

LUMODI

Luontosuhde
maahanmuuttajien
hyvinvoinnin tekijänä
fyysisessä ja digitaalisessa
ympäristössä

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

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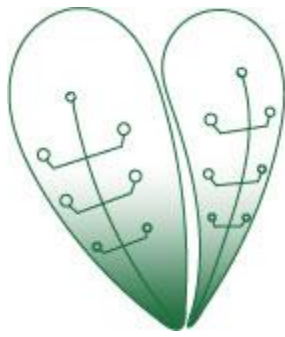


1. Background

➤ Place of research: Turku

- The City of Turku Strategy is supported by two strategic programmes:
 - *Well-being and activity*
 - *Competitiveness and sustainable growth*
- Turku Urban Research Programme
 - Prevent segregation
 - Increase inclusiveness
 - Strengthen integration and increase multicultural interaction
- LUMODI ("The relationship between nature and well-being of immigrants in physical and digital environments") is funded by the Turku Urban Research Programme

LUMODI



- Nature supports health, integration, and well-being
- 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

Nature-based integration

4 types of integration:

1. **Structural integration:** access to common resources and main institutions of society
2. **Cultural integration:** acquisition of new knowledge and competences, cultural aspects, common practices, general rules of behaviour
3. **Interactive integration:** friendships and social interactions
4. **Identificational integration:** emotional bonds to new groups and places.

Nature can be a means to integration and a resource equally accessible to all (Gentin et al. 2019: 1).

2. Research questions

- Research questions:
 - how does the foreign-background population, **Arabic-speaking, Russian-speaking, and Somali-speaking**, in Turku experience nature?
 - what are the barriers to access the nature that influence the foreign-background population's integration and well-being?

3. Materials and methods

- 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

4. Preliminary results



Barriers:

Social

Emotional

Cultural

Physical

alone vs
company

fear vs safety

no 'idea' of
nature and
well-being

seasons and
weather

segregation
vs
integration

feeling at
home vs
feeling lost

own vs new
country
language

distance &
accessibility

old & new
social habits

wilderness vs
urban nature

everyman's
rights

appropriate
gears and
outfit

Social barriers	<p>"I wouldn't go out in the forest alone"</p> <p>"I rarely go anywhere, and I prefer to stay at home"</p>
Emotional barriers	<p>"I found out about new places I would like to visit, but I don't know how to get there, if they are in the middle of the forest"</p> <p>"You don't want to be in the forest without paths, that is confusing and dangerous"</p>
Cultural barriers	<p>"Well-being is just having food, and a house"</p> <p>"For a foreigner like me, it is troublesome, not knowing what you can, or cannot do. You feel lost here"</p>
Physical barriers	<p>"I cannot go out, the roads are slippery, and I may fall"</p> <p>"Wearing inappropriate clothing in wintertime"</p>



5. Towards nature-based integration

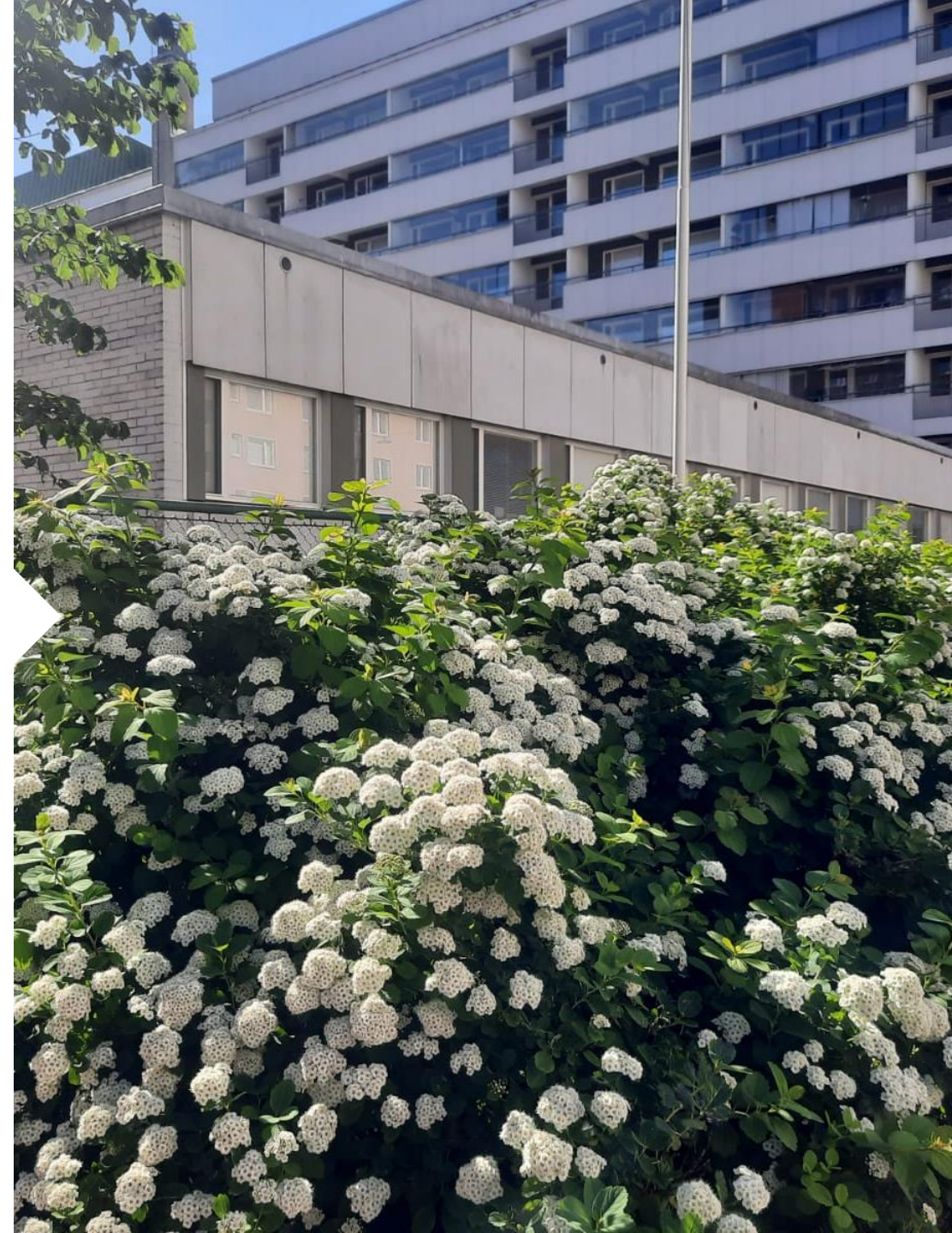
Three dimensions of nature experience emerged from the research:

- 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

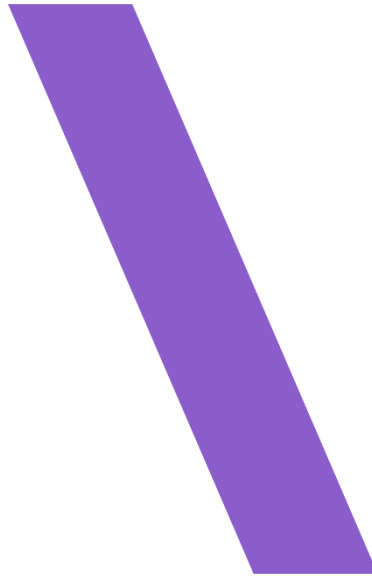
5. Towards nature-based integration

Nature-based integration:

- Social dimension
 - supporting interactive integration
- Emotional dimension
 - supporting identificational integration
- Normative dimension
 - supporting cultural integration



Thanks!



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