

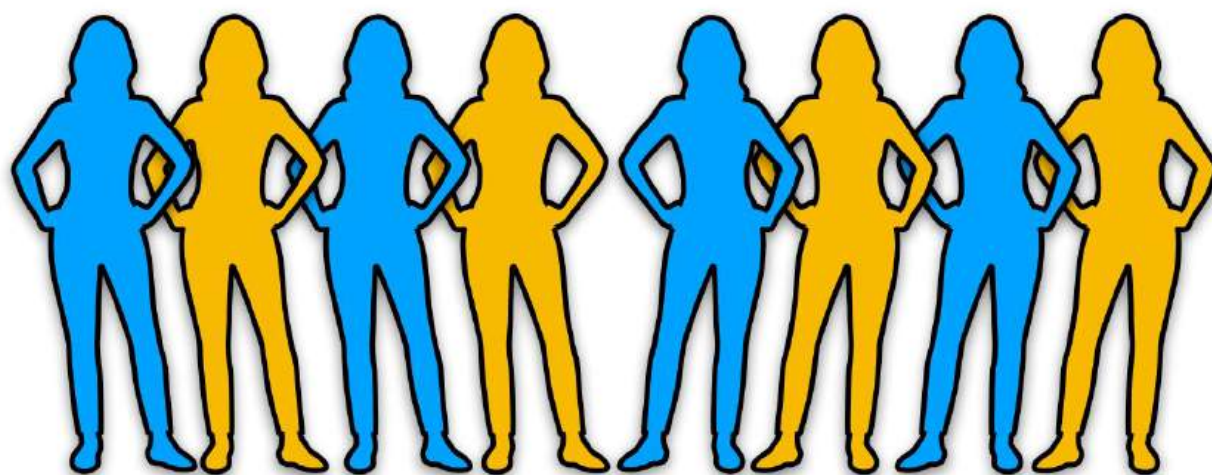
TURKUN ABC OPI JOKA PÄIVÄ

**Turkun
Women's
center
supporting Ukrainians**



1. INTRODUCTION	4
1.1 CHALLENGE: The opportunities for Ukrainian refugees to quickly become part of society must be improved	4
1.2 What do Ukrainians need to facilitate repatriation?	5
Summary of responses to a survey of Ukrainians	6
2. TURKU ABC - THE ANSWER TO THE CHALLENGE OF INTEGRATION	7
2.1 TURKU ABC - coaching program from the point of view of Ukrainians	7
3. TURKU ABC - COACHING: PERSONAL SUPPORT, EFFECTIVE LANGUAGE PRACTICE AND MIND WELL-BEING	9
3.1 FORWARD group on Facebook: interaction, learning vocabulary and writing - LEARN EVERY SINGLE DAY 24/7	9
3.1.1 Daily practice in the FORWARD group	9
3.1.2 Daily exercises: examples	10
3.1.3 Dialogues in the Facebook group	11
3.1.4 FORWARD information: calendar, information related to education and work, and current affairs	11
3.2. ZOOM intensive session every month	12
3.2.1. ZOOM EPISODE: Online study teaching	12
3.2.2. ZOOM EPISODE: Speaking practice	13
3.2.3. Practicing speaking: a suggesto-pedagogical reference framework in the background of PICTURE BOARD practice	13
3.2.4 Basic teaching of the ZOOM language - six everyday situations	14
3.2.5. Learning to speak in a Zoom lesson	15
3.2.6. Practice with picture boards step by step	15
3.2.7. Studying language and culture through songs and rhymes	16
4. GETTING TO KNOW TURKU AS PART OF THE STUDY OF LANGUAGE AND CULTURE	17
4.1. Getting to know Turku guided by the residents	17
4.2. Finnish celebrations and related traditions according to the people of Turku	18
5. MUSIC, ART AND LITERATURE IN PROMOTING INTEGRATION	19

A moment of thought - thoughts evoked by Finnish art, language learning and cultural integration	20
Finnish literature teaches the Finnish language 6. HISTORY	20
TEACHES TO UNDERSTAND MODERN TIMES	21
7. A LANGUAGE TREE GROWS IN TURKU ABC NATURE	21
Everyone's rights	21
8. SUPPORT MEASURES TO GUIDE WORKING LIFE	22
9. TURKU ABC - DEVELOPING TOGETHER	23
10. SUPPORTING THE MENTAL WELL-BEING OF UKRAINIANS - DEVELOPING METHODS IN 2025	24
11. THROUGH COOPERATION WE HELP UKRAINIANS - IN UKRAINE AND TURKU	26
12. TURKU WOMEN'S CENTER ACTIVITIES	27
13. COOPERATION OF TURKU WOMEN'S CENTER AND REGIONAL LIBRARIES SINCE 2007	28
14. INTERNATIONAL WORK TO DEVELOP AND INCREASE USAGE OF MULTILITERACY METHODS	29
15. TURKU ABC - ANSWERS TO QUESTIONNAIRES	31
15.1 GENDER, AGE AND EDUCATION	31
15.2 PROFESSION/STUDY IN UKRAINE	32
15.3 WHAT DO YOU THINK ABOUT THE PAST AND THE FUTURE?	33



1. INTRODUCTION

1.1 CHALLENGE: Opportunities for Ukrainian refugees to enter quickly become a part of society must be improved

Ukrainians fleeing the war are constantly arriving in Finland. In recent months, the number has increased again due to the difficult situation in Ukraine. Russia's attacks on many cities have made it difficult, for example, to get electricity. Constant alarms and long power outages make life difficult and make people leave.

According to a survey conducted by the Ministry of the Interior in 2023, more than half of Ukrainians consider staying in Finland, even if returning to Ukraine is possible. In the Turku region, more than three quarters of those who participated in the TURKU ABC course want to stay in Finland permanently. They need intensive language and culture education that supports other integration measures.

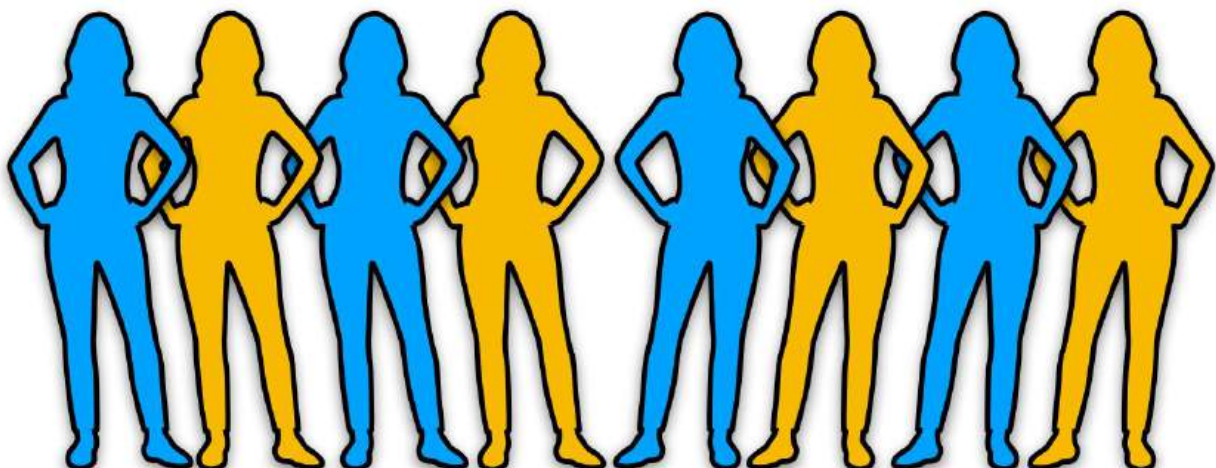
In a new country, the need for support is initially focused on immediate needs, but over time and as the crisis drags on, emotions rise to the surface. People long for and need more emotional help supporting mental well-being as well as information about starting everyday life in Finland.

More and more Ukrainians want to study Finnish effectively and hope for a place where they can practice speaking Finnish. The monthly intensive sessions of TURKU ABC online coaching offer this opportunity, especially regular speaking practice for those who do not yet have Finnish friends.

Many Ukrainians no longer have a home to return to due to the Russian aggression, and they are now creating a new life in Finland. In Finland proper, population growth has accelerated because of Ukrainians.

Ukrainians living in the Turku region and planning to move here need effective support in learning the language, settling into everyday life and maintaining mental well-being. TURKU ABC training has been developed in cooperation with Ukrainian teachers, learners and international partners for more than two years.

The quality of integration measures is key. Ukrainians should be helped to integrate into Finnish society with effective methods and at the same time update our understanding of Finnish identity to be more versatile.



