

# `How are you?' discussion

Support material for discussions with people going through integration.

Inform the person in conversation that you are with the community-sponsored integration project aimed at facilitating their integration in Finland. Create a relaxed and safe atmosphere for the discussion. You can also arrange for a small group discussion. You want to hear about the views, experiences and hopes of the person going through integration. The discussion is voluntary. The responses during the discussion will be utilised in the project and in promoting integration at large. The responses are anonymous and cannot be connected to the responder.

Base the discussion on questions. You do not need to ask all of the questions and you can pose follow-up questions. Please remember to tell the person you are talking to that the answers will not immediately solve any potential challenges for integration customers; instead, a summary of the discussion will be used more broadly in the project.

## Experience of the reception

How did it feel to come to Finland / this town?  
Have you felt welcomed in Finland / this town?  
Would you like to tell more about that?  
Could you tell few examples?  
What helped you the most in the beginning?

## Opportunities and participation in the place

What places here are familiar to you?  
How did you find out about them?  
How well do you feel you know your local area?  
What things or activities have been memorable about the local area?

## Contacts and social network

Do you know many people in your locality?  
Would you like to find more friends?  
What interests you, in generally, actions?  
What would you like to do?  
Do you feel that you have the opportunity to do the things that interest you?  
Have you shared your ideas or been heard?



Co-funded by  
the European Union

KIRKKO-  
HALLITUS

**HUMAK**<sup>®</sup>

Finnish Red Cross 