



Greetings from the ARC

- Creating a Community in Urban Garden

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MASTER'S THESIS
September 2019

Degree Programme in Social Services

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Opinnäytetyö 61 sivua, joista liitteitä 5 sivua
Marraskuu 2019

Tämän opinnäytetyön tavoitteena oli selvittää miten viljely voi luoda yhteisön kaupunkiympäristössä. Se oli laadullinen tutkimus missä kaupunkiviljely ilmiönä kuvataan ARC -hankkeeseen osallistuneiden kokemusten pohjalta. Siinä hyödynnettiin monipuolisesti laadulliseen tutkimukseen soveltuvia tutkimusmenetelmiä; ryhmähaastattelua, kyselylomaketta sekä valokuvia. Kaikki tutkimusmateriaali analysoitiin teemoittelemalla.

Hankkeeseen osallistujat kokivat viljelyn itsessään tärkeäksi mutta eniten opinnäytetyön tuloksissa korostui yhteisön merkitys. Suurimmaksi anniksi koettiin hankkeen parissa olleet ihmiset sekä sen ympärille muotoutunut yhteisö. Osallistujat kokivat oppineensa uusia taitoja, eivät ainoastaan viljelyyn liittyen, vaan esimerkiksi kielelliset taidot tuotiin esiin. Suomalaisten kanssa toteutunut vuorovaikutus ja kuinka se voi vähentää ennakkoluuloja mainittiin myös tärkeäksi osaksi hanketta.

Tämän opinnäytetyön tulosten mukaan kaupunkiviljely voi luoda yhteisön viljelijöiden keskuuteen. Hanke loi kulttuurisesti monimuotoisen puutarhan siihen osallistujille. Paikan, josta tuli ympäristö kohdata toisia ja viettää aikaa sekä oppia uusia taitoja yhdessä.

Tulosten perusteella voidaan sanoa, että ARC -hankkeen kaltainen toiminta ei ainoastaan luo yhteisöä, vaan se luo kestävän yhteisön, joka voisi vastata moniin ajankohtaisiin yhteiskunnallisiin haasteisiin.

Kaupunkiviljelyn käyttöä kotouttamisen välineenä ja sen ekonominen puoli, kuten mahdolliset työllistymismahdollisuudet, ansaitisivat lisää tutkimusta.

Asiasanat: yhteisö, kaupunkipuutarha, viljely, sosiaalinen kestävyys

ABSTRACT

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Master's thesis 61 pages, appendices 5 pages
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The purpose was to explore how cultivation in an urban garden creates a community. The study was qualitative in nature and the data were collected through group interviews, e-questionnaire, and photos. The data were analysed using theme analysing.

The findings indicate that urban gardening is a good way to create community in the cities. Majority of participants stated that cultivating itself was important for them, but the-greatest gain were the people from the project. Participants felt that they gained new skills not only about cultivation but also others, especially language wise. Interaction with Finnish people and how it could reduce prejudice was also mentioned as an important part of the project.

The ARC project created a culturally diverse green meeting place in the city for the participants. Based on the results it can be stated that projects like the ARC could create, not only a community, but a sustainable community that could respond to the current issues of societal challenges.

More studies could be conducted in the fields of using urban gardening as an integration tool and possibly combine it with economic benefits, like creating job opportunities.

Key words: community, urban garden, cultivation, sustainability

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GLOSSARY

ARC -project	Active refugees in the community -project
Community garden	Garden that community cultivates
Urban garden	Garden located in urban area
Intercultural garden	Garden with people from various cultural backgrounds
Allotment Garden	Garden where people cultivate their own private space

1 INTRODUCTION

At the very moment our societies are facing big global challenges and one of them is urbanization. More and more people are moving into cities causing problems, like lack of living space and pollution. Cities are becoming more diverse, since people for various reasons and from various backgrounds move close to each other. Same time cities are getting more versatile, but yet impoverished. We are getting physically closer to each other, yet still feeling like we are not belonging. We are in a need of finding ways to develop cities sustainably and creating spaces within for both humans and nature.

The study came from my own interest on climate change and how it is changing our societies as we now know them. I am especially interested on urbanization and keen on looking for answers for the challenges it is causing. Not only how we can live sustainably, but also how can we bring people closer together, to become more unite. What could be the activity that would be versatile and boundary breaking. Summer 2018 I visited a community garden in Austria and the idea for this thesis started.

Gardening in the urban setting brings various people together and offers a space with meaningful activities. It is giving a chance to make a concrete act for the environment while meeting new people and learning about health and nature.

It is not only food that gardens give to the people. Holland (2004, 303) says that even literature is putting emphasis on food growing within gardens, results on her research showed that reasons for their existence were related more to their function in community development, and that food growth was secondary to what else was achieved even when the food growing was stated as an official aim of the garden.