1.2 What do Ukrainians need to facilitate repatriation?

•Everything is useful.	•I want to learn to understand finnish	learning materials. Creates a barrier-free language learning path for osteopath B2- to a level sufficient for education.	theory. Everything that is used in everyday life is useful.
•I want to understand and can answer in every life.	•Learn the language		
•Everyday conversations at work, in the city, in the shop, in the bank in Finnish	•Start talking stop very little	• Expanding vocabulary, understanding, Talking	What is especially needed is what is used at the doctor's office.
•Grammar	•Finnish		•Perception by ear
•Language learning for communication	•Rules in Finnish		•All
•To get at least A1 level	•I want to understand what people living in Finland are talking about	•I can't speak Finnish well.))	•I want to study Finnish
•Conversation skills	•Grammar, practice and glossary	•Description	•I am primarily waiting for training to learn the Finnish language, I want to learn it intensively (so far I am learning it myself).
•Increase understanding and ability to communicate in the Finnish language.	•Learn the language	•Language knowledge	•Increase vocabulary, learn in all material.
understand the principles of Finnish society's thinking.	•Speak well and flawlessly	•Learn ring words	•I am interested in everything you have has to be said
• development	•Learn how to finish deep	•Start speaking Finnish	•Everything is very interesting, I want to improve my vocabulary and learn grammar.
•Add the Finnish language skill	•More communication	•I would like to learn more Finnish grammar and practice	•Improve my language skills
•Language practice	•generally want simple understanding and the ability to communicate with people.	•I am interested in everything you have has to be said	•Fluent language skills
•Grammar	•I would also like to go study somewhere later.	•I am interested in everything you have has to be said	•All
•I want to learn finnish		•I am interested in everything you have has to be said	•Improving knowledge of the Finnish language and the basics of society
•learn the language	•I am learning Finnish	•I am interested in everything you have has to be said	•More exercise
•Filling in questionnaires, cells, hospitals, all the structures you need to contact for comfortable and legal housing in Finland.	•Interesting information	•I am interested in everything you have has to be said	•Understand the language
•I learned to build sentences	•Everything	•I am interested in everything you have has to be said	•I want to receive new information. I want to understand how to use what I already know
	•Value	•I am interested in everything you have has to be said	
	•Language knowledge	•I am interested in everything you have has to be said	
	• Tips for learning languages. Available language resources. Free languages	•I am interested in everything you have has to be said	

Summary of responses to a survey of Ukrainians

1. Language courses and language learning

- Many students have difficulty getting to Finnish language courses on time. Waiting times are often more than half a year.
- The availability of language courses is limited, and there are not enough courses for everyone.
- Learning the language is perceived as critically important, but the teaching resources are not enough to meet the demand.
- Some students have to study Finnish independently because there are no courses available or they have waited a long time to get to the courses.
- Lack of language skills prevents access to health services and makes it difficult to find a job.

2. Employment

- There are significant challenges in employment, especially without Finnish language skills. • Many feel that they need more support in their job search, such as advice and help with documents. • Employment is seen as important for integration, but lack of language skills prevents many from entering the labor market.

3. Health and medical care

- Access to health services is difficult, especially in small towns. • Several students mention medical problems and challenges in getting treatment in time. • Lack of information about health services and rights complicates situations.

4. Adaptation and integration

- Adapting to new circumstances is perceived as challenging, especially language learning and from the point of view of employment.
- Many feel that they need more support in the integration process, such as informative meetings about Finnish society and its services.
- Psychological support and the opportunity to talk with professionals would be useful to promote adaptation.

5. Housing and everyday life

- Housing and getting food are mentioned as important things, but not specific problems highlighted in this context.
- When moving to the municipality, help is needed in document archiving and other bureaucratic tasks in matters.

6. Families with children and special

- needs • Families with children need more support, especially for leisure activities and to health services.
- Children who need special support, such as children with disabilities or autism, need more help and services. • An even distribution of language courses is important so that everyone has the opportunity to learn and to integrate.

7. General gratitude

- Several respondents expressed their gratitude to Finland for the help and support they received.

8. Availability of information

- It is important to improve the availability of information in Ukrainian so that newcomers can navigate better with services and rights.

2. TURKU ABC - ANSWER TO THE CHALLENGE OF INTEGRATION

The TURKU ABC online training is a continuous and comprehensive web-based language and integration training based on the wishes of Ukrainians and the experiences of those who previously moved to Finland, which has been developed for two and a half years in the fruitful cooperation of many actors, including internationally.

The training combines the possibilities of digital learning and social media with personal support, paying particular attention to the mental health challenges caused by the war situation and promoting the mental well-being of the participants in the midst of Russia's war of aggression.

The Turku ABC training, which is aimed at Ukrainians interested in or living in the Turku region, consists of daily game-based online exercises and discussions, as well as Zoom intensive sessions, which enable speech practice in a relaxed atmosphere.

TURKU ABC innovative training teaches self-directed and active study, and it is continuously developed in cooperation with teachers, volunteers and students nationally and in the Erasmus-funded FORWARD TOGETHER cooperation group with Nordic and Baltic partners.

The training offers the participants a strong foundation to integrate in Turku and Finland, while supporting other language, integration and professional training.

2.1 TURKU ABC - coaching program from the point of view of Ukrainians



I am happy about the new structure of ABC coaching. If there are difficult moments, you can always ask the teachers and difficult things will be sorted out and you will be supported.

The training has a very friendly atmosphere.

In addition to the teachers, I would like to thank the interpreters! Very qualified!

In ABC teaching, you are always accepted and supported, no matter what level of learner you are. - Liza



For me, ABC coaching is good above all because the classes are held in Finnish with native Finnish speakers.

In teaching, I also learned spoken language.

I have no Finnish friends. In ABC teaching, I have made friends from the teachers who I can always reach online and ask when I have questions about the Finnish language or culture.

- The great advantage of the ABC Turku course is that we students learn, we have the opportunity to question and clarify, we learn to build dialogue and conversation (so far simple), while studying grammar.

- Ira



I like the online format of ABC coaching. For me, as an introvert, this is very important. Trips cost money and take time. Even at school, studying alone at home was better for me than in a noisy classroom. However, it is very important to communicate with native speakers of the culture and language, as this way it is better to understand the logic of the language. And learn a lot of new things from people whose world view is different from yours.

- Alexandra

- Alexandra



Advantages of ABC online coaching:

Flexibility: The possibility to study at a convenient time and anywhere.
Interactivity: Using interactive exercises, video lessons, audio materials and games to improve skills.
Accessibility: Possibility to join the course from anywhere.
Individual approach: Possibility to adapt the learning pace and method.

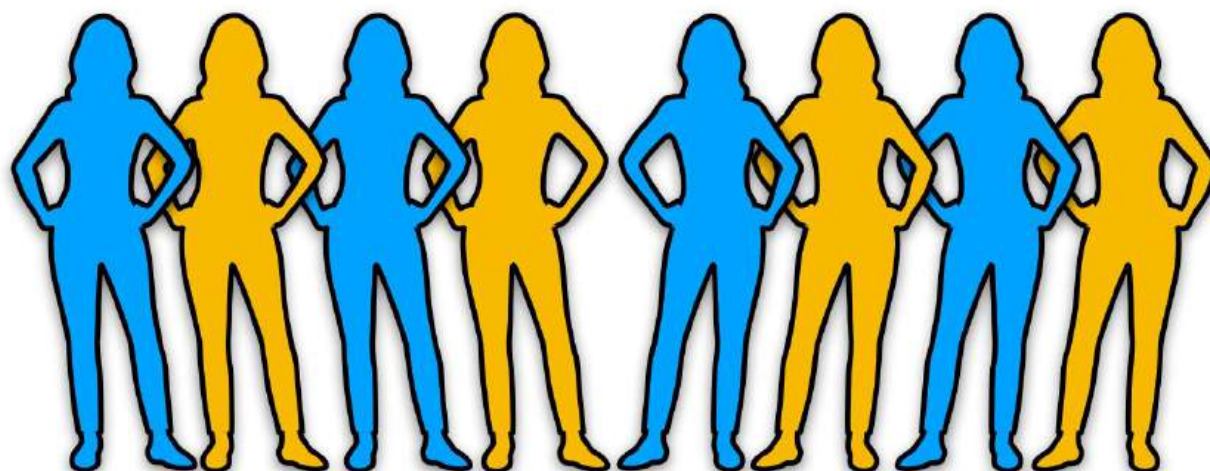
Economical: No travel expenses and materials freely available online.

- Ivan



It is important that the course is interesting. Other courses had experience. The ABC course is interesting and most importantly useful! The teachers are great! I want to add one more thing. Sometimes in the group, the participants ask something, and after some questions, if the teachers understand that these are important topics, the following days of the course or the next course may already have these topics covered. Each course is supplemented/ optimized taking into account the previous classes.

