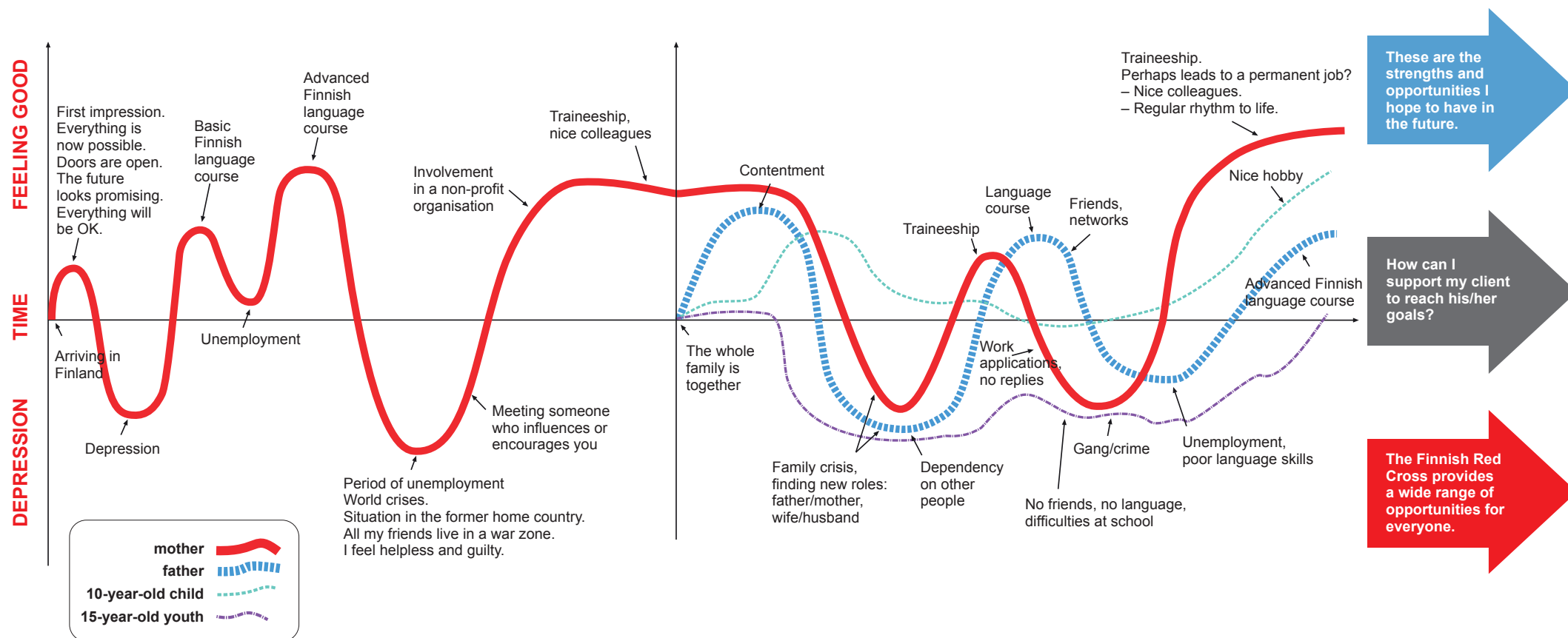


Integration timeline

Integration is a process



Integration timeline

Integration is a process

INTEGRATION IS A TWO-WAY PROCESS.

During the process, changes occur in both immigrants and Finns, and both gain new insights.

QUESTIONS FOR IMMIGRANTS

- How has your and your family's integration process gone so far?
- Try to recall things that have happened to you during your stay in Finland. How did they make you feel?
- Which things, events, people and situations have helped you in your integration process?
- What has been hard or depressing?
- What kind of strengths have you found yourself to have?
- Make a mental list of things that you wish and hope for in the future.

QUESTIONS FOR PEOPLE WORKING WITH IMMIGRANTS

- What can I as an employee do to contribute to the integration of my client or colleague?
- How can I take the ups and downs of my client's integration process into consideration?
- How do the ups and downs of the integration process influence the situations or actions I offer to my client?
- How can I provide appropriate support and opportunities at exactly the right time?
- Where am I in the integration timeline and what is my role in it? How can I make sure that I am that dot on the timeline who helps my client's personal line move forwards and upwards?

QUESTIONS FOR NON-GOVERNMENTAL ORGANISATIONS AND VOLUNTARY WORKERS

- What can we do to lower the threshold for immigrants to participate in the organisation's activities?
- How do immigrants find information about the organisation?
- How can we ensure that our activities are open to everyone?
- What makes our activities appealing to immigrants as well?
- What can we do to promote