Popularity of community gardening can be seen to be the result of peoples growing interest towards food, nature and communities. Same time, social science research on community gardens is also growing. Most of the past researches suggest that gardens have a positive influence in building communities. They also

give to individuals and community, offering health benefits, local ecology and social capital as well as creating opportunities for community development for example through education and food security. (Firth, Maye, & Pearson 2011, 555.)

I wanted to dig deeper on urban gardening and its social side. I wish to create more conversation about how we could work for sustainability in social field. Previous studies have suggested that urban gardening has positive influence on communities so idea to research more on how it is creating a community in the urban setting started to evolve. I started to do overall research about community gardening and how it is implemented in Finland and that is when I found the Active Refugees in the Community -project. ARC -project became focus of my thesis since it was so multidisciplinary and was targeting many societal issues I was really interested of.

2 THE SETTING OF THE THESIS

ARC -project offers community-based and meaningful activities to local residents and immigrants. Main activities are around urban gardening, but they also offer different cultural activities. Activities are open to everyone, and it allows interaction between cultures, spreading knowledge between people and chance for immigrants to practice their Finnish language. (Pirkanmaan Martat ry, project plan 2017.)

The project works in Finland and in Sweden targeting to tackle social problems and exclusion among immigrants with refugee background. The aim is to involve them to activities in their neighbourhood and community and enhance their skills, language knowledge, health and integration to the society and community by the means of sustainable development. The project started on December 2017 and will finish in November 2019. It got its funding from The Central Baltic Programme. (Pirkanmaan Martat ry, project plan 2017.)

ARC -project approaches integration from a new perspective. Together with the city of Tampere, in Hiedanranta area they are building urban garden and greenhouses which will be open for everyone. The project is executed together with Tampere Region Martha Association, Tampere Region Design Association Modus, and ISSS Resilience Centre that works in Sweden. The city of Tampere and the developing program of Hiedanranta area are supporting the project. (Tampereen kaupunki, 2018a).

Hiedanranta is a new residential area located in western Tampere. The purpose of the area is to build a new kind of environment for the citizens where it would be good to live, work, and spend free time in the city. New ideas, experiments and urban culture are appreciated in the area. The neighbourhood is being built together with residents, businesses and communities and a special development program for Hiedanranta is responsible for its development. It is seeking to be carbon dioxide negative and a district that produces more than consumes. (Tampereen kaupunki, 2018b).

During the talks with people working within the ARC -project, it was also brought up, that this project could draw attention to the voice of immigrants in planning and influencing their environment. In the project, they have been engaging immigrants with refugee background planning on the area and guiding them through practical activities like actually building the area.

3 THEORETICAL FRAMEWORK

The base theory of my thesis is built up around different topics (figure 1). It starts from the change in our society; urbanization and timely topics around it, various cultures living side by side in cities, and urban design challenges on how to create cities that are sustainable, and in this thesis, cities that would be socially sustainable. Among people this change creates needs; we need communities that integrate us and gives us a feeling of belonging. Urban gardening is the action that cities could promote and a tool ARC -project is addressing integration.