- Olesya



3. TURKU ABC - COACHING : PERSONAL SUPPORT, LANGUAGE EFFICIENT EXERCISE AND MIND WELLBEING

3.1 FORWARD group on Facebook: interaction, vocabulary and studying writing - LEARN EVERY SINGLE DAY 24/7

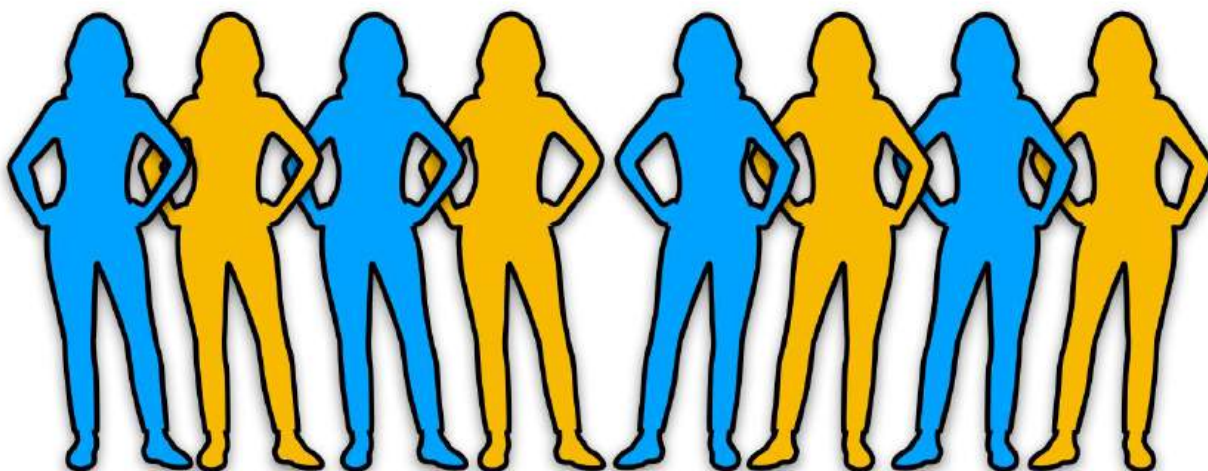
3.1.1 Daily practice in the FORWARD group

The FORWARD group enables everyday studying and offers the opportunity to start studying at any time. New group members are welcomed personally by name.

Daily FORWARD group exercises have many tasks:

- Encouraging regular language practice
- Encouraging dialogue
- Sharing experiences related to the task
- Practicing translating and writing
- Maintaining the motivation to study the language
- Strengthening the experience of community
- Increasing mental well-being
- Constant contact with teachers
- Getting to know Finnish culture
- Sharing up-to-date information, for example about education and job opportunities

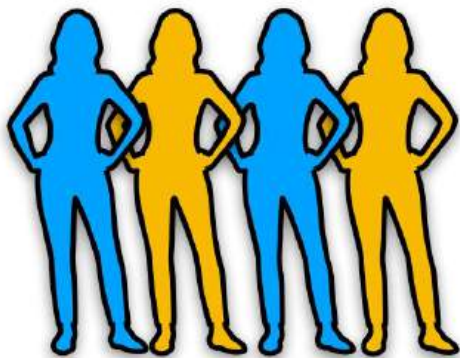
Daily exercises offer the opportunity to start studying ABC at any time, immediately after arriving in Finland or even before moving. You may have to wait to get into language courses, but it is possible to start practicing in a group right away. Exercising together reduces feelings of loneliness and strengthens community.



3.1.2 Daily exercises: examples

E.g. 1

- With the help of a picture, let's ask about the smell - what smell do you smell?
- Vocabulary about scents - independent study
- Let's talk about memories - practice with advanced students



E.g. 2

Everyone's rights:

- Instructions for exercises also in Ukrainian, written and spoken
- Game exercises for learning everyone's rights - independent study
- We discuss memories - practice with advanced students
- Daily exercises are made in such a way that
- The student can answer even if he does not yet know Finnish at all or knows only a little
- They also encourage those who already know some Finnish to participate in the conversation

In the Zoom period, the material of the lessons works as daily exercises. Even those who cannot attend personal training can do the lessons independently.



3.1.3 Dialogues in the Facebook group

The dialogues encourage activity, and the theme choices help to get attached to Finnish society. The themes are chosen according to the wishes of Ukrainians and they deal with current cultural issues at any given time.

In the dialogues, both in the FORWARD group and in the ZOOM intensive period, the principles of the BREAK BREAK method are used: accepting different ideas, respecting and showing respect.



3.1.4 FORWARD information: calendar, information related to education and work, and current affairs

In the FORWARD Facebook group, both teachers and students share information and ask questions that are answered.



FORWARD-ryhmästä erityinen kiitos! Ryhmässä saa lisätietoa, koska tunnilla opettajilla ei aina ole aikaa (vaikka tunnit ovat aktiivisia). Tiedämme, miksi Suomen lippu nostetaan, tiedämme syyn eli päivän nimen, tieto ryhmässä.
Tärkeitä säännöllisiä päivittäisiä kysymyksiä ryhmässä opettajilta - opiskelijat vastaavat. Näin suomen kieli on kanssamme joka päivä ja sosiaalisten verkostojen riippuvuuden negatiivinen puoli muuttuu tässä laadukkaimmalle käytölle.
Ryhmässä oppii paljon suomalaisten kulttuurista ja tavoista, juhlapäivistä ja lauluista. Siellä jaetaan myös muuta tärkeää tietoa. - Olesya

3.2. ZOOM intensive session every month

3.2.1. ZOOM EPISODE: Online study teaching

Turku ABC coaching teaches independent, regular and active studying.

Online learning is especially supported with monthly intensive ZOOM sessions.

In ZOOM teaching, the use of the platforms used in ABC coaching is learned and practiced. •ZOOM

- platform - many opportunities for studying - summary

•YOUTUBE - VIDEOS - listening

comprehension •ANSWERGARDEN

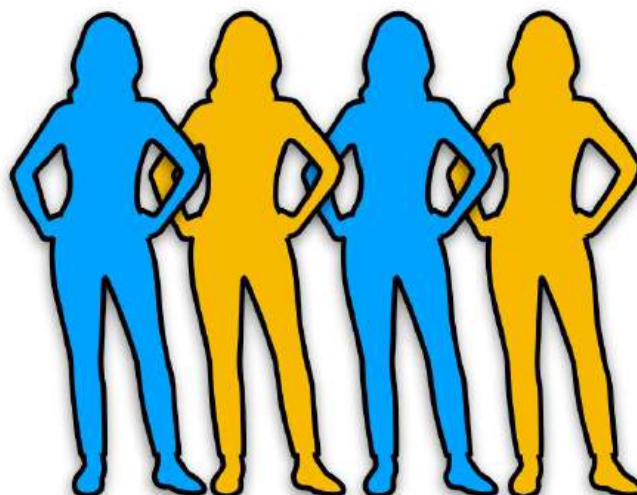
- writing •WORDWALL - sentence learning,

words and GRAMMAR •QUIZLET - game exercises for practicing

words and grammar •PICTURE BOARDS to help practice speaking

OPETUS	SUOMI ABC-ALUSTAN KÄYTTÖ SUOMI ABC-ВИКОРИСТАННЯ САЙТУ
KIELEN OPISKELUN OHJEET: QUIZLET JA WORDWALL - SANOJEN OPETTELU VIDEO: KUULLUN JA TEKSTIN YMMÄRTÄMINEN TARINAN KUVAT: KERTOMINEN	ІНСТРУКЦІЇ З ВИВЧЕННЯ МОВИ: <ul style="list-style-type: none">• QUIZLET TA WORDWALL - ВИВЧЕННЯ СЛІВ• ВІДЕО: РОЗУМІННЯ СЛУХУВАННЯ ТА ТЕКСТУ• МАЛЮНКИ ДО ОПОВІДАННЯ: РОЗМОВА

