

## Video 1: Basic facts about Finland

### **This is a video for quota refugees who are resettling in Finland**

#### **What kind of country is Finland?**

- Finland is a relatively small country, located in the Northern part of the world and positioned between Sweden and Russia.
- The capital and the biggest city is Helsinki, but most municipalities in Finland are quite small with just a few thousand inhabitants.
- The population of Finland is approximately 5.5 million people.
- Finland is a peaceful country where human rights are respected.

#### **How does Finland look like?**

- Most of Finland is covered by forests and lakes, but there are also cities and small municipalities in different parts of the country.
- Buildings are in good shape and infrastructure is well developed.
- In Finland there are very few crowded places. People have a lot of space around them and life in general is very peaceful and organised.
- Urban and rural areas are clean and well taken care of. You should throw trash only to dust bins and you should sort out all your waste according to instructions.

#### **What languages are spoken in Finland?**

- The official languages in Finland are Finnish and Swedish.
- There are some municipalities where Swedish speaking population forms the majority.
- Most Finnish people speak English, but the knowledge of Finnish or Swedish are required in schools and working life.
- Because of immigration, there is a growing population speaking Russian, Estonian, Arabic and other foreign languages.

#### **What is the weather like in Finland?**

- There are four distinct seasons: winter, spring, summer and autumn.
- Winter can be cold and snowy, but inside the homes and public buildings, it is warm all the time throughout the year.
- Even when it is cold, children go to school and adults go to work.
- During springtime, snow melts away and the growing season begins.
- Summer is a warm season, and everything is green.
- School children and working people have long holidays during the summer.
- In autumn, the weather starts to get colder and most plants drop their leaves.

#### **What is the administrative division in Finland?**

- The country is divided into regions, and each region is divided into municipalities.
- A municipality means an administrative unit that arranges services for its residents. It can be a small town or large city.
- Each region in Finland has its own rich and different history with their own traditions.
- You will move to the municipality and to your own rental home immediately when arriving in Finland.

#### **What are the most important historical events?**

- Like many countries, Finland was conquered in the past and engaged in wars.

- Finland was part of the Kingdom of Sweden for 600 years and later part of the Russian Empire for 100 years, but Finland had a lot of own decision making.
- Finland became independent in 1917. Soon after that there was a civil war in 1918.
- Finns reunited when they fought against the Soviet Union in the World War II.
- In the past many people in Finland faced poverty, hunger and poor living conditions.
- After the civil war, a lot of improvements took place and Finland has gradually developed into a modern welfare society.
- Finland has not been in war with any country since 1945.
- Finland joined the European Union in 1995.

#### **What is the political system of Finland?**

- Finland is a democratic republic.
- The President is the head of state in Finland.
- Both female and male persons have been selected as head of state in Finland.
- The parliament has 200 members representing many different parties and political views.
- All Finnish citizens over 18 years old have a right to vote.
- Immigrants have a right to vote in local elections after two years of living in Finland.

#### **How does the Finnish law protect the rights of individuals?**

- The Finnish constitution states that everyone living in Finland has the same rights and are equal regardless of nationality, age, sex, health or other reasons.
- Quota refugees are full members of the society and have the same rights and duties as other residents in Finland.
- Women and men are considered equal in Finland. Everyone has the right to freely express their opinions and dress the way they want.
- No one can be sentenced to death or tortured.
- Children, spouses or any other person cannot be punished with any kind of violence; they cannot be hit, slapped, their hair cannot be pulled, or they cannot be subjected to any form of violence.
- Psychological violence is not allowed either.
- Female genital? mutilation and the use of violence in the name of honour are strictly forbidden.
- In Finland, officials, including the police, are highly reliable and respected because their duty is to help and protect residents. Based on research, 95% of the Finns think that police is trustworthy.
- There is no reason to be afraid of any official.
- Finland is one of the least corrupted countries in the world.

#### **What is Finland's main religion?**

- The main religion in Finland is Christianity and most of the Finns belong to Evangelical Lutheran church.
- The religion is seen as a very private issue and does not play a very big role in people's lives.
- The Muslim population is growing in Finland and there are praying rooms in larger municipalities.
- There is a freedom of religion in Finland, which means that everyone has the freedom to belong to a religious community and to practise their religion, as well as the freedom to be irreligious.

