
Settle in Estonia Adaptation Programme

Best Practices Proposal – Integration Foundation

Topic: Education

Summary:

The adaptation programme Settle in Estonia is a free educational programme offered by the Estonian state to help recently arrived foreigners adapt to local life faster and integrate into Estonian society more easily. It is meant for adults (i.e. 18+) and aimed at third-country nationals, EU citizens and people with temporary or international protection who have arrived in Estonia within the last five years. Completing the programme is mandatory for those people who have arrived in Estonia involuntarily (i.e. temporary and international protection holders).

The programme has two main parts:

- **Adaptation courses** give a practical overview of Estonian society, daily life, public services, work, education, family life etc. Adaptation courses are mainly lecture based but involve group work, discussions and interactive activities.
- **Estonian language courses** at A1, A2, and B1 levels. Estonian language courses are based on the immersion method (i.e. only Estonian language is used).

All courses are available both online and in-person (across bigger cities in Estonia). The courses cover everyday topics and vocabulary, which help to feel more confident in daily life. Early participation is encouraged so people can feel more at ease and informed from the start.

The aim of the programme is to support the participants' independence, awareness, and ability to navigate in the Estonian society, use public services and navigate cultural and societal norms in Estonia.

Settle in Estonia adaptation programme is co-funded by the European Union and state budget funds.

Impact & Achievements:

- Clear and well-structured way to support newcomers right
- Provides newcomers with necessary knowledge and language learning opportunities
- Allows newcomers to feel informed, welcomed and equipped with necessary skills and knowledge to navigate their life in Estonia.
- Solid framework and starting point for success

Key Words:



Adaptation

Connection

Culture

Education

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