KIRJASTON OIKO-QUIZZIT? Käyttösäätö-ohjeet 1. Meno osoitteeseen quizlet.com 2. Luo tilaillasi tunnukset: nimi ja (jos annat kirjaintenmuunnokset tai kirjaimien muunnosasetukset) sukunimi. Tämä pitää huolen siitä, että Quizlet tuntee sinut. 3. Valitse tilaamisen vaihtoehto, joka on alkuun sinun vakiin. 4. Olet valmis aloittamaan Quizletin käytön. Luo nyt tehtävä luokka tai kysy Quizletin avulla käyttäjien luomia tehtäviä (haaruri). 5. Quizlet ei ota vastaan kukaan muu tunnukset, mutta voit ottaa ne vastaan kirjautumalla.	Ж ВІЙДІТЬ ДО QUIZZIT? На сторінці доступ: 1. Перейдіть на сайт quizlet.com 2. Створіть обліковий запис користувача (створіть новий обліковий запис або увійдіть за допомогою свого облікового запису Google/Facebook). Це необхідно зробити, щоб Quizlet працював належним чином. 3. Оберіть безкоштовну версію, щоб почати для початку роботу. 4. Як тільки почали користуватися Quizlet, (створіть нові завдання (створіть) або використовуйте завдання, створені іншими користувачами Quizlet (пошукайте)). 5. Створіть нову статистичну класифікацію завдань, які не були раніше класифіковані завданням без входу в систему.
Quizlet - vaihtoehtoiset tavat opetella .: Flashboardit: kysymys toisella puolella ja vastaus toisella. LARNI monivalintainen tietokilpailu, jossa valitaan yksi oikea. Shelli: sanon ääneen sanat, jossa harjoittelet sanojen oikeinkirjoitusta. Tähti: sokeita kysymyksiä, joihin on kirjoitettuja monivalintavaihtoehtoja ja "tuo tai tärä" -vaihtoehtoja. Match: yhdistetään oikeat sanat tai sanat ja kuvit.	Quizlet - альтернативні способи навчання: Flashboard: питання в одній частині і відповідь в іншій. LARNI: альтернативні варіанти відповіді, до ви обираєте одну правильну. Shelli: записати слова вголос, щоб перевірити правильне написання. Tähti: відповіді на питання за допомогою ХХ варіантів відповіді і слово не слово. Match: підібрати правильні слова або слова та зображення.



3.2.2. ZOOM EPISODE: Speaking practice

Intensive spoken language practice sessions as monthly Zoom online courses and their methods that encourage and encourage speaking help participants achieve fluency and confidence in using the Finnish language.

Zoom sessions are interactive language learning opportunities that combine reading, listening, speaking and cultural discussions. The exercises focus especially on encouraging the participants to speak in Finnish.

The methods help participants achieve fluency and confidence in using the Finnish language. Zoom intensive sessions offer learners the opportunity to practice speaking in a relaxed and fun atmosphere. The methods used make it possible to produce speech with a very small vocabulary.



3.2.3. Practicing speaking: a suggesto-pedagogical reference framework in the background of PICTURE BOARD practice

TURKU ABC - In the Zoom intensive sessions, comprehensive suggestopedia is used in teaching practice with the help of PICTURE BOARDS made for practice. The method aims at the active, happy and liberated working of the learner's whole person, according to each individual's own conditions.

PICTURE BOARD practice encourages learners to speak quickly, even if their vocabulary is still small. In this way, they dare to use the language also in everyday life, which in turn speeds up language learning.

Language-related knowledge and vocabulary can be practiced independently with the help of given exercises and tasks, but speaking skills must be practiced by speaking. When writing, there is time to think, but when speaking, the content of the message is more important than its form.

The training focuses on the intelligibility of the message, not on mistakes.

It should also be noted that when practicing speaking skills, you learn the knowledge-based knowledge of the language at the same time, and your "language ear" improves. The method is based on the student's confident, relaxed and active state of being during class, when resources can be used more efficiently.

3.2.4 Basic teaching of the ZOOM language - six everyday situations

Getting attached to Finnish everyday life and community is the starting point of all TURKU ABC integration coaching. In language teaching, learners get to get to know Finnish everyday life and everyday culture in a practical way through [the material "Neighbor in the elevator"](#) with the help of ([Helsinki City Education Office](#) and Board of Education).

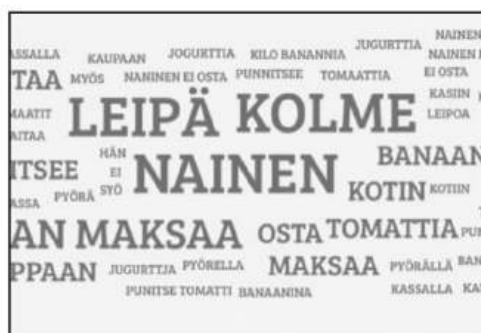
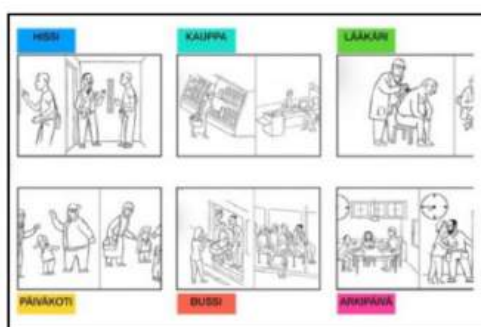
The basic framework of the TURKU ABC zoom-coaching is the "Neighbor in the elevator" material, which is originally intended for teaching Finnish to illiterate adults.

The material progresses from speaking to writing. The material contains six everyday stories told with pictures and texts. There are two versions of each story, very easy and more challenging.

Since the material was made (2009), the technology and methods have developed considerably. The stories, however, are still very good stories about everyday encounters.

The use of the material and the materials have been developed to be the most suitable for TURKU ABC training: videos and game vocabularies have been made of the stories.

"Neighbor in the elevator" material is reviewed in each zoom episode. With the help of these six stories, it is possible to start a conversation with Finns!



3.2.5. Learning to speak in a Zoom lesson

The material will be shared in the FORWARD group for familiarization and first practice (videos and vocabularies, FLIPPED CLASSROOM method).

Exercise running in class:

- YouTube - listening exercise: watch the video twice and subtitle the words in Finnish and Ukrainian.
- AnswerGarden: collecting the words heard by the learners together, listening comprehension and writing exercise.
- Wordwall completion: complete the sentences of the story
- Quizlet: vocabulary practice of stories in different modes.
- Picture boards as an aid in practicing speech production. Practicing reading and telling.

3.2.6. Practice with picture boards step by step

The PICTURE BOARD is an aid when practicing speaking for practical everyday situations.

When telling the story, the learner sees a PICTURE BOARD, which can be used as an aid when telling the story. The skill of speaking is quickly learned, which is not the same as language knowledge (words, grammar, structures).

Language mistakes are not paid attention to, but are encouraged to practice telling the message.

ABC - 5 askelta suomen kielen puhumiseen

Päiset heti harjoittelemaan puhumista ja saat suomenkielisen puheen suuhusi

1. Askel - teksti ja video

Näe, kuule ja ymmärrä - selkosuomi ja omakielinen käännös!

2. Askel - kuule ja kirjoita tutut sanat

3. Askel - opi lauseet

4. Askel - opi sanat

5. Askel - puhu!

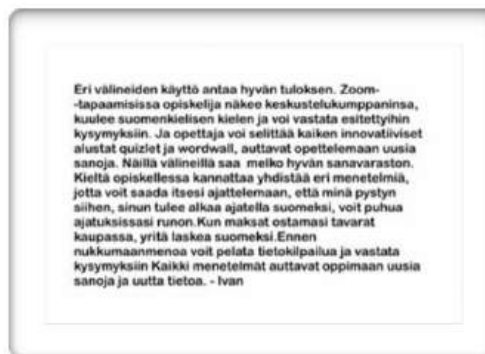
Picture boards are used in speaking practice when dealing with the following topics:

•NEIGHBOR IN THE ELEVATOR:

Everyday situations •CONVERSATIONS: In the shop, market, appointments, pharmacy, gym, swimming pool •FINNISH STORIES: Kalevala, Seven Brothers, Rautatie, Mikael Agricola

•RHYMES AND SONGS - content: Mickey Mouse in distress at sea, Day Rain and Meninkinäinen, Blue dream

3.2.7. Studying language and culture through songs and rhymes



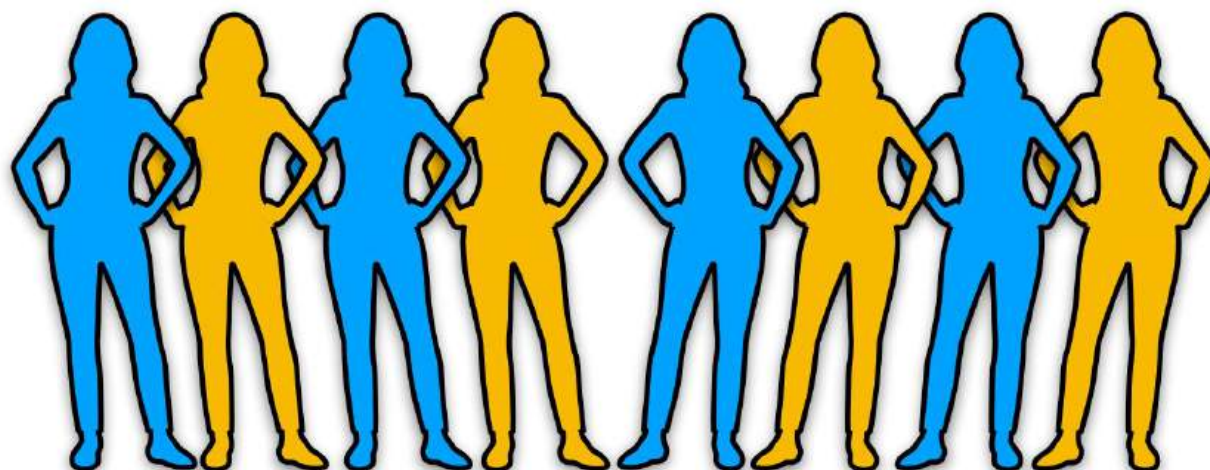
Songs and nursery rhymes are useful in language learning in many ways. They help enrich vocabulary, practice pronunciation and fluency, and provide a cultural context that deepens language understanding. Songs and nursery rhymes often contain repeated words and phrases, helping learners absorb new vocabulary effectively. Repetition is a key part of language learning, and rhythm and melody support memorization.