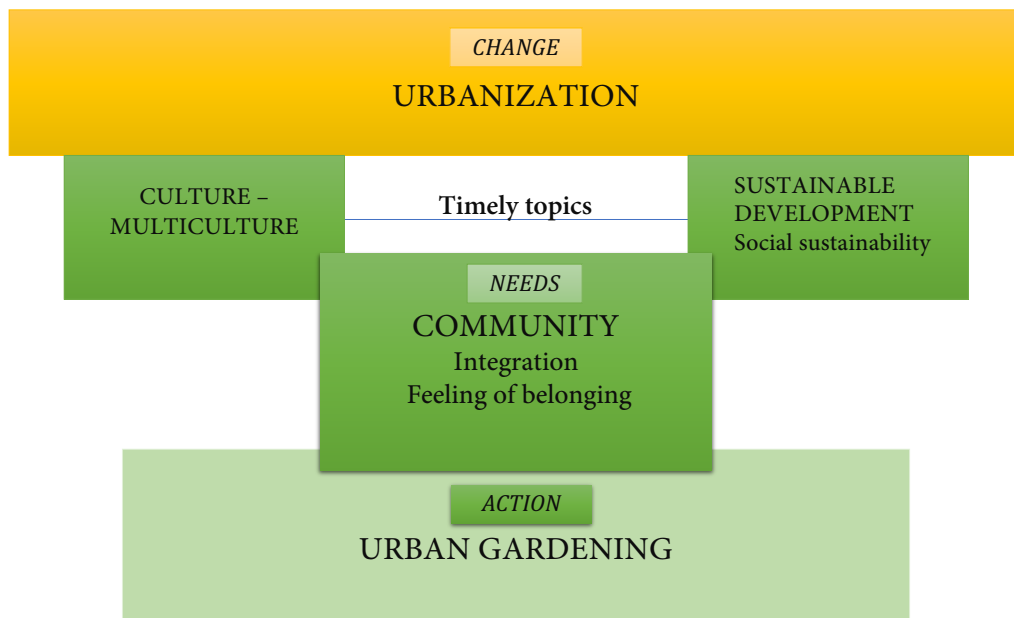


FIGURE 1. Theoretical framework

There are long traditions in cultivating products in Finland in allotment gardens or urban allotments, and actually the first one was in Tampere. After Second World War gardens started to be more common, they were the answer for the food shortage in the cities that the war created. (Siirtolapuutarhaliitto 2019.) Community garden is a bit different since it is about cultivating and enjoying the products together.

While doing my literature review, I found multiple foreign research papers about the topic that states that community gardening, intercultural gardens and urban

gardening as concepts are well known and used outside Finland. It was found that gardening's effects on communities and its importance to people's health and nutrition had been researched before. (Firth & et al. 2011; Draper & Freedman 2010; Ohmer, Meadowcroft, Freed, & Lewis 2009.) It was also discovered that among immigrants growing their own food created bonding to the new country and affected the integration in a positive way. (Schermer 2014; Moulin-Doos 2014; Lapina 2017.) Urban gardening was also seen to be part of sustainable urban design (Willman, 2015.).

Specificity of ARC -project is that it combines many different features. It is not only urban gardening project; it is also taking part of developing and actually attending on building a new part of city in sustainable way. It is one of a kind project in Finland doing important pioneer work. (Pirkanmaan Martat ry, n.d.) Participants have been involved from the early beginning which has been seen as positive thing on committing people into action in the previous studies.

3.1 Urban gardening and the garden

Urban gardening is cultivating in urban context. There are different places and ways to do it, like roof top gardens, balconies or greenhouses, you can grow plants together with someone, in a group or in a neighbourhood scale. In my thesis, I will use terms urban gardening and cultivating. With those I mean growing food in urban space, within a community that is open for everyone and has either started voluntarily or has been started with someone, for example organization.

Its estimated that in the world within the cities already over 800 million people are producing food. Already possibly 15-20% of the global food production is being produced in the cities. It's a global movement that can vary in different cities and suburbs. In some parts of the world urban gardening also consist animal husbandry, aquaculture and forestry, and that is when we talk about urban agriculture. Urban agriculture is most common in the developing countries (FAO 2019).

According to Maier's research (2007, 3) gardens are seen as one way to integrate immigrants, involve majority of population into action and enhance intercultural

dialogue. These things are found to create social capital and enriching life in the cities. Same time gardens are providing nature experiences in already densely populated urban environments.

Gardens also create a place out of space through engaging people on the process. Noori and Benson (2016, 314 – 315) write how they found out in their research that gardens fulfilled social needs and offered rich potential for the development of feeling of belonging and sense of identification. They see place-making as a process that the social interaction and developing sense of community is created. Gardens became places with emotional connections like memories. They were functional and creative places that were shaped by the plot holders' personalities and interests. Gardens can be seen as visual example how people can translate spaces into places through re-imaging landscapes.

Pulliainen (2012, 72 – 73) describes urban gardening free and experimental, it can be seen as an experience of recovery and creativity. The urban gardening was emphasized by learning new things and increasing knowledge and their rewards. The growth of the plants was marvelled, and the follow-up brought pleasure to the gardeners. The environment that is surprising is also refreshing, urban gardens produce such a richer cityscape that can also revitalize passers-by and other city dwellers.

The living space in cities has been always limited and is getting even more limited and expensive since urbanization. Moulin-Doos (2014, 203) is talking about this from the perspective of immigrants whose financial reasons may cause housing problems. It is also a cultural shock between eastern and western cultures to live in small apartments without community feeling. Gardens within the cities provide new living space outside apartments and a place where to create new contacts.

3.2 Urbanization

The population on earth has reached and went over seven billion and keeps on growing. It is estimated that six billion people are going to live in the cities by the year 2030. Growing population is causing new challenges considering environment, economics and social structures and efficient urban design will be crucial.

The uncontrolled growth of cities is bringing along not only harmful health effects but also safety risks and it is a threat against sustainable development of the environment. (UNFPA 2016.)

The rapid growth of cities is also placing demands on urban food supply systems. Urban agriculture can provide fresh food that can be consumed by the producers or it can be sold in urban markets with lower price since locally produced food requires less transportation and refrigeration. Lower price makes nutritious products available for low-income residents too. (FAO 2019.)

