

List of questions to be used in Let's chat about loneliness weekly chat.

General Everyday Questions

1. How has your week been so far?
2. Do you have any plans for the weekend?
3. What is something good that happened to you recently?
4. How are you feeling today?
5. What have you been spending your time on lately?
6. Have you watched any good movies or series recently?
7. What is something you are looking forward to right now?
8. If you could do anything today, what would you choose?
9. What helps you relax after a busy day?
10. What is one small thing that made you smile this week?

Fun Icebreaker Questions

1. If you could travel anywhere tomorrow, where would you go?
2. Are you more of a morning person or a night owl?
3. What is your favorite way to spend a free day?
4. Would you rather live by the sea or in the mountains?
5. What's your comfort food?
6. What hobby would you like to try?
7. Do you prefer texting, calling, or meeting in person?
8. What's something small that always makes your day better?
9. If you could have any superpower, what would it be?
10. What is one thing you're grateful for today?

Living in Finland & Finding Connections

1. What has surprised you most about living in Finland?
2. What do you enjoy most about life in Finland?
3. What was the easiest thing to adapt to when moving to Finland?
4. What was the most challenging thing to adapt to?

5. What helped you feel welcome when you first arrived in Finland?
6. What advice would you give to someone who has just moved to Finland?
7. What places or activities have helped you meet new people in Finland?
8. What would make it easier for newcomers to make friends in Finland?
9. Have you discovered any Finnish traditions that you enjoy?
10. What is one thing you wish more people knew about your culture?

Friendship & Belonging After Moving

1. How has moving to a new country affected your friendships?
2. Where have you met most of the people you know in Finland?
3. What makes you feel like you belong in a community?
4. Have you ever felt like an outsider? What helped?
5. What helps you connect with people from different backgrounds?
6. What kind of social activities do you enjoy most?
7. Is it easy or difficult to make friends in Finland? Why?
8. What qualities make people feel welcoming?
9. What would your ideal community look like?
10. What helps you feel at home in a new place?

Questions About Loneliness

1. What comes to mind when you think about loneliness?
2. Have you ever felt lonely even when surrounded by other people?
3. When do you usually feel most connected to others?
4. What helps you cope when you feel lonely?
5. Is loneliness something that is easy or difficult for you to talk about?
6. What do you wish other people understood about loneliness?
7. Have you ever done something that helped you feel less alone?
8. What kind of support would be helpful when someone is feeling lonely?
9. Do you think social media makes people feel more connected, less connected, or both?
10. If you could change one thing in your community to reduce loneliness, what would it be?

Group Discussion Questions

1. Where do people most often find new friendships today?
2. How does social media affect friendships and loneliness?
3. What makes it easier to start a conversation with someone new?
4. What small act of kindness can brighten someone's day?
5. What can communities do to reduce loneliness?
6. Why do you think making friends can be difficult at times?
7. What advice would you give to your younger self about friendships?
8. How can we make people feel more welcome in groups?
9. What does a supportive friendship look like?