Singing and reciting rhymes help develop pronunciation and fluency.

Rich phonetic elements and rhythm can make pronunciation more fun and less stressful, which in turn helps learning.

In summary, songs and rhymes are effective tools in language learning, as they offer versatile opportunities for learning vocabulary, developing pronunciation and deepening cultural understanding. In the ZOOM episode, songs and rhymes are taught

using the same method as stories using plain language videos, vocabularies and picture boards.



4. GETTING TO KNOW TURKU AS PART OF LANGUAGE AND CULTURE STUDY

4.1. GETTING TO KNOW TURKU AS GUIDED BY RESIDENTS

In the TURKU ABC training, Turku residents and neo-Finns who have previously settled in Turku act as experience guides, who share their own experiences and know-how during the course. This brings an element of peer learning and a human touch to the integration process.

Newcomers receive a personal welcome from the city's residents - both city leaders, people who have lived in Turku all their lives, and people who have moved to the city before. Each of the welcomers welcomes the newcomers in their own way and encourages them to get to know Turku.

Turku is strongly involved in the entire TURKU ABC training program, which provides information about Finnish culture through the presentation of the city of Turku. Since Turku is at the heart of Finnish culture, the city can be explored in a variety of ways using different methods.

Getting to know Turku starts by walking virtually in the center of Turku along the banks of Aurajoki and following the maps of Turku Cultural Fitness.

The program in Turku features the Ressu dog, which will now surely become the Föri mascot.

The river and the riverside are introduced using the plain-language cultural fitness map of Turku: Aurajoki, Turku Cathedral, Old Suur Market (plain-language video & vocabulary & wordwall questions)

You can see the market in real time 24/7 - video and at the same time get to know the market's surroundings and Föli (video & words)

You can get to know the history with the help of Turku tour guides. Vocabularies and wordwall surveys have been made from the words in the video. Learners will certainly get to know Turku's main attractions. TURKU CASTLE ELF, THEATER BRIDGE. Aboa Vetus & Ars Nova (video and audios in plain language & Ukrainian).



4.2. FINNISH CELEBRATIONS AND RELATED TRADITIONS TURKULAISTAI

In Finland, celebrations are often accompanied by traditional foods, decorations and activities that vary from region to region. Celebrations are also opportunities to gather with family and friends, which increases the sense of community. In summary, Finnish holidays are rich in tradition and culture, and their celebration varies depending on personal preferences and regional customs. In particular, we will introduce how Turku celebrates at different times of the year.

Vocabulary exercises as Quizlet and Wordwall exercises. We will tell you separately how to celebrate the calendar holidays in Turku (declaration of Christmas peace, May Day on the hill of the Art Museum).

The celebrations of the calendar year are discussed in Zoom teaching with the help of videos and picture boards.

1. New Year's Day On New

Year's Day, Finns celebrate the change of the year. Many spend the night with friends and watch fireworks.

2. Laskiaien

Laskiaien is celebrated before fasting, and it traditionally involves going down a hill and eating pea soup. (Student party)

3. Easter Easter

celebrates the resurrection of Jesus. Finns decorate their Easter tables and enjoy traditional foods such as mämmi and pasha. (Orthodox Church and the daffodils of Teatersilta)

4. Vappu

Vappu is a celebration of students and workers. The celebration includes streamers, balloons and mead drinking. Many also dress in prom dresses. (May day marches)

5. Midsummer

Midsummer is a midsummer festival that is often celebrated in cottages. Traditions include burning Midsummer bonfires and saunas. (Archipelago and Ruissalo)

6. Independence Day

Finland's independence is celebrated on Independence Day. This day is accompanied by an Independence Day reception and the lighting of candles in the windows.

7. Christmas and the Christmas

calendar Christmas is one of the most important celebrations in Finland. Christmas is celebrated as a family and involves the preparation of Christmas foods such as ham and boxes. Santa Claus brings gifts to children. (Turu Christmas: Theater bridge, Cathedral Christmas tree and declaration of Christmas peace).



5. MUSIC, FINE ART AND LITERATURE PROMOTING INTEGRATION

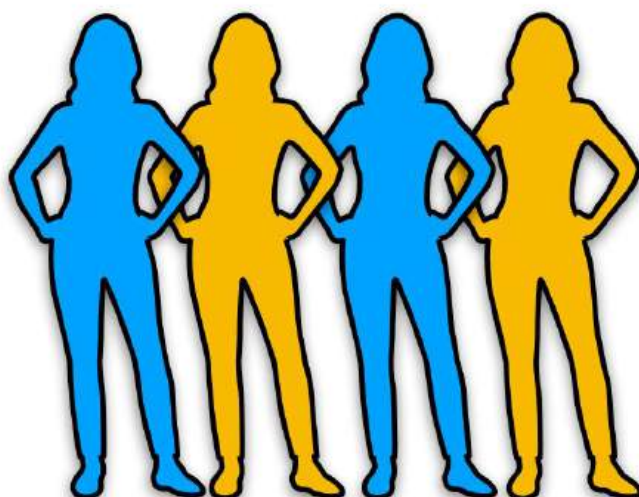
Knowledge of Finnish music, visual arts and literature is the key to supporting the integration of cultural understanding. It offers a multidimensional way to learn the language and get to know Finnish thinking.

- Art and cultural activities help people from elsewhere to understand Finnish culture and society better. This interaction lowers the threshold to participate in local life, including cultural events.
- Art helps to explore and express one's own identity. •

Creative self-expression can be an important tool in supporting cultural adaptation and personal well-being.

- In TURKU ABC training, art and culture also serve as learning environments where students can develop their language skills and cultural understanding. In Zoom teaching, we get to know Finnish, music, visual arts and literature.

Getting to know Finnish music has already been told in paragraph 3.4.7.



A moment of thought - thoughts evoked by Finnish art, language learning and cultural integration

A moment of thought is a method developed by the Turku Art Museum, which has been adapted to the needs of language students at the Women's Center. The method has been used both before Ukrainian lessons and during visits to the art museum and virtually.

The central idea of the moment of thought is to discuss the thoughts, feelings and memories evoked by the works of art. What is important in the method is a calm pace and a participant-oriented approach. Ajatushekti, implemented via Zoom, uses plain-language recordings, vocabularies and picture boards to support the processing of the artworks, which help the participants to express themselves.

Finnish literature teaches the Finnish language

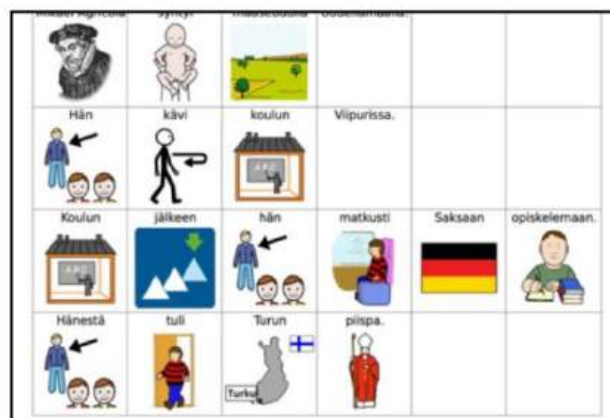
Finnish literature is introduced "accidentally" in such a way that material has been prepared for teaching the language, such as easy self-explanatory videos, vocabulary exercises and picture boards, which are used to practice speaking. At the same time, the learners are introduced to famous works of literature, such as the Kalevala, the Maija of Myrskyluoto and the Invisible Ninni.