Gardening and bonding to new environment gives to the gardener a feeling of belonging to the city. Food production can be secondary to community and meeting new people states also Willman (2015, 41). According to her, this experience of inclusion is also linked to participation in urban space and being a city dweller. If garden is easily accessible from near surroundings it will reach multiple citizens and could become part of everyday activities in urban environment, creating active participation in urban space.

An active citizen who experiences participation, could be a real resource for both urban planning and urban management and maintenance. If the place and the work create a sense of involvement and attachment to the human being, there will be a natural desire to take care of the place. The attachment to the cultivated place and to other farmers gives an experience of being part of the city as a physical and social construction. Through urban gardening people can feel rooted in the city. (Willman 2015, 42 – 43.)

3.3 Cultural – multicultural

Everyone can define culture and multiculturalism somehow. Culture is a typical human behavior, possibly a religion or moral beliefs. Multiculturalism is, in its simplicity, a co-existence of diverse cultures, interacting without having to sacrifice their particular identities, like customary behaviors, cultural assumptions and values. But it is a bit more complexed than that like for example Kymlica (2012) a Canadian political philosopher says. The term can be explained in different ways depending on the persons mindset and narrators voice will give the word positive

or negative echo. The problem with the concept is that in the general debate, immigration and multiculturalism are identified. And this makes the topic obviously very political.

Intercultural, multiculti, multinational, multicultural, intercultural, cultural diversity, no matter what word we use, any one of them is a term for a timely topic. Like said before, we are getting culturally more diverse all the time for various reasons, not only due immigration. We are surrounded with new and maybe strange things and it all can create prejudice, suspicion and fear.

This thesis is not to examine cultures, or cultural differences, but it is a study about community that its open to everyone and accepts everyone as they are. That's why culture and multiculturalism are part of this thesis since they are essential part of creating socially sustainable cities and communities, where people can feel like they belong.

“In our increasingly diverse societies, it is essential to ensure harmonious interaction among people and groups with plural, varied and dynamic cultural identities as well as their willingness to live together. Policies for the inclusion and participation of all citizens are guarantees of social cohesion, the vitality of civil society and peace. Thus defined, cultural pluralism gives policy expression to the reality of cultural diversity. Indissociable from a democratic framework, cultural pluralism is conducive to cultural exchange and to the flourishing of creative capacities that sustain public life.”

Article 2 – From cultural diversity to cultural pluralism (UNESCO 2001.)

3.4 Community and integration - feeling of belonging to

Schermer (2014, 69 – 70) tells how the traditional horticultural skills of rural immigrant women and the sharing of this skill with others raised their self-confidence. Although they did not share a common language amongst the farmers in the garden, they were able to act as garden teachers for others. In the garden,

lack of language skills was not an obstacle to communication and interaction with others and participation raised their status and increased their sense of freedom.

According to Moulin-Doos (2014, 201 – 202) by producing and sharing experiences, knowledge, and finished products, participants in a multicultural garden return their sense of value that may have been lost through social exclusion and rootlessness. This sense of self-respect is the first step in creating a common respect. Moulin-Doos speaks about one's sense of worth, seeing yourself on the same level and deserving to be treated as others.

When a person feels that he has something to give to the community he feels he is valuable. The self-esteem of the individual is largely related to social issues and when it is threatened or lost, it must either be recovered, re-created or maintained in a hostile environment. Often a response to self-esteem and integration is a job, but due to the high unemployment among immigrants is not only a job missing but also a social aspect of integration to the society. (Moulin-Doos 2014, 201-202.)

Western society used to be more communal. Maier (2007, 63) describes gardens as resemblance of old village communities in the middle of the city. Based on her research, she believes that intercultural gardens increase intercultural dialogue, reduce prejudice and create a greener and healthier urban environment.

The multicultural garden offers a place to pay tribute. It can first be a support from the society for an immigration project in the form of a land handed over to immigrants. Respect is exercised from different backgrounds, both culturally and socio-economically, among future farmers in the garden. However, the greatest respect learnt in gardens is a respect for themselves. The garden also gives opportunity to the immigrant to become visible in the new country. The garden provides a place for the community to share and gain the experience of integration and that cannot be succeeded without respect. (Moulin-Doos 2014, 204 – 205.)

Social interaction is one of the basic needs that affects integration. That there is a place outside home and work for interaction with other people, which immigrants are often left out. The international garden responds to this need, providing a place to respect themselves and each other and to be an active player. (Moulin-

Doos 2014, 197.) Leppänen (2008, 3) describes that self-realization, social activity and meaningful leisure activities are important factors for integration, and hence urban gardening could be integration promoting hobby for many.

