

# REGI

*Reacting to Growing Immigration – Strengthening social inclusion of Estonian migrant families in Finland and Estonia*



# WHY

- Over 50 000 Estonian citizens lived permanently in Finland in 2015. If weekly commuters, unregistered workers, family member etc. are counted, this number could rise up to 100 000.
- Mostly Estonians move to Finland for work-related reasons. Rapid changes have caused difficult challenges for people and social systems both in Finland and in Estonia.
- One or both parents of the family moving to another country is a major change. In order to cope and adapt with a change of this scale, an effective support network is needed.

# REGI

- The objective of the project was to support Estonian migrant families that for work-related reasons are either divided between Estonia and Finland or that have moved to Finland.
- Project partners: Turku University of Applied Sciences, Tallinn University Rakvere College, South-East Finland Estonia Centre and Baltic Region Healthy Cities Association.
- REGI-project was financed by the European Regional Development Fund through the Interreg Central Baltic Programme 2014-2020.

# MAIN ACTIVITIES AND RESULTS



# STUDIES ON NEEDS OF ESTONIAN MIGRANTS AND THEIR FAMILIES

- The project conducted two surveys:
  - Estonians living in Southwest Finland. The survey was supplemented with a group interview.
  - Estonian professionals. The survey was supplemented with two focus-group interviews.

# Estonians living in Southwest Finland

- The survey highlighted the importance of information about Finnish legislation; employee rights, employment law and family law.
- The respondents desired more information about the Finnish school system, school culture and opportunities to study in Finland.
- Finnish health services, occupational healthcare and occupational safety were also subjects on which more information was wanted.
- Many found taking care of official matters difficult, especially since it was not possible to get all the necessary information in one place.
- The interviewees found the biggest problem to be learning Finnish.

# Estonian professionals

- Most of the professionals were convinced that this is a topic in society that needs to be addressed and is becoming more prevalent due to the trends in labour migration.
- Many educational and social workers said that just the fact that one of the parents works abroad does not mean that there is a problem.
- Professionals were convinced that the problem is much more serious when both parents leave to work abroad and the children that stay in Estonia do not have a sufficiently supportive environment or care from an adult.

- Another set of problems is related to communication with the parent that works abroad.
- Both the schools and social workers emphasize that every child, family and case is different, which makes it difficult to develop a guide for behaviour with families where at least one of the parents has left to work abroad.
- However, the social workers find that their knowledge of the social care system in other countries is not sufficient to help and counsel both the families going abroad and the families that have stayed in Estonia in ensuring and protecting their rights.

# CONCLUSIONS

- According to the survey, Estonians seem to adjust well to Finland.
- Estonian social workers see that their knowledge and connections with their colleagues in Finland are insufficient to provide adequate support to families who are also facing cross-border issues or to counsel them preventively.
- This is in conflict with the attitude of social workers and migration specialists in Finland.
- An up-to-date and comprehensive database or register is not available.

# GROUP ACTIVITIES FOR ESTONIAN MIGRANTS AND THEIR FAMILIES IN FINLAND AND IN ESTONIA

- The project conducted:
  - 4 thematic discussion evenings for family members living in Estonia while their spouses have moved to Finland
  - 11 evenings for Estonian migrants and their children living in Finland
  - Viro-keskus arranged a club for children with a focus on strengthening identity
- Supportive group methods have been developed based on the experiences from different activities and group events implemented in the project.
- Video clips about the methods and other findings of the project:  
<https://www.youtube.com/channel/UC3gbPe61QQOh5MDv93dKr4Q>

“When we asked how exactly were they benefitted, we got those answers: new information, new contacts, new friends, new information about life in Finland, having good time...”

“The women attending the discussion group expressed their wish for the evenings to continue in order for them to share their experiences and find support.”

# TRAININGS FOR PROFESSIONALS AND VOLUNTEERS WORKING WITH ESTONIAN MIGRANTS AND THEIR FAMILIES

# In Estonia: training modules

## Koolitusprogramm Lääne-Virumaa sotsiaaltöötajatele, õpetajatele ja teistele valdkonna spetsialistidele

Viiest koolituspäevast ehk moodulist toimuv programm toimub TLÜ Rakvere kolledžis, Pikk 40.

### 1. moodul: Varajane märkamine ja ohumärkide tajumine (lasteaia- ja kooliealised lapsed).

**Toimumise aeg:** 21. november 2016 (4 akadeemilist tundi, kell 8:30-11.45)

**Koolitaja:** Heivi Mäekivi, Rakvere Sotsiaalkeskuse psühholoog

### 2. moodul: Sotsiaalkindlustushüvitiste õiguslikud ja praktilised teemad. Sotsiaalkindlustuse koordineerimise põhimõtteid ja hüvitiste maksmise reegleid Soome juhtumite näidetel.

**Toimumise aeg:** 1. detsember 2016 (6 akadeemilist tundi; algab kell 10:00)

**Koolitajad:** Sotsiaalkindlustusameti eksperdid: Merle Trufanova, Ene Tiitsaar, Kadri Tomingas

### 3. moodul: Lapsest lähtuv kasvatus Soome haridussüsteemis. Praktilised kogemused Eesti lastega Soome haridussüsteemi kontekstis sotsiaaltöötajate ja lasteaia/kooliõpetajate pilgu läbi.