The teaching of getting to know literature is actively developed in an international cooperation network, for example by innovating ways to apply the Shared reading technique to teaching. In addition, paths are being developed that allow learners to progress from easy clear books to reading more demanding clear texts and understanding poems.

At the same time, we learn to use more and more literature in the teaching of language and culture.

Learners are also introduced to literary figures who influenced the development of Finnish society, such as Mikael Agricola and Minna Canthi.

The development work aims to create paths that can be used to move from clear materials to clear texts and poems and their utilization in language and culture teaching.



6. HISTORY TEACHES UNDERSTANDING

MODERN TIMES

Teaching history is a key part of integration work, as it helps immigrants understand the cultural and social context of the new country. Through history, learners get information about the development of Finland, important events and values that have shaped today's society. This information can help immigrants to adapt better and find their place in a new environment.

In addition, teaching history promotes critical thinking and cultural understanding. It encourages learners to consider different perspectives and value diversity. When immigrants learn Finnish history, they can also understand their own cultural background and its meaning in a wider context.

Turku is an old medieval city and although a lot of history has been destroyed, a lot of medieval history is still visible.

When you get to know the history of Turku, you also get to know the history of Finland, that's how important Turku has been in different stages of history.

In cooperation with the Aboa Vetus & Ars Nova museum, Ukrainian-language audios have been produced for the museum, which are also used in the TURKU ABC training to get to know Finnish culture.

As in other ways of getting to know Turku, in addition to audios in Ukrainian, videos, vocabularies and PICTURE BOARDS are available.

7. A LANGUAGE TREE GROWS IN TURKU ABC NATURE

Everyone's rights

Treating everyone's rights as a phenomenon sheds light on Finnish culture and the relationship with nature, but also on the social structure and its values. Understanding and internalizing them improves life in Finland and opens up new opportunities for learners to move and work in nature. At the same time, we learn nature vocabulary.

This section contains a lesson about the rights of every person: people have the right to move in the forest, stay and use the products of the forest, but people also have the duty to ensure that the inhabitants of the forest (owners, plants and animals) have a good life and that nature is not damaged unnecessarily.

For Finns, the forest is a place to calm down and gather strength, and it is also the same for Ukrainians suffering from the stress caused by the war. That is why the students are very eager to learn the names of plants and mushrooms. With the help of nature picture boards, nature's tongue tree also blossoms.

Nature is discussed together with seasonal stories. All speech practice tools are available: videos, picture boards, vocabularies.



In Finland, I especially enjoy nature in Finnish art and the rights of everyone. Rights give the opportunity to move freely in nature.
In TURKU ABC coaching, familiarization with Finnish nature through art is supported and movement in nature is encouraged. Movement improves physical well-being and nature in pictures and on a nature trip gives peace of mind.- Pauline

8. SUPPORT MEASURES TO GUIDE WORKING LIFE

TURKU ABC coaching offers support and guidance to facilitate entry into working life.

The key areas of coaching and their goals are presented in detail below.

The TURKU ABC training is specially designed to support the employment of Ukrainians by combining the development of language skills with practical working life skills and networking.

Contact to the TE office: TURKU ABC training advises how to register with the TE office. The training also guides you to use the services of the TE office.

Finnish language training for the working life: The training offers the opportunity to learn the Finnish language, especially from the point of view of working life, from various fields. This is necessary for employment in Finland.

Job search support: TURKU ABC coaching helps in the job search process. Participants will get information on how to find internship opportunities that can lead to work experience and contacts in working life. You will be directed to create a CV and job application in Ukrainian (canva platform)

Personal guidance: Teachers and tutors are happy to offer help in job hunting, for example in preparing a CV, also in Ukrainian.

Peer support and networking: Those participating in the training and those who have already found a job can share their experiences and give tips to each other. The coaching offers peer support and the opportunity to network with other immigrants, which can help in finding job opportunities.

HYGIENE PASSPORT - CONCEPTS AND GLOSSARY

A great need has arisen among learners to have a unified vocabulary for completing the hygiene pass. It is noteworthy that even though English and Russian vocabularies are available, these languages are not open to most people, because when learning the hygiene pass vocabulary, you have to learn the contents of the words in addition to the special vocabulary. Almost all Ukrainians who now need a hygiene passport are from other than the food industry and they need support to understand the food industry regulations required in Finland.

We have prepared many vocabularies related to the topic, in 2024 we will compile the vocabularies and exercises into a unified presentation online. Preparation for the hygiene passport test is also taught in Zoom lessons.

The FORWARD group also shares information about training opportunities.



I have studied at the TURKU ABC course several times. Now I'm doing an internship at an accounting firm and I'm still constantly participating in ABC training by doing exercises. In addition, I teach students of TURKU ABC coaching zoom teaching to make their own job application and resume. I am happy to teach other Ukrainians what I have already learned myself.

- Olesya

9. TURKU ABC - DEVELOPING TOGETHER

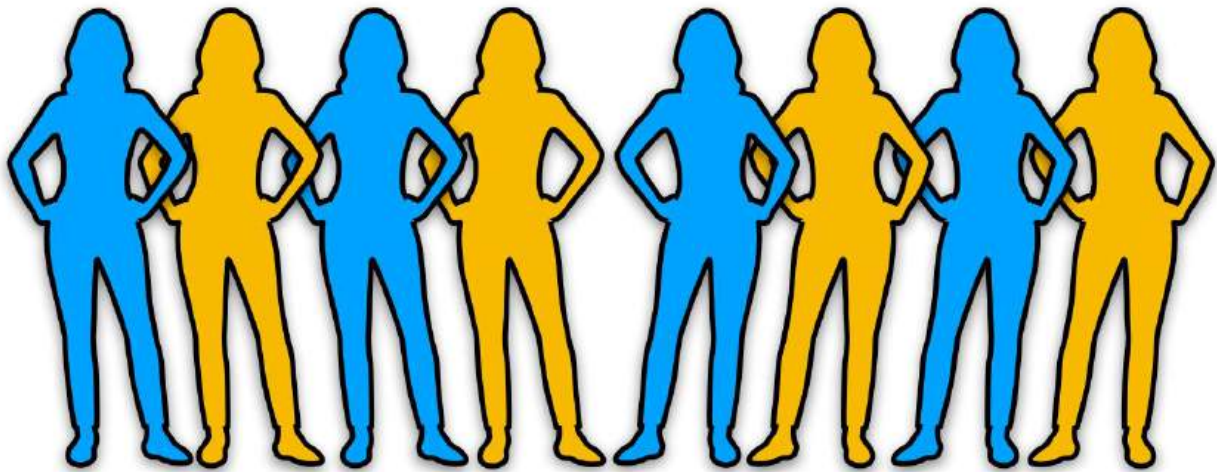
The development of the Turku ABC coaching program has been a community effort, and it has been worked on both nationally and internationally since the spring of 2022, when the war of aggression against Russia began. The background of the training program is the familiar words language training and the AVI project Library and cultural integration, which were implemented in cooperation with the Turku City Library. Based on these projects, it was clear that our contribution to helping Ukrainian war refugees would be to facilitate settling in Finland through online education.

The experience gained in online education after the corona pandemic was significant, and it was consciously developed both with the material in the development of the Kuusi tarinaa language material (environmental education perspective) and during the aforementioned two-year Library and cultural integration development project. AVI's program ended in April 2022, and already in May 2022 we started teaching Ukrainians. Right from the beginning, we found two important and valuable partners for the development of education: two people of Ukrainian background who actively started developing online education with us. The online training reached Ukrainians, many of whom still have not settled in the place where they will live in the future.

Already in 2022, it was clear that Ukrainians who came to Finland must quickly and directly receive education that supports the active and independent study of language and culture. Most of the participants have higher education or vocational training, but online learning is new to them. That's why it's important to teach both study techniques and how everyone can choose the way to learn that suits them best.

The planned training program had to support active and self-directed learning, because according to long-term experience, learning a language depends on motivation, encouragement and endurance. Learning a language also requires understanding that quickly acquiring a new language cannot be based solely on studying in lessons. Instead, acquiring the language and culture should be a round-the-clock process, where Finnish is studied in different everyday situations, both consciously and "accidentally".

Thanks to the people and organizations who developed and supported Turku ABC coaching in 2022-2023, we have been able to put together a great and still developing coaching program. It is possible to use the program or its parts as a model for the activities of libraries and other organizations supporting integration or as a source of inspiration.



10. MIND WELL-BEING OF UKRAINIANS SUPPORT - DEVELOPMENT OF METHODS IN 2025

It is very important to understand what is really happening to Ukrainians - both as refugees and as our neighbors. We have to find a way to face Ukrainians as people, not just as representatives of Ukrainian refugees or as a unified group.