Leppänen (2008, 85) found out in her research, that working in the garden gave immigrants new information about Finland and Finnish society, such as its climate or unwritten cultural rules that they learned from Finnish farmers. Opportunity to influence new environment and thus to the society by cultivating was also brought up. They got a sense of belonging to something.

Person who has moved to the country must have the opportunity to implement himself. Social integration is a significant part of integration that is achieved through interaction with other people. Gardening is a community activity that can be seen as a socially integrative hobby. (Leppänen 2008, 86 – 87.)

3.5 Sustainable development

Sustainable development is a societal change that aims to secure the potential of good life for both present and future generations. It can be divided into three sustainability categories; ecological, economic and social and cultural. (Ympäristöministeriö, a. n.d.).

The focus of the 1992 UN Summit was on sustainable development. Sustainable community development, how to combine social, environmental and economic policymaking at international, national and local levels. Agenda 21 was established, which encouraged communities to take part and create local solutions to local problems, think globally - act locally. (Holland 2004, 286.)

Ohmer et al. (2009, 380) highlights in their research several examples of how community greening and urban cultivation projects are linked to community sustainability initiatives. The greening of the areas responded to the need for meaningful urban spaces. They also bring up the different goals of gardens for health education, and how each of them created a sense of belonging to and participation in the community, thus responding to the agenda 21 at community, economic, social and environmental change.

In 2015, UN member states agreed on Agenda 2030, which is a sustainable development agenda containing 17 different goals that guide the promotion of sustainable development in the years 2016–2030. (Ulkoministeriö, a. n.d.) These goals seen in the picture 1 are diverse from eradicating extreme poverty from the world to ensuring people's well-being in an environmentally sustainable way.



PICTURE 1. Sustainable development goals. Source: www.un.org

Sustainable development is now a very hot topic. Since the newest IPCC report (September 2019) on climate change came out, it has caused more demands from the public and created more actions from governments towards sustainability, specially climate wise.

The concept of sustainable development, and that it has an economic and ecological perspective is familiar to many. Social side of it, has often been overlooked and it is why it is so difficult to define and meaning of it is a little vague. Each dimension of sustainability however is somehow dependent or interlinked. It is not possible to solve the challenges we are facing without co-operation between different areas, especially if the goals in Agenda 30 are wanted to reach.

3.5.1 Social sustainability

The key issue in social and cultural sustainability is how to secure wellbeing and the conditions for prosperity we have for the future generations. Global social challenges include, but are not limited to, continuing population growth, food and health care, and gender equality. In Finland current challenges are for example exclusion and unemployment. (Ympäristöministeriö, b, n.d.)

Amartya Sen has defined social sustainability using five dimensions (figure 2). It shows well the complexity and diversity of socially sustainable action. These are also the current challenges we have and that we need to address to promote sustainability.

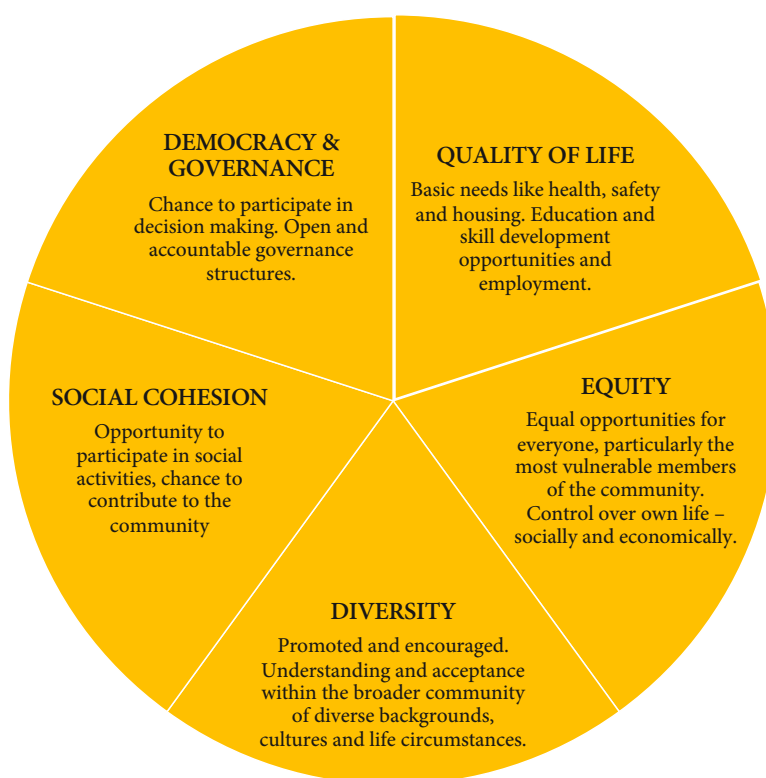


FIGURE 2. Five dimensions of social sustainability, according to Nobel Laureate Amartya Sen.