### **How does the Finnish society look like?**

- Since its independence, Finland has been through a remarkable change.
- Finland developed from a poor agricultural economy into an information society where technology, information and services play a vital role in creating the country's wealth.
- The state and municipalities ensure sufficient social and health services for every citizen and other legal residents. These services are financed by taxes paid by the residents in Finland.
- All residents, including quota refugees, pay taxes to maintain the Finnish welfare system including education, health, social and public infrastructure services.
- Therefore, it is important that you learn Finnish or Swedish language and prepare to study and work.
- Women and men are equal in Finland and both are expected to work.
- There is a high number of women holding advanced positions in politics, career positions and other areas of society.
- Since the 1990s Finland has become increasingly multicultural and the population consists of many different nationalities and ethnicities. Although you can face xenophobia or racism like anywhere else, most Finns are friendly.

### **What kind of families there are in Finland?**

- The core family unit in Finland comprises usually of parents and children.
- Although Finnish people normally consider their parents or grandparents as close relatives, they rarely live with them.
- In Finland, sexual minorities such as homosexuals, lesbians and transsexuals have a right to form relationships.
- It is normal and acceptable that adult children of 18 years move apart from their parents.
- Children do not have to financially assist their parents.

### **What is important to the Finnish people?**

- Finnish people respect privacy, honesty and punctuality.
- In general, Finns appreciate good health, family, employment and an ability to develop oneself through free time activities.
- Many Finns appreciate nature and enjoy outdoor activities such as walking in a forest, cycling, skiing, fishing and swimming in lakes or sea.
- Finnish people like bathing in the sauna. Sauna is a traditional and common place to bathe. Saunas can be found in many people's houses and they are often used.
- Sports play a big role in Finnish culture. Finns have achieved international recognition in many sports, especially ice hockey, by winning a few world championships.
- People also like to do a lot of sports in order to take care of their condition, health and well-being.
- For a talented and hard-working young athlete, it is possible to become a professional (sportsman) in Finland.

### **What makes Finland a technologically advanced country?**

- Many things in the Finnish society are becoming increasingly digital and most people use different technological equipment like smart phones, laptops and tablets.
- Various electronics are used in daily life and a lot of daily activities are done with a smart phone, for example paying bills, shopping and booking appointments for public services.

- In many professions, it is compulsory to be able to use technology in order to carry out the tasks assigned at work.
- There are courses to learn these skills and it is important that you learn to use digital equipment.
- In many families, children use such equipment and technology is increasingly being used also in schools by teachers.

## Video 2: Life in Finland

**This is a video for quota refugees who are resettling in Finland**

### **How will I travel to Finland?**

- If you are selected as a quota refugee in Finland, you will be issued a residence permit which is granted for four years and it can be renewed.
- You will receive your residence permit and travel documents before you travel.
- The government of Finland will arrange and pay for your travel to Finland.
- You will travel to Finland with an airplane and you may have to change the plane on the way.
- You will be assisted at the airports.
- You can only take one bag of 20 kg of luggage to the plane and in addition to that maximum 8 kg hand luggage.

### **What will happen when I arrive in Finland?**

- Your travel arrangements will not begin until there is a municipality in Finland which is welcoming you and has your home ready for you.
- You will not live in a refugee centre, but in a rented apartment which is your own home.
- In Finland you will travel straight from Helsinki airport to your new municipality either by plane, by bus or by car.
- Upon arrival, you will receive keys to your home.
- Officials and organizations of your municipality advise you from the day you arrive, but you should be active in learning new systems also by yourself.

### **What should I take with me to Finland?**

- You should carry all personal identity documents such as passport, ID cards, driving license, birth certificates, family booklet etc.
- Take along all your most important health documents such as diagnosis, treatments and key documents of your medical history.
- Bring also the most important education documents such as certificates, degrees and diplomas.
- Bring certificates from your employment history if available, indicating where have you worked, your main duties, and for how long time you have worked in each place.
- If possible, translate the documents into English before moving to Finland.
- It is good to bring also your important photographs, small memorable items and your valuables to Finland.

### **How I will manage my life if I do not know the Finnish language?**

- It is important to start to learn immediately the Finnish language, straight after your refugee resettlement selection interview.

- Officials and organizations of your municipality help and advice you in organising your everyday life from the day you arrive, but you must be very active also by yourself.
- An active and positive attitude towards settling in Finland will help you a lot.
- Municipality officials will see that you are registered in the registry office in that municipality where you will be living.
- Upon arrival, you will have a right to communicate through an interpreter, but it is important to start immediately studying Finnish or Swedish language, because these languages are used in the Finnish society, and the interpreting services are very limited.
- You should not use your children as interpreters although they are likely to learn the new language faster.