Emotions – if we deny them or hold them back, it can be dangerous. This can weaken our psychological well-being. The need for measures to promote mental health for those affected by war is enormous.

In TURKU ABC training, attention is paid to the means of culture and art that can be used to process emotions.

It is known that the positive well-being effects of art and culture extend not only to mental health and spiritual well-being, but also to physical and perceived health, subjective well-being, quality of life and general life satisfaction.

Studies have also found that art and culture have a positive effect on mood and emotional state, stress management, reducing depression and anxiety, and strengthening cognitive functions such as observation and memory, as well as resilience.

For this purpose, the well-being effects of culture and movement in nature are strongly included in the TURKU ABC Zoom trainings.

PRACTICE OF EMERGENCY CALLS

One important area of safety-related language training, which was initiated by Ukrainians, is the practice of making emergency calls. 112 emergency calls are practiced in practice in Zoom episodes with the help of dialogue exercises, picture boards and vocabularies.

Installing the 112 location application is also taught in the lesson.

THE STORY OF THE UKRAINIANS:

"I am haunted by the thought that if I were to travel somewhere on vacation, I would be afraid of bumping into Russians there. It would be really unpleasant."

"What bothers me the most is that for certain reasons I can't go to war right now. It embarrasses me - both in front of the soldiers and Ukrainian women."

"Anxious, I sleep very badly these days."

The development work of TURKU ABC training will focus especially on actions and methods that promote mental health in 2025.



I moved to Finland to escape the war from Bosnia.

I'm from Turku now.

I want to help Ukrainians who are now have come to safety.

I will tell you how I have learned the Finnish language.

I will also tell about Turku, my hometown and the Finnish life that I, as a Turku, am living now. - Edvina

11. THROUGH COOPERATION WE HELP THE UKRAINIANS - IN UKRAINE AND TURKU

The city of Turku has supported Ukraine since the beginning of the war both financially and materially. Turku has donated electrical and heating equipment, buses and other aid material to its sister city Kharkiv.

"Russia's brutal war of aggression against Ukraine has continued for two years. We must not forget that it is ultimately a war for all of us, in which Ukrainians continue to fight for the security and future of the whole of Europe," says Turku mayor Minna Arve in the city's press release.

Arve states that supporting Ukraine must be continued and that it is important to secure the daily life of Ukrainians fleeing the war in Finland and Turku. (Quote from YLE news 23 February 2024)

The support of the city of Turku in the development of the TURKU ABC coaching for those who have moved to Finland has been significant. Development work has been done since the beginning of coaching in May 2022.

In the period 1 May 2022–31 August 2024, the following results have been achieved:

- About 850 adult learners have participated in Zoom courses.
- There are 2,500 students studying in the FORWARD group every day.
- International development work within the framework of the Erasmus program started on February 1, 2023. It - the group that develops and evaluates the coaching of Ukrainians started its operations on January 1, 2024.

Development work and financing of the TURKU ABC training program: City of Turku, Turku and Kaarina city libraries, KSL Opintokeskus, Visio Opintokeskus.

12. TURKU WOMEN'S CENTER ACTIVITIES

Mission and priorities: The center's focus is to offer education in democracy, language and culture, primarily for adult immigrants.

Support for Ukrainians: Since May 2022, the Center has been actively involved in national and international efforts to support and help Ukrainians.

Founding and multiculturalism: The center was founded by women from different cultural backgrounds, which shows a commitment to diversity and inclusion.

Cooperation with libraries: The center cooperates closely with public libraries, especially Turku and Kaarina libraries, internationally Nordic and Baltic libraries and immigrant organizations.

Activities: The center organizes many activities, such as study clubs, Finnish language courses and develops materials for culturally aware language learning and integration.

Teaching methods: The center emphasizes teaching based on equality and community and phenomenon-based teaching methods that promote active citizenship and participation.

Learning materials: Learning materials have been produced since 1999 for personnel training (library staff, organizations that help immigrants, language and culture teaching) in international and national cooperation. The topics have been motivation, sustainable lifestyle, cultural integration, and new teaching methods in teaching language and democracy.

***Hybrid training:** The center offers training both online and in a hybrid format, utilizing online platforms such as Quizlet, Google Translate, Facebook and Zoom to create effective learning experiences.

Cooperation: The center cooperates with public libraries, local cultural actors and other organizations, which suggests a networked approach in education and integration work. Naiskeskus is an active initiator and partner in international library development projects.

Language-aware teaching: The center uses language-aware teaching and other activities.

Principles of democracy education: The courses are in line with the Council of Europe model of democracy education, which indicates a broader commitment to civic education and social integration.

In the years 2002-2004, the Women's Center together with the City of Turku, the Ministry of Labour, study centers and third sector operators implemented an ESR project, in which four guides with an immigrant background helped immigrants find an education or a job. This project laid the foundation for many later implemented forms of action and launched international development work that promotes the integration of immigrants.

After this project, the association has participated in many national and international multicultural cooperation projects, such as the Erasmus and Nordplus Adult projects, which reflects its commitment to promoting equality and community.

The long-term and versatile work of the Turku Women's Center has received recognition, for example, in the form of awards given by the City of Turku and the Nordic Adult Education Association, which emphasizes its effectiveness and uniqueness in multicultural work.

13. TURKU WOMEN'S CENTER AND AREA COOPERATION OF LIBRARIES SINCE 2007

Since 2007, the Women's Center has offered courses that support independent study of the Finnish language, implemented in cooperation with libraries in the Turku area.

The library cooperation started at the initiative of those educated at the Women's Center and who moved to Finland from elsewhere, as a reading circle at the Varissuo library, which was known as "Finnish words." In the reading circle activity, an effort was made to narrow the gap caused by different background cultures in getting to know literature.

Even though the highly educated people of the Women's Center who even completed their final degrees in Finland and spoke Finnish well knew the language, they had great difficulty understanding Finnish literary texts because the cultures, customs and humor differ too much. Raija Kaapo-Kares, the director of the Varissuo library at the time, was heavily involved in developing operations and creating library cooperation with the third sector.

Because the cultural understanding of the language was difficult with words whose content meaning could be very different in different cultures due to the influence of the background culture, it was necessary to develop other, creative ways to promote understanding. Around this time, the concepts of phenomenon learning also took root in the language and culture teaching of the Women's Center

and multi-literacy. Phenomenal learning and multiliteracies became part of creative literacy methods.

In the years 2007–2014, a lot of creative reading circles were organized, where native Finns and immigrants solved the knots of language and culture together. These reading circles, which encouraged reading, were held at various library locations in Laustee, Varissuu, Runosmäki, Pansio and the main library. Also in Kaarina's library, we discussed together how creative methods could promote reading and reading.

International library cooperation began in 2014, which is explained more in the next paragraph.

A significant milestone in the promotion of cultural integration was the "Library and Culture Integration" project implemented with AVI funding, where in 2021–2022 different methods of getting to know Finnish art, history and nature were developed in language groups.

In 2022, after the war in Ukraine broke out, the Women's Center invested especially in supporting Ukrainian war refugees both domestically and internationally. Support measures have been developed together with Ukrainians living in Finland. ABC online trainings have mainly been implemented as online teaching, but they have also included familiarization visits, cultural events and the preparation of Ukrainian-language audio guides for libraries and cultural institutions. This work continues strong and continues to grow stronger, demonstrating the center's dedication to integrating Ukrainian refugees into the local community and culture.

14. INTERNATIONAL WORK TO DEVELOP MULTI-LITERACY METHODS AND TO INCREASE USAGE

TURNU NAISKESKUS YHDISTYS RY - Turku Women's Center has extensive experience in both national and international cooperation projects, which reflects a commitment to promoting equality, supporting vulnerable population groups and promoting community.

CREATIVE LITERACY MEETING June 2-6. 2014

Since the joint creative reading circles of the Women's Center and the library had already been based on the use of creative functional methods for several years in 2014, the desire to share and develop methods also on an international level arose. For this purpose, EU funding was applied for the creative methods workshop training held in the summer of 2014, which was implemented in June.

The participants of the Creative Literacy workshop were activated with various creative exercises, offering experiences, activities and interaction. These goals - skill development and

various creative elements such as images, action, music and drama were used to achieve the transfer of interaction. The goal of the Creative Literacy team was to use the materials and tools in the best possible way later in their own work.

NORDPLUS ADULT IN THE YEARS 2014 - 2020

Nordplus Adult - projects / libraries and the third sector in cooperation (themes: toolkit to increase motivation, new ways of working, sustainable lifestyle).