The government's implementation of the Agenda 2030 addresses also social sustainability by having a plan to build non-discriminating, equal and competent Fin-

land. This will require multiple actions like; prevent youth and long-term unemployment, the social exclusion of certain population segments, the polarisation of labour markets, and the segregation of living and residential areas. Action is also needed to reduce health inequality, promote gender equality, support lifelong learning and equality of education, and to raise the population's educational and skill levels. (Finland, Executive Summary of the Government's Report on the implementation of the 2030 Agenda for Sustainable Development 2018, 6.)

To achieve these targets, we need to make more action that is socially sustainable. Real actions how to support people to learn and to raise the level of education, create fair job markets that will employ people and stop social exclusion. By creating socially sustainable community we can promote this on a grass root level.

4 RESEARCH PROCESS

In this chapter goal of my thesis, research questions and the methods I've used in conducting the research are going to be introduced. The overall process is going to be described. Data collection was done in multiple steps and by combining different methods. These will be presented later on, as well as the analysis of data. Ethical views regarding the research process are also taken into consideration.

This thesis was intended to examine community and community making within the urban gardening setting. ARC -project was an open project for everyone to participate, even the target group was in people with refugee background. The aim was to identify good practices and potential challenges in the project and to provide information about the project so that it can be used in the future. The goal was also to give this action public awareness and encourage similar activities to happen elsewhere in Finland. Projects relation to social sustainability within the concept of sustainable development is also being discussed.

The ARC -project was unique in Finland. The project was versatile, but this thesis focuses specifically on urban gardening, still taking into account the specificity of the project involving people throughout the project in action and decision-making and building the area in concrete terms. Conducting thesis in the field that is so multidisciplinary, made it really interesting.

4.1 Research goals

The research task of this thesis was to find out how cultivation creates a community in an urban environment. The purpose of the study is to describe the participants experiences of community and ARC -projects activities. Following research questions helped with that;

- *How does urban garden as an environment help to create a community in an urbanizing society?*
- *What kind of experiences participants have about urban cultivation?*
- *How do people encounter each other in culturally diverse urban gardens?*

4.2 Research methods

The study was qualitative in nature, where urban gardening is described as a phenomenon through the experiences of participants in the ARC project. Aim is to ascertain what urban gardening is and the bigger picture it sets in. However, from the grassroots level, describing individual-level experiences.

Figure 3 is to clarify how the research was formed. The subject of research was not a directly ARC -project, but it was to explore the potential of urban gardening to creating spaces and communities for people to meet. Issue of societal challenges and how projects like ARC could respond to it was examined in the context of the ARC -project.

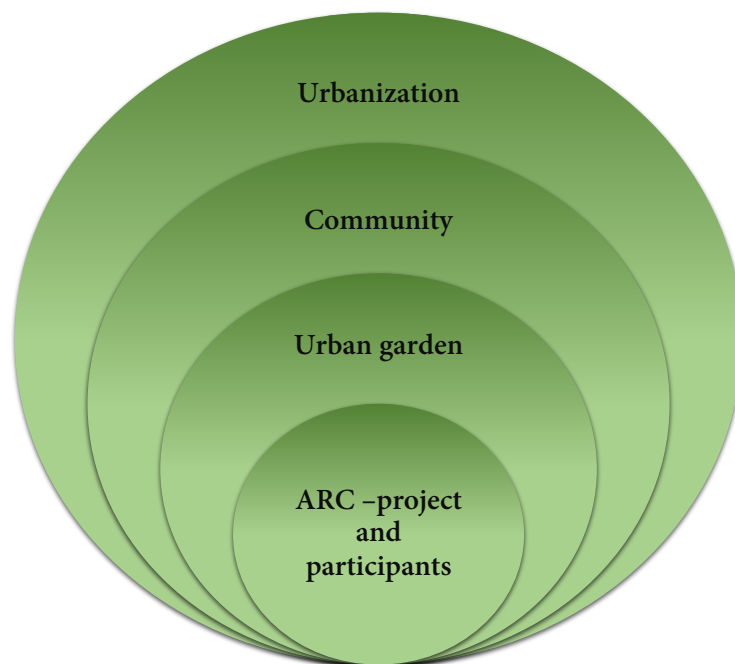


FIGURE 3. All the circles of the study

Like in the case study description is mentioned, this thesis is a research about specific case and uses multiple methods of data collection, interview, questionnaire and photo analysis. Its goal is to describe a phenomenon, in this case ARC -project and how it sets in a bigger picture. (Hirsjärvi, Remes, & Sajavaara 2009, 134-135.) The study was carried out in 2019, timeline can be seen in the figure

4. Spring was used to map and write theory and existing material. In April, the interview for the project was conducted. During the interview participants also received disposable cameras with instructions. An e-questionnaire for employees was conducted in May 2019.