**Toimumise aeg:** 10. jaanuar 2017 (6 akadeemilist tundi)

**Koolitaja:** Phd Maarika Pukk, pikaajaline Pedagoogilise Seminari ja Tallinna Ülikooli lektor. Praegu elab Soomes.

### 4. moodul: Süsteemne mõtlemine, valmisolek muutustega kaasa minna, paindlikkus.

**Toimumise aeg:** 31. jaanuar 2017 (6 akadeemilist tundi)

**Koolitaja:** Pille Murrik, pereterapeut, Gordoni Perekooli koolitaja

### 5. moodul: Soome praktiku(te) kogemuste jagamine (praktilised juhtumid, Soome ja Eesti sotsiaalsüsteemide erinevused)

**Toimumise aeg:** veebruar 2017 (6 akadeemilist tundi)

**Koolitaja:** Anneli Tamme, Eesti päritolu Soome sotsiaaltöötaja, kes on töötanud mitmeid aastaid Soomes.

Koolitusel osalemine on spetsialistidele tasuta. Läbida võib üksiku(d) mooduli(d) või tervikprogrammi.

Lisainfo ja registreerumine:

[http://www.tlu.ee/et/Rakvere-kolledz/projektid/REGI/Projekti-tegevused/regi\\_koolitusprogramm](http://www.tlu.ee/et/Rakvere-kolledz/projektid/REGI/Projekti-tegevused/regi_koolitusprogramm)

# In Finland: pop-up-trainings

## Esityksen asioita:

- REGI-projekti ja mitä siinä tehdään
- Taustaa – virolaisuus Suomessa, mitä ilmiöstä tiedetään ja oletetaan
- Tutkimustuloksia Suomesta ja Viirasta
- Mitä ammattilaisen tulee tietää – kieli, kulttuuri, kasvatus
- Kuka pelkää ”byrokratiaa”: hajahuomioita kokemuksista ja muutamia suosituksia
- Onnistunut kulttuurinen integroituminen



“Cross-border cases are becoming more and more common and it is important to know the differences of subsidies and benefit payment systems in Finland and Estonia.”

“Today's training gave a good insight into the real life of Finland and the life I have imagined. I got a good overview about the cultural differences of two countries, potential difficulties, differences in laws etc.”

“I think I can use the information in my future work as kindergarten teacher and adapt it also to other immigrants from somewhere else than Estonia.”

“Due to the gained experiences we as future professionals are able to offer advice and tips for those who will face with issues related to work migration.”

“So far, the countries are not collaborating enough in the field of family issues, so we will stay connected and share information on different levels.”

# COLLECTING STORIES AND MAKING A PUBLICATION FOR CHILDREN AND FAMILIES ABOUT ESTONIANS' LIFE IN FINLAND

- The book *Vigurivändä kaks kodumaad/Viguriväntin kaksi kotimaata* is addressed to the Estonian children and their parents, as well as professionals, who can utilize it in their work.
- Besides the adventures of Vigurivänt, several articles of specialists are included in the publication.

<https://issuu.com/viro-keskus>

## SÜNNILUGU SYNTYTARINA

on alles  
vigurivänti!

Vahel juhtub imetabaseid asju. Kõigepealt oli lihtsalt lõngakera, mis lebas Eestis vanaema lõngakorvis, aga ühel päeval hakkas see oma elu elama. Vanaema võttis lõngakera kätte ja lõngaotsad hakkasid minema risti-rästi, üles ja alla, kuni lõpuks keerdusid üksteise ümber. Vaat kus! Üsna varsti sündis lõngakerast nõtke väike tegelane, kellel olid pikad käed ja pikad jalad. Ta sirutas oma jäsemeid ja tegi juba õige pea kukerpalle. “On alles Vigurivänt,” mõtles vanaema.

Välillä tapahtuu ihmeellisiä asioita. Ensin oli pelkkä lankakerä, joka asui Virossa mummon lankakopassa. Eräänä päivänä se alkoi elää omaa elämäänsä. Mummo otti lankakerän käteensä ja langanpätkät alkoivat mennä ristiin rastiin, ylös ja alas sekä lopulta ne kietoutuivat toisiinsa. Kas, pian lankakerästä syntyi notkea pieni hahmo, jolla oli pitkät kädet ja jalat. Se oikoi raajojaan ja heitti pian jo kuperkeikkoja. Se onkin oikea Viguriväntti, ajatteli mummo.

Se onkin oikea  
viguriväntti!

”Few weeks ago, we read the book at the children’s centre and the kids liked the story very much, especially when talking about familiar places in Turku. They all admitted they can relate to Vigurivänt, when he was missing his grandmother in Estonia.”