The Nordplus Adult project "Democratic Library" 2023-2024 is underway

Erasmus+ FORWARD TOGETHER - 2023-2024, where the libraries of four countries jointly develop methods to help Ukrainian refugees and which resulted in TURKU ABC method.

The cooperation has been exhibited at IFLA



TURKU CITY LIBRARY, KAARINA LIBRARY AND TURKU WOMEN'S CENTER COOPERATION SINCE 2007

2014 - 2020 Finnish language and culture courses in Turku libraries 2020

- 2022 Finnish language and culture courses at the main library, in addition development project "Library and cultural integration"

2022 - 2023 ABC courses aimed at Ukrainians, from autumn 2023 especially for those Ukrainian refugees who want to move to Turku or who already live in the Turku region (cooperation with the "Become a Turku" project).

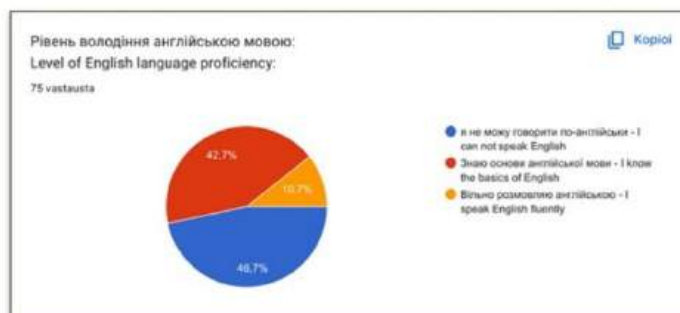
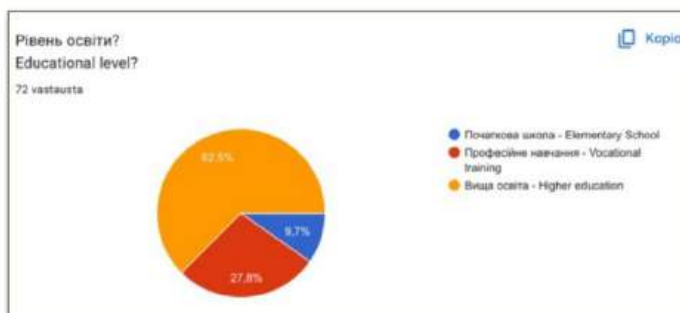
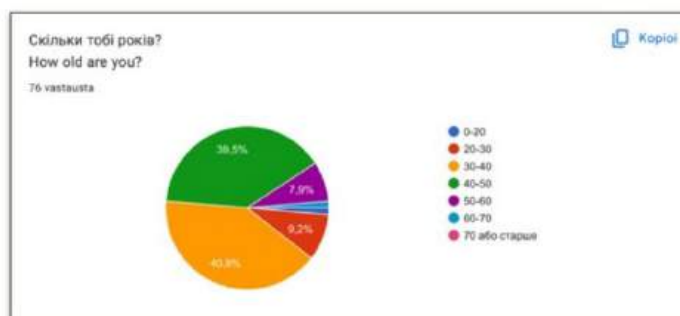
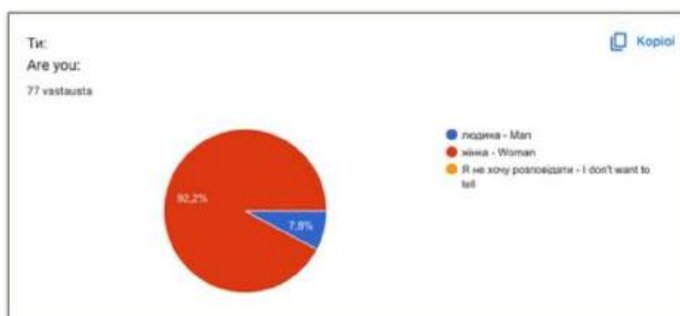
International cooperation

2014 Creative Literacy - meeting in Turku - Erasmus

2014 - 2020 Nordplus Adult - projects / libraries and the third sector in cooperation (motivation, new ways of working, sustainable lifestyle) Democratic Heritage
 2023 - 2024 FORWARD TOGETHER - Erasmus project to help Ukrainian refugees, libraries, authorities and the third sector in cooperation: new ways of working
 2023 - 2024 DEMOCRATIC LIBRARY - development of library activities that increase democracy and equality in cooperation between libraries and the third sector.

15. TURKU ABC - ANSWERS TO QUESTIONNAIRES

15.1 GENDER, AGE AND EDUCATION



SUMMARY:

students are almost all women
 students are mostly 30-50 years old almost
 all students have an education from Ukraine almost half
 do not know English at all

15.2 PROFESSION/STUDY IN UKRAINE

<p>Puutarha</p> <p>Now I am studying at professional school to be a nursing assistant</p> <p>Opettaja</p> <p>Вчитель</p> <p>Pankivirkalja</p> <p>Toimittaja / opiskelija</p> <p>Myyjä</p> <p>kalatehtaan työntekijä</p> <p>Медична сфера. Лікар стоматолог в Україні</p> <p>Садівництво</p> <p>Ukrainassa ja Suomessa minä olen lastenhoitaja päiväkodissa</p> <p>Інженер-технолог з переробки зберігання, переробки та консервування м'яса / сфера клінінга</p> <p>Була вчителькою зараз пакувальник</p> <p>Teacher</p> <p>I was first year of studing at university when war started and then I moved to Finland. I tried to apply to Kamk, and I study here tourism as well.</p> <p>autotehdas</p> <p>Медсестра</p> <p>В декреті</p> <p>Банківська галузь</p> <p>Вчитель</p>	<p>Opettaja</p> <p>Opettaja</p> <p>Pankivirkalja</p> <p>Toimittaja / opiskelija</p> <p>Myyjä</p> <p>kalatehtaan työntekijä</p> <p>Лääketeiteellinen ala. Hammaslääkäri</p> <p>Ukrainassa</p> <p>Puutarhuri</p> <p>Ukrainassa ja Suomessa minä olen lastenhoitaja päiväkodissa</p> <p>Teknologinen insinööri lihan varastoinnin, käsittelyn ja purkituksen käsittelyyn / siivousalaan</p> <p>Oli opettaja, nyt pakkaaja</p> <p>Opettaja</p> <p>Opiskelin yliopistossa ensimmäistä vuotta sodan alkaessa ja muutin sitten Suomeen. Yritin hakea Kamkiin, ja opiskelen täällä myös matkailua.</p> <p>autotehdas</p> <p>Sairaanhoitaja</p> <p>Asetuksessa</p> <p>Pankkiala</p> <p>Opettaja</p> <p>Yrittäjä</p> <p>Ukrainassa sain koulutuksen taidekriittikkona. Hän johti hiekkanimatiostudiota yrittäjänä.</p> <p>Työskenteli johtajana IT-alalla.</p> <p>En työskennellyt Ukrainassa Suomessa työskentelestehtaalii.</p>	<p>Підприємець</p> <p>В Україні я отримав освіту мистецтвознавця. Керував студією піскової анімації як підприємець. Працював менеджером в IT.</p> <p>I didn't work in Ukraine. In Finland work at the factory.</p> <p>Kirjanpitäjä</p> <p>elektrik</p> <p>Бухгалтер</p> <p>Posti ohjaja</p> <p>Economist</p> <p>Психолог</p> <p>Kirjanpitäjä</p> <p>Economy</p> <p>Працювала на пошти</p> <p>Омре/опеттaja</p> <p>*Технолог по виробництву та переробки м'ясо-молочної продукції.</p> <p>-В салоні краси (косметологічні процедури)*</p> <p>Tour guide</p> <p>Koulutukseltani olen musiikkiopiston opettaja.</p> <p>Kemia</p> <p>В Україні медсестрою.</p> <p>Avustaja</p>	<p>Kirjanpitäjä</p> <p>sähköinen</p> <p>Kirjanpitäjä</p> <p>Posti ohjaja</p> <p>Ekonomisti</p> <p>Psykologi</p> <p>Kirjanpitäjä</p> <p>Talous</p> <p>Hän työskenteli postissa</p> <p>Ompeluopettaja</p> <p>*-Teknologi liha- ja maitotuotteiden tuotantoon ja jalostukseen.</p> <p>-Kauneushoitolassa (kosmeettiset toimenpiteet)*</p> <p>Matkoopas</p> <p>Koulutukseltani olen musiikkiopiston opettaja.</p> <p>Kemia</p> <p>Sairaanhoitaja Ukrainassa.</p> <p>Avustaja</p>
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SUMMARY:

professionals from many different fields should be put to use soon, it would be beneficial for the refugees, but also for the municipality of residence

15.3 WHAT DO YOU THINK ABOUT THE PAST AND THE FUTURE?

