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2020 – 2021

<https://sites.utu.fi/lumodi/en/>

Tulevaisuustyöpaja: Luonto, hyvinvointi ja kotoutuminen

Futures Workshop: Nature, well-being and integration

*Turun pääkirjasto, Studio
Turku Main Library, Studio*

Kello 17:00-19:00

From 5pm to 7pm



**TURUN
YLIOPISTO**

Schedule

17:00-17:05 Opening words
(Jussi Jauhiainen)

17:05-17:30 Nature and well-being
(Antti Klemetilä)

17:30-17:50 LUMODI project & preliminary results
(Hanna Heino & Miriam Tedeschi)

17:50-18:00 Coffee break & group organisation

18:00-18:55 Group work

18:55-19:00 Closing words
(Jussi Jauhiainen)



Photo by Vadim Bessonoff

LUMODI

Luontosuhde
maahanmuuttajien
hyvinvoinnin tekijänä
fyysisessä ja digitaalisessa
ympäristössä

The relationship between nature
and well-being of immigrants in
physical and digital
environments

Researcher PhD Hanna Heino

Researcher PhD Miriam Tedeschi



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Background - Taustaa

LUMODI

- Carried out at the Division of Geography (UTU)
- Funded by the Turku Urban Research Programme
- Turku Urban Research Programme
 - Preventing segregation
 - Increasing inclusiveness
 - Strengthening integration and increase multicultural interaction
 - Using digital services to promote health and well-being

LUMODI project



- The LUMODI project studies immigrants' free time activities in the nature for connected, meaningful, cohesive, and healthy urban life.
- Three target groups: Arabic, Somali and Russian speaking residents of Turku



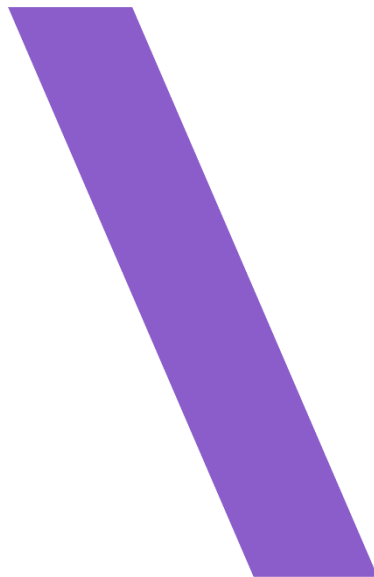
Materials and methods – aineisto ja menetelmät

- Survey
 - 304 respondents
 - Arabic-speaking 84, Russian-speaking 89, Somali-speaking 131
- Observation
 - 7 nature trips with immigrants
- In-depth interviews
 - 18 persons
- Probes (ethnographic method allowing for distant observation)
 - 13 persons
 - Two-week period

Research questions - tutkimuskysymykset

- Research questions:
 - how do the first-generation immigrants in Turku experience nature?
 - how does nature contribute to their integration and well-being?
 - what are the barriers to access the nature?
 - how should the existing digital services and solutions be enhanced to better support nature experience and well-being?