# EVENTS, COMMUNICATION AND COLLABORATION



Vanemuise etendusele Turus



Urmas Sisaski lastemuusikal  
**Söobik ja Pisik**

Turu VPK:n talo, Eskelinkatu 5  
22.09.2016 kell 18.00  
Piletid: 10 eur, perepilet 25 eur.  
Müük ja broneeringud: Eesti keskus,  
Vanha Suurtori 3,  
eestlasteleturus@gmail.com

Korraldajad ja toetajad  
Varsinais-Suomen Viro-Keskus & Turun VPK-talo



## TERVETULOA VIRO-ILTAAN

KESKIVIKKONA 15.2. KLO 18.30 ALKAEN

Vanhan Raatihuoneen sali, Vanha Suurtori 3

### Ohjelmassa mm:

Talinnan yliopiston Rakveren osaston opiskelijat

Tanssiryhmä Nopsajalad

Virolaisperheille suunnatun lastenkirjan esittely

Illan päättää säveltäjä Urmas Sisaskin konsertti

Tarjolla myös pientä syötävää!

### Ilmoittauduthan täällä:

[www.webpolsurveys.com/S/884F41DB11F7C17.par](http://www.webpolsurveys.com/S/884F41DB11F7C17.par)

Lisätietoja: Varsinais-Suomen Viro-keskus, +35840 4475221

Illan järjestää REGI-projekti, jonka tavoitteena on tukea virolaisia työperäisiä maahanmuuttajia ja heidän perheitään sekä Virossa että Suomessa. Projekti toteutetaan yhteistyössä Turun ammattikorkeakoulun, Varsinais-Suomen Viro-keskus ry:n, Itämeren alueen Terveet Kaupungit ry:n ja Tallinnan yliopiston Rakveren osaston kanssa. Projektiä rahoittaa EU:n Interreg Central Baltic 2014-2020-ohjelma.



EUROPEAN UNION  
European Regional Development Fund

# Estonians in Finland – a two bladed sword

**Keywords:** Estonian families, work-related migration, social well-being, social challenges, adapting, social work, project.

During the past decade over 50,000 Estonians have moved to Finland, mostly for work-related reasons. Some estimates state that this number might be close to 100,000. Rapid and extensive migration has caused problems and challenges that were previously unknown. This article is based on two small surveys (both qualitative and quantitative methods were used) conducted in Estonia and Finland, which are put in a broader context with the help of larger studies. It introduces everyday challenges that migration has created and argues about the reasons and possible solutions.

counted, this number could be even higher. This is over 7% of the entire Estonian population. The study "Migration of working-age population in Estonia" shows that 45% of the people intending to move to Finland in the next year cite the main reason for going as lower wages in Estonia. The second most common reason was the higher quality of life and the social guarantees in Finland. Also Telve's recent study on migrating between Estonia and Finland shows that the most important challenge is the lack of social support in Finland.

## Armastan sind KAUGELT

Õnnesse minnakse tööle, et pakkuda perele paremat elu. Kuid siin on ka oma probleemid. Näiteks ei ole siin sotsiaalset tugi võrgustikku, mis aitaks kohalikes inimestel kohaneda. Mees tunneb, et on teisel maal üksildane. Kuidas leida uusi sõpru ja toetust? Mida teha?



### Projekt REGI jätkab sotsiaalsel uue hooga! Turus ja Soomest soojale maale?

**Turu piirkonna eestlastele juba vägagi tuttavaks saanud projekt REGI jätkab sotsiaalsel infoohtutega ja aitab korraldada meeleolukaid sündmusi. Täpselt nii, nagu kevadest pooleli jäi, kuid veelgi teotatulisemana.**

**22. septembril kell 18.00** räägib ehitusliidu piirkonnasekretär **Jouni Ruotsalainen** sellest, miks Soomes tasub kuuluda ametiühingusse, ning **26. oktoobril** samal ajal professor **Risto Rinne** sellest, kuidas toimib Soome

**Seal, kus on eestlased, toimetab ka REGI**

**Umbestäpselt aasta tagasi** tegevust alustanud REGI kasvab kiiresti Turus ja selle ümber toimivate eestlaste jaoks olaks, mis pani end peaaegu 1000 inimese suurema ja väiksema sündmuse jaoks toena

Lõbus spordipäev Ruisrannas tõi mai lõpus taas nii noori kui vanu, pakkudes sportlikku meelelahutust mitmele maitsele. Ületasime selle sündmusega Finest FM uudiskünnise! Juba varem tutvustas sama raadio eetris nii Turu eestlaste kui REGI liikmete mis näitab, et kuulsus Turu kandi tegemistest on

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**AS A RESULT:**  
Comprehensive  
understanding on the challenges and  
enhanced wellbeing of Estonian  
migrant families

The closer cooperation between Estonian's and Finland's social authorities is an absolute necessity in order to tackle the issues that work-related migrants and their families are facing.



As the families are the cornerstones of the communities, we believe that we have built stronger and healthier communities and societies both in Finland and in Estonia.



# THANK YOU!

Find out more:

- [www.regiproject.weebly.com](http://www.regiproject.weebly.com)
- [www.facebook.com/regiprojekt](https://www.facebook.com/regiprojekt)
- <https://issuu.com/viro-keskus>