#### **Why does the state and the municipality help me?**

- You are expected to study a profession and support yourself and your family by working. This goes for men and women equally.
- Finland is a welfare state and your municipality helps you to integrate before you can manage on your own.
- The society also helps the sick, the pensioners and those who are not able to cope alone and need additional support.
- The welfare system is paid by tax money that is collected from all individuals and companies.
- Everyone in Finland must pay taxes, whether you are studying, working, sick or unemployed.
- Taxes are used for hospitals, health care, social services, education and schools, child day care services etc.
- As a municipality resident, you are entitled to basic services, such as education, health and social services, equal to a Finn.
- At the same time, you must follow the Finnish law, rules and regulations equal to a Finn.

#### **Can people change their municipality?**

- It is difficult to move to another municipality before you have saved enough money for the costs and you know how to do it by yourself.
- Those living in Finland may freely move from one locality to another, but if you arrive in Finland as a quota refugee, it is recommended that you stay in your home municipality at least for the first years.
- Your home municipality has prepared to welcome you and provide you with a place to live and all the necessary services and support.
- If you move too quickly, a new municipality may not provide you with integration services which are as personal and extensive.
- There is a lack of affordable accommodation and it is not easy to find a new apartment.
- If you move, you will have to pay the costs most likely by yourself.

#### **Is it easy to get integrated?**

- Moving to a new country may be difficult and hard especially in the beginning. It takes time and effort to integrate in the new society, but a positive attitude will help you a lot.
- It is important that you are curious and interested in your new country.
- Although there are likely to be many changes in your everyday life, be open to learn new things and have the courage to get to know Finnish people.
- The language skills and social networks help you to integrate. The more you learn the Finnish or Swedish language, the easier it will be to get to know Finnish people and make friends.
- It helps a lot if you follow the rules and advices what you get from authorities.

- Remember to be active yourself, for example by taking part in different activities and starting conversations with new people.

#### **How will I get a house to live in?**

- In Finland you will live in a rental home that your municipality arranges for you.
- Most of the municipality housing is arranged in an apartment in a block of flats.
- The houses may vary in their size and style, but most have very similar rooms inside the house, which include a bathroom, a kitchen, a living room, a bedroom and a room for children, if needed.
- The houses have central heating and they are warm inside all year round.
- There is electricity and running water inside the houses.

#### **Are the rental houses furnished?**

- There will be some basic equipment ready upon your arrival, usually at least beds or mattresses, sheets, some furniture and some basic cutlery.
- There will not be a television or telephone in the apartment. Later you can save money to buy the things you need for your home.
- People in Finland cook mostly on electrical stoves.
- There is a fridge and sometimes also a freezer in the apartments.
- Your municipality will give you advice on how to use these items.

#### **Can I smoke inside the apartment?**

- Normally it is forbidden to smoke inside your home and other buildings.
- It is also forbidden to smoke inside public buildings and transport.
- No living fire is allowed inside the apartments.

#### **Is tap water drinkable?**

- The tap water in Finland is very clean and you can drink from the tap without boiling the water.
- You can get both hot and cold water from your water taps and shower.
- You must pay for the water you use at home, so it is recommended that you do not use water excessively.

#### **How will I move inside the municipality?**

- In many municipalities there is reliable and efficient local public transport.
- In smaller municipalities basic services are usually located close to rental housing, so you can reach all necessary services by foot.
- Cycling is also a safe and cheap way to get around if the distances are short.
- Walking is healthy and people usually walk long distances such as 2-5 km to work or school.
- Buses and trains provide public transport services for long distance journeys. Furthermore, there are domestic flights available, but usually more expensive than public transport.
- National, regional and local public transport services are designed to provide passengers with as reliable, safe and comprehensive services as possible. Using public transport is cheaper than owning and using a private car.
- Taxi is very expensive in Finland, so use it only in the case of emergency.

#### **Is public transportation safe for my family?**

- Public transportation is very safe for everyone.

- Women can use public transport on their own.
- Children can use public transport on their own for going to school and free time activities.
- If one does not remember the route or stop, drivers and other passengers can help.
- There are online applications that provide very clear guidance, maps and timetables for public transport routes.