Preliminary results- Tuloksia

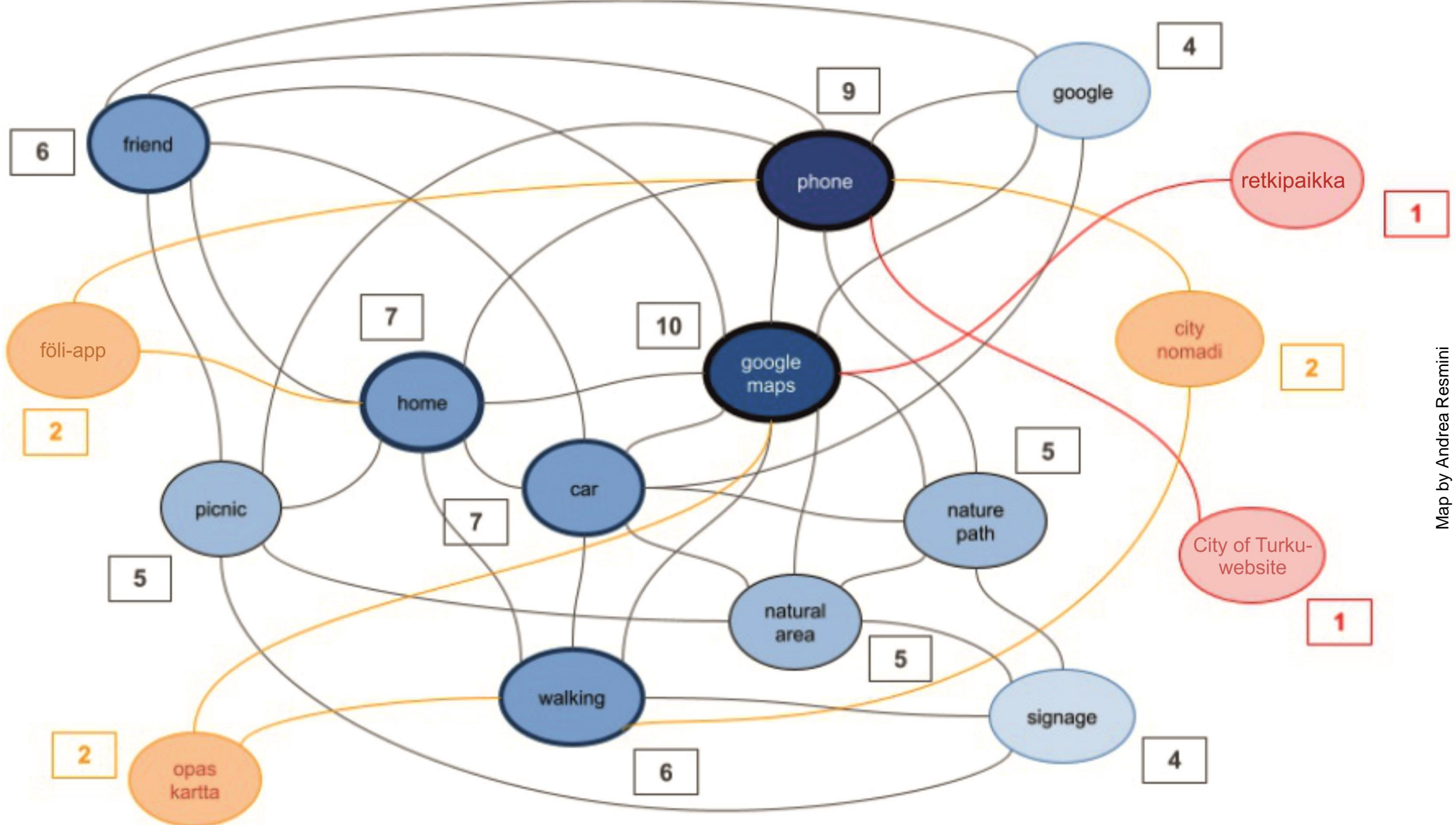




Three dimensions of nature experience

Three dimensions of nature experience emerged from the research:

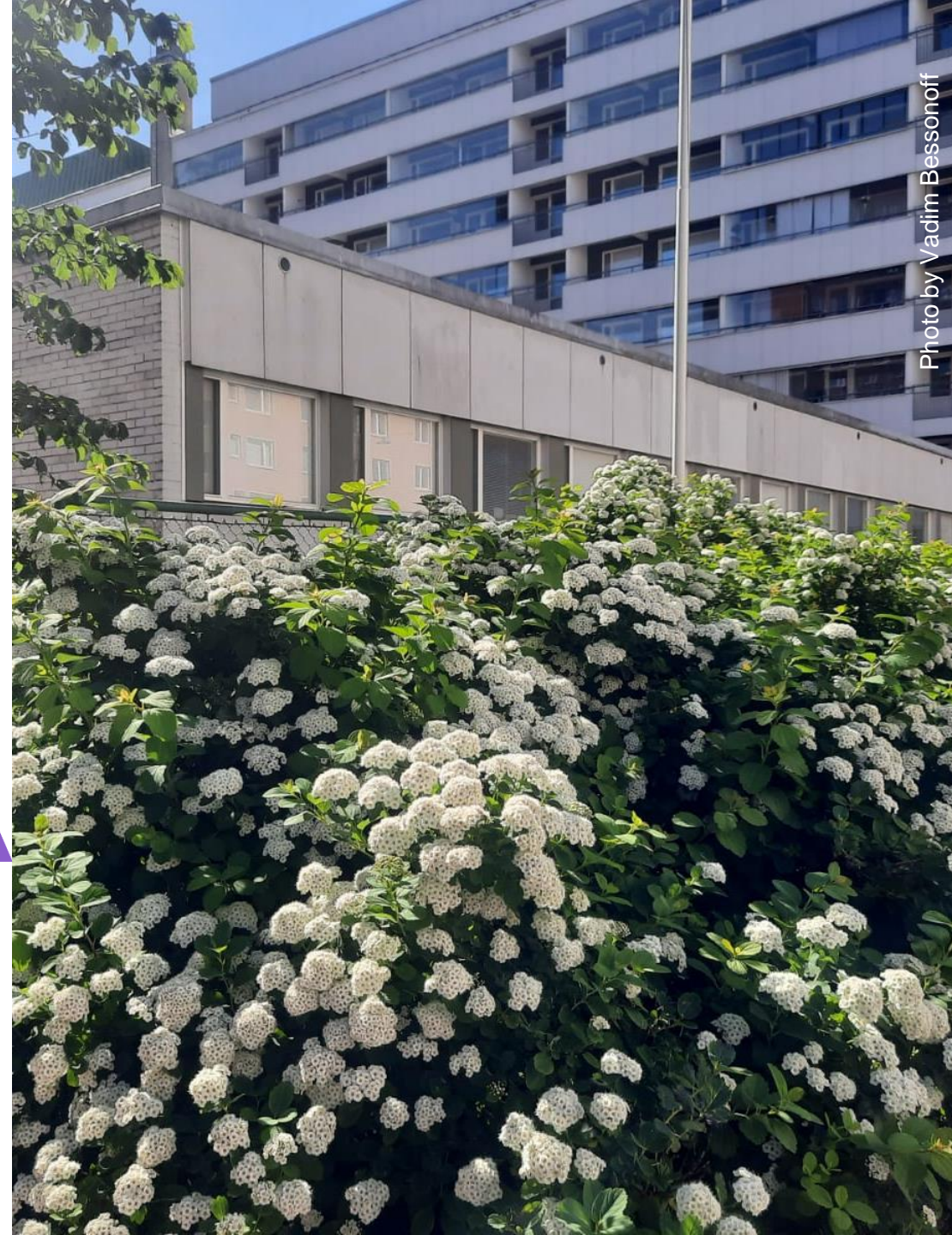
- Social dimension: nature as a community experience, with a purpose
- Emotional dimension: nature as mirror of memories from the home country
- Normative dimension: nature as an ordered, rather than a wild element



Thanks!
Kiitos!

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Group work

18:00-18:05: Introduction round of the group's members

18:05-18:40:

1: Critique phase. *Barriers of access to nature*

2: Phantasy phase. *Imagining the perfect future (2050).*

3: Implementation phase. *Finding solutions.*

18:40-18:55 Group presentation (few minutes per group)

Group work

18:00-18:05: Introduction round of the group's members

18:05-18:20:

1: Critique phase. *Barriers of access to nature*

- Task 1: Grouping & naming/categorising the barriers
- Task 2: Categories reordering and prioritisation
- Task 3: Selecting the one or two most relevant/interesting groups of barriers

Group work

18:20-18:30:

2: Phantasy phase. *Imagining the perfect future (2050).*

- Task 4: Imagine how Turku would be when/if the chosen barriers are overcome. 5 minutes silence individual thinking. What new ideas/innovations have emerged! Write your idea on post-it.
- Task 5: Discuss and describe it on the big paper.

Group work

18:30-18:40:

3: Implementation phase. *Finding solutions.*

- Task 6: Try to find ways how you would achieve the perfect future. Write them on post-it, and paste them on the big paper.

18:40-18:55 Group presentation (few minutes per group)

References

Gentin, S., Chondromatidou, A.M., Pitkänen, K., Dolling, A., Præsthholm, S., Pálsdóttir, A.M., 2018. Defining nature-based integration—perspectives and practices from the Nordic countries. *Reports of the Finnish Environment Institute*, 16. Retrieved on August 5th, 2021, from <http://hdl.handle.net/10138/236244>.

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Thanks!
Kiitos!



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