

GUIDELINES FOR PEOPLE GOING THROUGH INTEGRATION

1. Welcome to your new home town!



**2. Would you like to meet community sponsors?
They are volunteers who know local activities very well.
They can show you what you can do in your new environment.**



3. Organisations and communities offer opportunities to explore your interests, learn new things and meet new people. It is important to do things together, and doing so will also help you find people with similar interests.



4. Volunteer activities are a great way to meet new people and add joy and energy to your life.



5. You can talk to community sponsors about the hopes and needs that you have related to your integration process or leisure time.



6. The goal is to find local people and groups with whom you can work on your own goals and experience the joy of achieving them.



**7. Join the activities!
Doing so will provide you with support, inspiration and maybe even some new friends.**



Who provides support?

The Red Cross, the Church Council of Finland and Humak engage in cooperation with local organisations, authorities and other actors to make your integration easier. Together we will find the opportunities that best suit you!



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