#### **How will I buy my food?**

- People in Finland buy their food and other groceries usually from big shops and department stores.
- Nowadays there is an increasing amount of shops in Finland that sell different types of (ethnic) food imported from Arab, Asian and African countries.
- In summertime, markets sell fresh vegetables and other products such as mushrooms and wild berries from forests. Markets are also places for people to meet each other.
- You can pick edible wild berries and mushrooms from the forests.

#### **How will I have enough money to buy all necessary items for my house and family?**

- At the beginning you will get financial support for basic living costs through the social system. The amount of your support is based on law.
- Your support is enough only for basic costs and it is paid only once in a month.
- It is not advisable to take loans for paying your expenses.
- The price level in Finland is quite high. It is important to plan monthly spending inside the family.
- It is usual to buy clothes, furniture, bicycles and children's items in second-hand shops where the prices are much lower.
- The quality in second-hand shops can be extremely high and the variety of products is large.
- Nowadays buying and selling clothes and shoes in the internet is common.

#### **What currency does Finland use?**

- The currency in Finland is euro. It is a currency that is shared by most countries that belong to the European Union.
- Finland started to use euro in 2002.

#### **Can I use cash while shopping?**

- Payments can be made by cash or bank card. However, cards are increasingly used as a payment method.
- You need a bank account in order to get a bank card.
- It is necessary for every adult immigrant to open his or her own bank account.
- Men and women have their own, separate bank accounts.

### **Video 3: Childcare, education and basic rights for children in Finland**

#### **This is a video for quota refugees who are resettling in Finland**

#### **Is Finland a good country for children to grow up?**

- Finland provides public services for all residents.
- Pregnant women and children at all ages get special services in health clinics.
- In Finland, law does not allow children to work (hard) and to drop out of school.

- Basic rights for children include the right to health, education, family life, play, suitable standard of living as well as to be protected from abuse and harm.

#### **Can parenting in Finland be different to what we are used to?**

- All the parents in the world want the best for their children. In practice, some parenting habits may have to change when you settle in Finland.
- Children's wishes must be heard and they must live in a safe environment and have positive, close relationships.
- Girls and boys must be treated equally, and they enjoy the same rights throughout their lives.
- You are obliged to look after your children's well-being and development until your children become adults.
- In Finnish law, children become adults when they are 18 years old.
- If you have challenges in upbringing or in family relations, you can ask for help from day care, schools or municipal family counselling services.

#### **Can I exercise physical punishment as a form of discipline?**

- In Finland, physical punishment is illegal.
- You cannot punish children physically by slapping them or pulling their hair. All violence against children is a crime.
- There are alternative ways for upbringing and disciplining a child which have been tested as efficient.
- These alternative ways can be discussed with social and health workers, children's day care and schools.

#### **Who takes care of the children when parents are studying or working?**

- All municipalities organise early childhood education in day care for children below seven years and preschool for children at the age of six.
- Both parents can work or study while their children are in a day care.
- In the day care children play and learn different skills that are useful when they start the primary school. The day care teachers are well educated professionals.
- Immigrant children learn Finnish or Swedish very fast when they interact with other children in the day care.
- Children at the day care are provided all necessary meals.
- Children can start the day care even before they are one year old if the parents are working or studying.
- It is good for your child to start a day care latest at the age of three in order to learn the Finnish or Swedish language.

#### **Is early childhood education for free?**

- There are fees which depend on your family's income and the number of children.
- Usually people pay for early childhood education if they are in the working life and earn high enough salaries.
- Those whose income is low are exempted from the fees, but their children receive the same services.

#### **When does a child go to school in Finland?**

- Children start the first grade of comprehensive education usually at the age of seven.

- All children in Finland must attend comprehensive education.
- Comprehensive education usually lasts for nine years at the age of 7-16.
- Children who do not speak Finnish or Swedish receive additional support in learning the language.

#### **What is a typical school day like in primary school?**

- A school day may start at different times on different days. Typically, a school day starts at eight or nine o'clock in the morning from Monday to Friday.
- During a school day there are lessons on different subjects such as languages, mathematics, biology, history and sports.
- Children play outside during breaks.
- All children eat a warm lunch at school.
- Teachers may give homework daily.
- School day ends usually between 12-14 in the afternoon.

#### **What are parents' responsibilities in terms of children's studies?**

- As a parent you must oversee that your children attend all the school lessons daily.
- You must inform the school immediately if your children are absent due to illness or other reason.
- You must oversee that your children complete the homework given by teachers.
- Schools and parents in Finland have regular communication about the progress of pupils.

