

WELCOMING PROGRAMME

NECESSARY INFORMATION, USEFUL TIPS AND IMPORTANT CONTACTS

WHAT IS WELCOMING PROGRAMME?

In order to support foreign nationals who have migrated to Estonia to settle in and to acquire the primary knowledge and skills – such as information about obtaining residence permit or the right of residence, how to find a job or start your own business, how to start or continue your studies, how to find information about public services, benefits and Estonian language training etc. – Estonia offers all new arrivals the opportunity to participate in an introductory welcoming programme.

The Welcoming programme consists of:

- basic module;
- thematic module of work and entrepreneurship;
- studying;
- research;
- family life;
- children and young people;
- international protection and
- basic level (A1) Estonian language training.

All the necessary information about the trainings and registration for them can be found at:

www.settleinestonia.ee



REPUBLIC OF ESTONIA
MINISTRY OF THE INTERIOR

The project is co-funded by the European Union via the European Social Fund and the Asylum, Migration and Integration Fund, and by the Ministry of the Interior of the Republic of Estonia

WHO CAN PARTICIPATE?

All foreign nationals from third countries and citizens of the European Union who have received a notification of enrolment into the programme by the Police and Border Guard Board and who have resided legally in Estonia for less than 5 years are welcome to take part in the trainings.

If you have received no such notification but you have legally resided in Estonia for less than 5 years and would like to participate in the programme, you can request enrolment in the programme by sending a letter of application to the Police and Border Guard Board. Learn more about how to submit your application at:

www.settleinestonia.ee

WHY PARTICIPATE?

The Welcoming programme supports your migration and subsequent integration in Estonia. Welcoming programme's interactive training modules:

- guide you and support you in finding the information you need self-sufficiently;
- value mutual communication, cooperation and establishment of contacts;
- take place in a comfortable, open and learning environment.

CONTENT OF THE PROGRAMME

- Each module of the Welcoming programme lasts approximately 8 hours.
- The duration of the language training is approximately 80 academic hours.
- All the trainings are offered free of charge.
- The trainings are offered in English and Russian in Tallinn, Tartu and Narva.
- You can choose which module or language training you take part. Restrictions only apply only to children and young people module and the module for beneficiaries of international protection.
- The children and young people module is intended ONLY for children and youngsters aged 3-15 years.
- In the international protection module can ONLY beneficiaries of international protection participate.

All the modules cover practical tasks related to daily life, discussions and Q&A sessions. At the end of the day you will be given a detailed handbook on the topics discussed in the modules!

The trainings are offered by:



ARCHIMEDES

BASIC MODULE

Introduction to Estonian state, society, culture and everyday life



In basic module the most important topics will be discussed that every foreign national migrating to Estonia could benefit from knowing in order to cope successfully in Estonia.

After completing basic module, you will:

- know the fundamentals of Estonian state, know your rights and duties, have an overview of Estonian civil society;
- know how to use digital identity documents and know how to open a bank account;
- have an overview of Estonian health care system;
- know where to turn to in case of an emergency;
- have an overview about additional services offered for foreigners and where to find additional information about those.

Basic module of the Welcoming programme is coordinated by **Expatriation Estonia OÜ**. For further information on the module please contact us at basic@settleinestonia.ee

WORKING AND ENTREPRENEURSHIP

Introducing working and entrepreneurship opportunities in Estonia

In course of the working and entrepreneurship module the most important topics will be discussed that every foreign national migrating to Estonia for work or entrepreneurship could benefit from knowing.

After completing the working and entrepreneurship module, you will:

- have an overview of the free movement of workers and labour market services;
- know the rights and duties of an employee and employer;
- be familiar with Estonian work culture and retirement system;
- have an overview of work and business related services offered to foreigners and where to find additional information about those.

Working and entrepreneurship module of the Welcoming programme is coordinated by **Expatriation Estonia OÜ**. For further information on the module please contact us at working@settleinestonia.ee



THE STUDY MODULE

Training course introducing Estonian higher education and university studies

The study module of the Welcoming Programme is aimed at foreign nationals who are interested in the organisation of higher education in Estonia, and topics related to Estonian higher education.

The study module will give a thorough overview of the following:

- legal information related to student migration;
- Estonian education system, higher education and research;
- learning culture and support services available for students;
- student and academic networks;
- job and traineeship opportunities while studying and after completing studies;
- labour market services, employment mediation portals, etc.

