

Futures Workshop. Nature, Integration and Well-Being

The closing event of the LUMODI project, the Futures Workshop, was held on 16 November 2021 in the Turku Main Library. The aim of the project was to study the relationships between nature and well-being of immigrants in physical and digital environments. The workshop discussed in dept three research questions: how does nature contribute to immigrants' integration and well-being? What are the barriers to access the nature? How should the digital services and solutions be enhanced to better support nature experience and well-being?

Nineteen people attended the workshop and participants were divided into four groups. The structure of the workshop consisted of three phases: a critique phase ('**Barriers of access to nature**'), a phantasy phase ('**Imagining the perfect future (2050)**'), and an implementation phase ('**Finding solutions**'). This text summarizes the groups' work in terms of co-creating new classifications, solutions, and future scenarios. Several different perspectives on the future were found, as well as visions that provided diverse solutions to overcome obstacles and open new perspectives for the future. In the first phase (**critique phase**), the groups were given post-its with various types of barriers of access to nature. Each group had to find commonalities among these barriers and categorise and cluster them accordingly. The groups named the new categories as follows:

Group 1	Group 2	Group 3	Group 4
Roles	Networks	Duties	Identity
Internal/personal/inter subjective barrier	Individuals' relation to society	Trigger of unpleasant emotion	Everyday social barriers
Lack of resources	Personal	Tech	Outside of community and society
External circumstances	Resources (Physical/Knowledge)	Physical equipment	Everyday practical barriers
Group obstacles	Factors	Habitus-field	Lack of availability of digital information
	Post-traumatic		Emotions/ Emotional barrier

Commented [MT1]: I think that this part risks to remain unclear. The reader might wonder about what kind of barriers we are talking about... Would it be useful to add here some (or at least one) pics of the papers where the post-its with the barriers are visible?

In the second part of the workshop, in the **phantasy phase**, the groups were given the task of imagining the year 2050: What / which things have changed? What does the world look like? What has humanity achieved? In 2050, the media, politics, and the education sector have recognized the importance of human rights and the value of nature. Decision-makers and immigration experts understand the value of nature when it comes to resettling in a new country and meaningfully use nature in integration programmes. Nature is reflected in urban space solutions, such as communal gardens and interiors. Technology has developed rapidly by 2050, and thanks to it we have access to innovative solutions, for example to make nature-related information reach everyone, and find more free time from homework and schoolwork, to dedicate to outdoor activities. Information is available to everyone; it generates good memories and is easy to reach. Even though the pandemic has left its mark on people's minds, we can deal with negative emotions with the help of discussion circles. In the future, the health benefits of nature and respect for nature will be widely taught in schools and kindergartens. Kindergartens and schools operate almost entirely outdoors. In 2050, the cultures of communities and residential areas will be vibrant, warm, and open. Extremisms has has a reduced impact, as polarized thinking itself has diminished. We support common goods, such as nature, and we do it together.

In the final part of the workshop, the **implementation phase**, the groups were asked to find solutions for a better future. First, the groups emphasized the importance of increasing critical thinking and awareness of problems, whether it is through self-reflection, research, or interdisciplinary collaboration. Second, nature was given many roles in groups' proposals: nature as part of integration programmes, forest trips, and other nature trips; inclusion of nature in spatial solutions, which creates a nature relationship for children at an early stage; nature as part of community; and the emergence of positive new memories via the relationship with nature. Third, the groups suggested that our living environments' surroundings be redeveloped to be more diverse, meaningful, and safer, so that everyone would have the opportunity to feel safe when moving around in nature. When planning new outdoor activities in the nature, it is important to listen to everyone's opinion.