#### **What can children do during their free time?**

- It is important that children engage in free time activities during which they can learn the language and get Finnish friends.
- There are different options of free time activities for children in Finland.
- They have the chance to involve in sports, dance, music, visual arts or theatre, cooking courses, to name only a few examples.
- Many schools, youth centres, organisations and public libraries organise different free time activities and clubs for children.

#### **Are these activities for free?**

- Some of the activities, such as sports clubs, are subject to a fee, but there is also a wide variety of completely free activities.
- Families can enjoy a lot of free time activities together without any cost such as visiting playgrounds, public libraries, and cultural and sports events.
- It is important that families spend time together and take their children out to play.

### **Video 4: Education opportunities and a meaningful life for youth**

#### **This is a video for quota refugees who are resettling in Finland**

##### **What is the education system like in Finland?**

- Finnish education system is well known for its high quality and standards. It offers equal opportunities for education for all, no matter how old one is.

- The Finnish comprehensive education consists of primary school (grades 1-6) and secondary school (grades 7-9), upper secondary education and higher education. All education is free of charge.
- Comprehensive school is meant for those who are below 18 years.
- Your municipality will organise a study place in a local school for you and you will be provided support in learning Finnish or Swedish language.
- Your teacher will analyse what grade suits you best, taking into consideration your earlier studies and age.
- If you arrive in Finland at the age of 17 years or above, you can study the entire comprehensive school curriculum at an upper secondary school for adults.
- In Finland studies are tailored to suit different learners so that each student can finish his or her studies and enter further studies or working life.

#### **Can I manage to study in Finnish or Swedish?**

- After a preparatory class of one year or similar support in gaining the necessary language skills, you will receive help in Finnish or Swedish throughout the studies.
- English is taught at schools as a second language and there is a variety of other languages you may study, but the selection depends on the school.

#### **Can I start working after secondary school?**

- It is not common nor easy to enter the working life immediately after secondary school.
- There are only a few jobs for people without education. Therefore, it is recommended to study further in Finland.
- After comprehensive school, you can enter upper secondary school for further academic studies, or you can study at a vocational college for a profession. Both studies will take about three years.
- After completing the vocational studies, you can start looking for a job or a place for work practice.
- Already during the studies, there are several work practice periods, during which you get valuable work experience.
- There is a variety of opportunities for you to engage in part time jobs during your free time and school holidays to earn pocket money.
- From the age of 15 you can sign a work contract by yourself. Before that a contract must be signed by a parent.

#### **What can I do during my free time?**

- Municipalities and different organisations provide a wide range of opportunities for free time activities for the youth and many of these are free of charge.
- You can choose yourself the kind of free time activities you like from different kinds of sports to music, dance, arts, nature activities and volunteer work.
- There are open spaces and fields for outdoor sports that can be used by anyone.
- Many public libraries have special areas for youth to hang around and to play games and meet other youth after school hours and in the evenings.
- You can borrow books in different languages without any cost from your public library.

#### **How are love relationships and marriages established in Finland?**

- Youth and adults get to know each other by dating. This provides the partners an opportunity to get to know each other.

- Dating does not necessarily lead to a marital relationship.
- In Finland, it is common to have a love relationship before a possible marriage.
- The country's minimum age for marriage is 18 for both sexes.
- Both females and males have the right to choose whom they wish to date and marry; they decide for themselves who their future spouse will be.
- No one may be forced into dating or marriage.
- It is punishable by law to force a person, whether it is a man or a woman, to marry.
- In Finland you can have only one spouse at the time.
- In Finland, anyone can get divorced and one does not need to depend on former spouse for financial support.

#### **Is it allowed to engage in sexual relationships before marriage?**

- Both girls and boys make friends and socialize freely even with the opposite gender. However, in all cases, dating does not mean that adolescents have a sexual relationship.
- It is also legal and acceptable for young couples to live together and have a sexual relationship before and even without getting married.
- The age of consent for sexual activity in Finland is 16 years.
- This is the minimum age at which an individual is considered legally old enough to consent to participate in sexual activity.
- Everyone in Finland has a legal right to deny another person from having any physical contact. No one, including a marital spouse, can be forced to sex without consent.