Studying module of the Welcoming programme is coordinated by **Foundation Archimedes**
For further information on the module please contact us at studying@settleinestonia.ee



RESEARCH MODULE

Training on research and higher education system in Estonia



The research module of the Welcoming programme is designed for those who are interested in topics related to the Estonian research and higher education system.

The module provides a thorough overview of the following:

- research institutions and their functions;
- various academic networks and organisations;
- research funding schemes in Estonia;
- teaching practices applied at Estonian universities, etc.

You will also be provided with all necessary legal information on the right of residence and requirements for granting or acquiring and extending residence permits for research migration.

Research module of the Welcoming programme is coordinated by **Estonian Research Council**
For further information on the module please contact us at research@settleinestonia.ee

FAMILY LIFE

Training for newly arrived families about living in Estonia, support services for children and families, education and spending free time

After completing the family life module, you will have received information about all the topics related to migration on family reasons.

Also the following children related topics will be discussed:

- kindergartens and schools;
- hobby classes and children's rights and obligations.

In addition, you will have an overview of the possibilities to find employment, self-development and recreation.

The training will also be an opportunity to exchange experiences and make new friends.

Family life module of the Welcoming programme is coordinated by **Expat Relocation Estonia OÜ**
For further information on the module please contact us at family@settleinestonia.ee



CHILDREN AND YOUNG PEOPLE

Introduction to Estonia and life in Estonia for 3-15 year-olds



In course of the training, main topics will be discussed that children and young people arriving to Estonia could benefit from knowing in order to accommodate to Estonian society:

- Estonia's traditions, customs and cultural perks
- Estonia's history, geography and nature
- Estonian learning culture
- children's rights
- leisure opportunities
- recreational habits and opportunities of Estonian children and young people, etc.

In the course of the training day, children and young people can:

- study, discover and experiment;
- learn through own experience and compare Estonia to their original country;
- actively express their opinion.

Children and young people module is coordinated by **Expat Relocation Estonia OÜ**
For further information on the module please contact us at children@settleinestonia.ee

INTERNATIONAL PROTECTION

Introduction to the Estonian way of life and society for beneficiaries of international protection

In the international protection module covers the most significant topics that beneficiary of international protection in Estonia may need to build up their lives again and cope in Estonia independently.

The topics covered are:

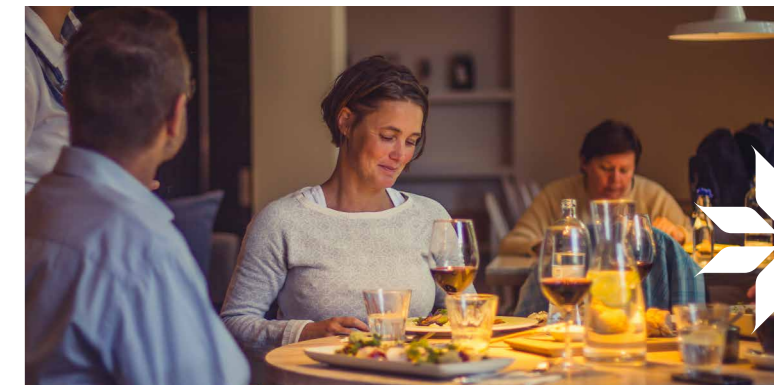
- general facts about the state of Estonia;
- social welfare;
- financial literacy;
- work culture and working in Estonia;
- access to education and opportunities for continuing education;
- other support services offered to the beneficiaries of international protection in Estonia, etc.

International protection module of the Welcoming programme is coordinated by **IOM Eesti**
For further information on the module please contact us at internationalprotection@settleinestonia.ee



LANGUAGE TRAINING

Basic level (A1) language training for basic language skills



The purpose of the basic level language training is to prepare you for primary level conversation in Estonian.

After completing the training module, you will be familiar with the pronunciation Principles, basic vocabulary and you will be able to:

- use the most common polite expressions;
- introduce yourself;
- ask and tell the time;
- tell what you like and don't like
- order food and beverages in dining places
- arrange a meeting
- ... and many other things useful for everyday interaction.

Basic language training of the Welcoming programme is coordinated by **Expat Relocation Estonia OÜ**
For further information on the module please contact us at language@settleinestonia.ee