we spend more time in nearby natural areas, our connection to nature deepens, our nature literacy improves, and our understanding of the importance of protecting biodiversity grows. A nature-respecting lifestyle is essential for human life and brings deeper meaning to it.



You can find nature tips on these websites:

ouka.fi/lahekkö-naa-luontoon

ouka.fi/opinvirta

ouka.fi/luonto-ja-ulkoilu

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

#Oulu2026 #LukevinKaupunki #OuluLukee



READY - SET - NATURE!

NATURE CHALLENGE FOR EVERYBODY



THE EUROPEAN
READING CAPITAL
OF CULTURE

Activate your nature-powered wellness by completing the tasks below! You can tackle them in any order you like. Tick the box after finishing an exercise.

EQUIPMENT

- ☐ 1. I learned about everyman's rights.
- ☐ 2. I explored the nearby nature in my neighbourhood.
- ☐ 3. I checked the condition of my outdoor gear – and got second-hand items if needed.
- ☐ 4. I discovered nature books and borrowable outdoor gear at the library.
- ☐ 5. I found out what kind of nature activities (walks, clubs, events) my city offers.

BASIC FITNESS

- ☐ 6. I went out in the rain – to a forest, swamp or lake.
- ☐ 7. I took a nature route on my way to work or school.
- ☐ 8. I picked up a bag of litter from nature.
- ☐ 9. I noticed different scents and sounds in nature.
- ☐ 10. I jumped in a puddle.

GROUP TRAINING

- ☐ 11. I went on a zero-waste picnic in nature with a friend or family member.
- ☐ 12. I took part in a nature-based event (like a hike, sports match, mushroom course, meeting or book club).
- ☐ 13. I explored people's diverse relationships with nature (through conversation, art exhibitions, theatre, literature).
- ☐ 14. I shared a nature photo with someone.
- ☐ 15. I talked to a forest creature—an animal, plant or insect.

PICKING UP THE PACE

- ☐ 16. I moved in nature in a new way (e.g. running in wool socks, paddling, snowshoeing).
- ☐ 17. I visited a birdwatching tower and identified at least one new bird species.
- ☐ 18. I spent a night outdoors (in a tent, lean-to shelter or hammock).
- ☐ 19. I identified at least 50 species (e.g. insects, birds, mammals, plants, rocks, mushrooms).
- ☐ 20. I learned to navigate with a compass.

MAXIMUM SPEED

- ☐ 21. I shared my nature observations with others (e.g. iNaturalist).
- ☐ 22. I cooked a meal using wild ingredients (berries, mushrooms, wild herbs).
- ☐ 23. I did a nature act (e.g. built an insect hotel or birdhouse, turned lawn into a meadow, let leaves decompose).
- ☐ 24. For one month, I acted in favour of nature (e.g. ate plant-based food, used zero-emission transport, avoided buying new things).
- ☐ 25. I organized a litter pickup or invasive species removal event.

FINAL RELAXATION

- ☐ 26. I rested on my back in the forest and watched treetops, clouds or stars.
- ☐ 27. I made a dandelion crown, a Sibelius box or a bark boat.
- ☐ 28. I recited an ode to the forest—written by me or someone else (poem, song, etc.).
- ☐ 29. I touched the forest floor and gently stroked the moss.
- ☐ 30. I hugged a tree and promised to stand up for it.

The purpose of the Ready – Set – Nature! Challenge is to increase well-being and nature literacy through everyday contact in nature. Together with the Ready – Set – Read! and Ready – set– Digi! Challenges, this challenge promotes the multiliteracy of residents of Oulu and helps us achieve our common goal: Oulu will be the European Reading Capital of Culture in 2026.