#### **Can I establish a family with a Finn?**

- You are free to establish a family with any person with whom you get along and mutually agree on the relationship.
- There is an increasing number of mixed couples and families that consist of two different nationalities in Finland.
- The Finns choose their partners themselves and no prior consent is required from the parents or families.
- Before establishing a family, it is important that you both discuss thoroughly about values, future aspirations, a wish to have children and other important topics that will affect a couple's life.
- The partners can ask for the opinion of their families, but the family or parents must respect the individual's right to choose their partner.

#### **Can I be harassed or discriminated because of my different nationality and outlook?**

- All harassment and discrimination are illegal in Finland and everybody is equal in the Finnish law.
- In schools and all public services harassment and discrimination are strictly forbidden.
- If you are yourself open to meeting new people and try to use Finnish or Swedish, you are likely to get well along with the Finns.
- Schools, hobbies and youth events are great opportunities for making new friends.

### Video 5: Education and working life of adults

**This is a video for quota refugees who are resettling in Finland**

**What are the first steps after I arrive in Finland?**

- If you are a healthy adult at the age of 17-64, you will have to register yourself at public employment services as an unemployed person looking for employment.
- Officials and advisers will guide you through these processes.
- Your language skills and previous work experience will be evaluated, and you will get a personal integration plan.
- The employment office will enrol you in an integration course which provides you with language skills, knowledge of the Finnish society and working life. You will also engage in work practice.

**What if I am not able to work?**

- If you are not considered to be able to enter the working life, such as the disabled, persons above 64 years old, mothers who are taking care of their newly born babies at home etc. you do not need to register at the employment office.
- If you belong to this group, you prepare your individual integration plan together with your municipal social office.
- The integration plan will guide you to find suitable language courses and other meaningful activities such as different groups for being active.
- Even if you are not likely to enter the working life, it is very important to study the new language and get acquainted with the Finnish society.
- You are also expected to take good care of your health and wellbeing.

**What if I cannot write or read?**

- There are specific integration courses for the illiterate. You do not need to read or write at all before you come to Finland or you may be able to read or write in your own language only.
- The courses for the illiterate proceed at a slower speed so that all the participants can eventually learn basic literacy skills.
- Afterwards you can join more advanced integration courses.

**Can adult immigrants who have not completed their comprehensive school attend school?**

- If you have not completed comprehensive school in your home country and you are still young, you may possibly enrol in upper secondary schools for adults.
- The public employment services will provide more guidelines and assist you to enrol in courses that are most suitable for you.

**Can I start working immediately after arriving in Finland?**

- As a quota refugee you have a residence permit and the right to work upon arriving in Finland. Your right to work is stated in your residence permit card.
- You may engage yourself in temporary employment alongside your integration and other studies.
- However, in Finland, it is difficult to find work without any formal qualification obtained from studies and other necessary skills.
- It is very important to learn basic skills in Finnish or Swedish language. It is important to start learning basic words even prior to arriving in Finland.
- You can find work through public and private employment services or through contacting employers directly.

- There are both part-time and full-time jobs. Normal full-time working hours are eight hours per day.

#### **What kind of jobs are available in the Finnish labour market?**

- Social welfare, health care, early childhood education and cleaning are the fields most in demand of employees in different parts of Finland.
- There are also good employment opportunities in the fields of construction, mechanical industry, catering, forestry and transportation.
- Knowledge of Finnish or Swedish language skills is essential both in studying a profession and in the working life.

#### **Can I start my own enterprise in Finland?**

- Entrepreneurship is one possibility of earning one's own income in Finland.
- There are successful immigrant entrepreneurs, for example in the fields of catering, trade, real estates, construction, transport and social services.
- Before establishing an enterprise, you should be aware of the Finnish legislation, taxation system, entrepreneurial environment and capital requirements.
- Finnish language skills are essential in entrepreneurial activity.
- You can receive financial support for the initial period of establishing an enterprise if your business plan is approved by the employment services.

#### **How can I study a profession in Finland?**

- If you already have a degree, you can find out how it can be transferred into an equivalent degree in Finland. In most cases you are asked to do complementary studies in Finland.
- A high number of vocational institutions in Finland offer a broad selection of vocational education and training programmes, which give qualifications for a large variety of practical professions.
- The studies last usually two to three years.
- The vocational institutions provide additional language studies and help for those whose native language is not Finnish or Swedish.
- There is also a large variety of other higher education institutions, such as universities of applied sciences and universities.
- In Finland, all higher education is free of charge.