Summer was spent collecting and analysing the data and writing and producing material for the ARC -projects final seminar. In August 2019, the seminar was held, and summary of the research and results was present there (appendix 5). The writing process was completed in September 2019.

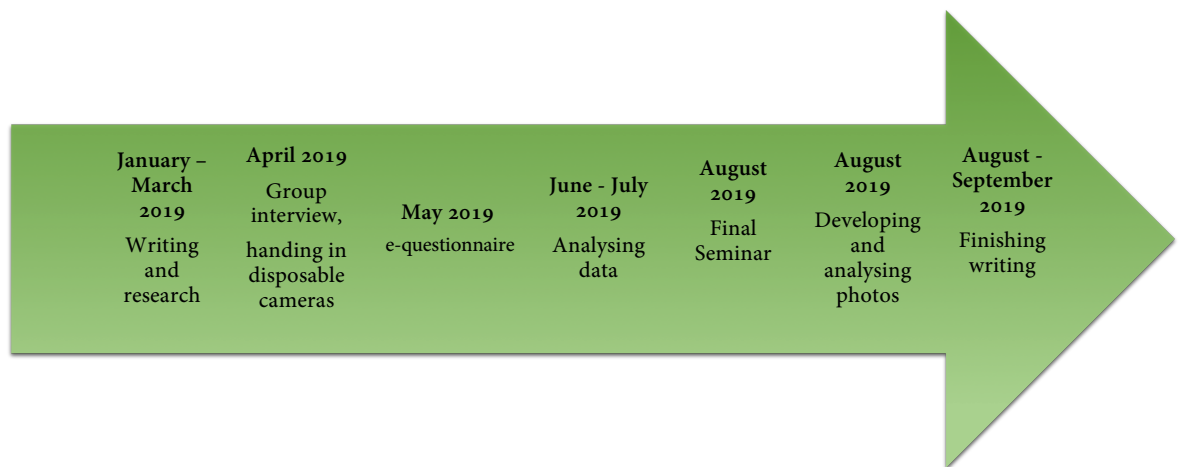


FIGURE 4. Timeline of the study

4.3 Collection of data

Qualitative research is a comprehensive information gathering, and it favours people as source of information. Qualitative research uses methods in which the voices and perspectives of the subjects are revealed, such as various interviews. (Hirsjärvi et al. 2009, 164.) Material was collected through group interview (appendix 2), an e-questionnaire (appendix 3) and photos. Goal for this thesis was to collect versatile material and hear as many voices as possible. For that reason, material was collected both from employees and people participating cultivation in the ARC -project. Figure 5 is here to summary and show how data was collected.

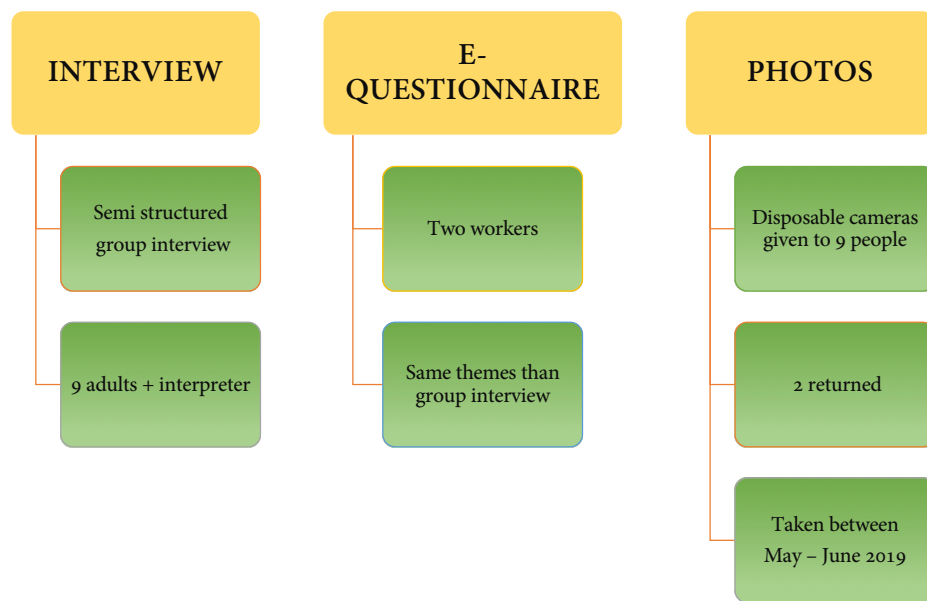


FIGURE 5. Data collection

Group interview was conducted to the participants of the project and e-questionnaire was send to the two main people working on the project. Purpose of this was to get the voice and thoughts from everyone involved in the project. Same pre-chosen themes were used in interview and later conducted questionnaire.