#### **What kind of jobs can women practice in Finland?**

- In Finland it is totally common for men and women to work at any type of job.
- For example, men can be day care teachers or nurses and many women work as manual workers or bus drivers.
- All women are expected to study a profession and enter the working life.
- The day care system makes it possible for women to be fully employed even if they have several small children.

#### **If the mother of a family is also working, who takes care of the home?**

- In Finland parenting responsibilities and household duties are equally divided between men and women.
- Both parents engage in cooking, cleaning, shopping and childcare.

- When everybody in the family attend schools and are engaged in working life, domestic duties need to be divided equally among all family members.
- In Finnish secondary schools, both boys and girls are taught how to prepare food, clean the house and take good care of their homes.

## Video 6: Social security and health care services in Finland

### **This is a video for quota refugees who are resettling in Finland**

#### **How is social security organised in Finland?**

- If you are fit and below 65 years, you are expected to work full time and sustain yourself and your family with the income from work.
- Everybody pays taxes from their income to cover the costs of the public services.
- Taxes are deducted also from social allowances.
- Finland is a welfare society which means that if a person is unemployed, sick, disabled or old, the state secures his/her basic needs.
- All social security services are funded by taxes.

#### **Am I entitled to social security in Finland?**

- As a municipal resident you have the right to social security in Finland if you have a need. This includes different social services and social benefits in different life situations.
- The Social Insurance Institution of Finland, Kela, provides services to all municipal residents in matters related to social security.

#### **Does the social security system provide care for the elderly and disabled?**

- Municipalities have the primary responsibility for taking care of the elderly and the disabled.
- Municipality can provide special housing requirements such as access with a wheelchair.
- Individual rehabilitation services for the elderly and disabled are available partly in the municipalities and partly in major hospitals.
- Parents with a seriously disabled child can receive additional financial support for covering the costs related to the child.
- Disabled children go to school and receive special support from teachers.

#### **What kind of family benefits are offered to parents in Finland?**

- You have the right to use services of a maternity clinic during pregnancy and after giving birth.
- Maternity clinics monitor your health and the baby's health.
- Most women give birth in high quality hospitals.
- After the birth of a child, you may take care of the child at home.
- During this time, financial support is available for the nurturing parent, which can be either a mother or a father.
- In Finland, it is increasingly popular for fathers to stay at home and take care of their children while the mother is working.

#### **Do I have the right to use health services in Finland?**

- You are offered the same municipal health care services as the citizens of Finland.

- A health examination is organised for all quota refugees and their families upon arrival to their new municipality. This will allow health personnel to determine if a person needs any health care.
- It is important to take your prescriptions and medical statements with you when travelling.
- In Finland, all health care professionals and interpreters are bound by law to professional confidentiality.

**What kind of healthcare service will I receive?**

- As a municipal resident you will be covered by the public healthcare system.
- Public healthcare services provide primary healthcare and medical treatment, but there are some differences in how these services are organized in different municipalities.
- Children's health care extends from their birth to the time they finish comprehensive school.
- Your need to any health care and special health care services will be examined and you will be directed to the appropriate services if necessary.
- If you have experienced torture or violence, you may get psychological and other kinds of support to overcome the traumatic experiences. These services are available for all ages.

**What will happen if I get ill while working?**

- Everyone permanently residing in Finland is covered by national health insurance, which is financed by contributions from both the insured and employers.
- If you fall ill or have an accident, you have a right to stay at home, but you must provide your employer with a doctor's certificate.

**Do people get health care services related to their sexual matters?**

- Health centres and their contraception clinics provide free-of-charge counselling on sexual matters and contraception.
- Sexually transmitted diseases are treated at health centres or special clinics. Health centres administer HIV tests and medication for HIV patients in Finland is free of charge.

**Do public health care services cover dental care?**

- As a municipal resident you have the right to use the public dental care (services?).
- All quota refugees will undergo a dental check-up and receive advice on how to take care of their teeth in terms of nutrition and hygiene.
- In case your dentist discovers a need for dental care or operations, you will receive appointments for these services.

**Can I use my previous prescriptions from my home country in Finland?**

- In Finland, a doctor prescribes the medication for illnesses. You will get a doctor's prescription which you have to take to a pharmacy to purchase your medication.
- If you have a long-term illness, take your previous prescriptions with you to the doctor's appointment in Finland.

You are most welcome to start your new life in Finland! TERVETULOA!