The other participants chosen were people who had been attending the project since its beginning, taking part on designing and building the area and now cultivating it, and also other activities project had been offering. These six people were invited to join the interview. The group ended up being bigger than originally planned since the word had gone through mouth to mouth and finally 9 adults, two kids and the interpreter took part on interview. That created little difficulties on controlling the situation, but it ended up giving large amount of information.

The interview was a semi-structured group interview. It had certain pre-chosen themes hoped to get answers and discussion about, but still leaving space for open conversation. Group interview was chosen to reduce the pressure of the informants, since I was not familiar with participants. Project provided an interpreter, which helped to get comprehensive answers since informants' mother tongue was not Finnish. Interview was recorded and transcribed afterwards.

The theme interview was a good choice since it gave a lot of room for bouncing on subject to subject and asking specific questions related the themes during the conversation. Discussion progressed naturally and from the notes was easy to check the already discussed topics. It gave a clear framework for the discussion and opportunity to ask questions on topics that had not come up naturally.

Hirsjärvi et al. (2009, 207 – 208) say that it is important that the interviewee is in control of the interview, and that it has goals and aims to get the most reliable and competent information. Being in control did not work as well as planned. The group size was ultimately too big, leading into people not listening properly each other. It is possible, that more information would have been gained with better organization and assertiveness. In the end material under every topic was gathered and also some new topics came up from the informants.

E-questionnaire was simply choice to gather information from workers. There were two people working in Tampere full time with the project, so they were natural choice to send the questionnaire to. Both of them replied.

After deducting the group interview and questionnaire, started the season for gardening, and data from this period I gathered data in creative way, via photos. People who took part in the interview, were given a disposable camera and asked to take photos during May and June 2019 in the garden. Instructions were simple; photos could be anything they wanted to share but setting of the photos should be the garden.

Instead of the original plan on combining phone pictures and videos and real photos, usage of only disposable cameras was decided. This was to delimit the amount of material but also to make them think more before taking the photos. 27 photos from two months is not much in the era of information overflow. Informants would get the photos back to themselves, after they would be developed and analysed. Permission to use the photos was also asked when handing out the cameras.

4.4 Analysis of data

According to Eskola and Suoranta (2003, 137), the analysis of qualitative material is intended to clarify the material obtained and thus produce new information on the subject being studied. The aim of the analyses is to create meaningful and clear description of the gathered material.

Research materials includes face-to-face group interview, qualitative research questions from the e-questionnaire, and photographs taken by the participants. The group interview was recorded and transcribed straight after which was found to be a good way since it was still fresh in mind. Listening it through multiple times helped to find out new points of view from it, but also made material really familiar which was helpful later on the process.

Transcription was done by writing down everything spoken, leaving only few points out. These were, for example, a speech that was totally irrelevant to my research or outside a common conversation, such as a conversation with a neighbour. Neither did I take into account the use of the interviewees' tone or speech habits, such as breaks, which were not important for my research, but which would also have been almost impossible because the interview responses did not come in the familiar language for me. However, at this point I did not start to cut down on the text more so that I could read the whole material on several occasions and nothing important would go unnoticed.

Content analysis was made theoretically, i.e. deductively, which, according to Tuomi and Sarajärvi (2018, 80 – 82), is a traditional model of analysis used in natural sciences research, which refers on going from general view to specific case. For example, it relies on a particular model of thinking that defines, among other things, the concepts that are being researched. Thus, the analysis of the data is guided by a model based on previous knowledge. In the theoretical part of the research, for example the categories to which the material is proportioned have been outlined.

From the analysis methods, it was natural to choose theming. It was also a clear choice since these themes were also used for gathering the information. The chosen themes were cultivation, community, urbanization and action. In addition,

sustainable development often emerged in previous studies, but due to the scope of the concept it was reduced and specified on the concept of social sustainability.

Analyses of material was carried out by first searching for the material under the chosen themes, putting it into direct quotes and words. Text was written into more understandable and compact form and was reduced this way. The main themes were predetermined but sub-themes emerged as material was processed. Everything that did not go under the themes was left out of the research. Also, I did not make difference between employees or people cultivating, all the material was treated same, gathered from informants.

The content analysis method works in the analysis of almost any written material. (Tuomi & Sarajärvi 2018, 87.) Photos were analysed by studying the pictures and interpreted their content under the same themes as other material.

4.5 Ethical considerations

It is important in the study that the results can be trusted, not plagiarized or generalized without criticism. The possible shortcomings of the study have also been revealed, reporting is not misleading or incomplete and that the methods used have been carefully described. (Hirsjärvi et al. 2009, 26.)

The research has been carried out so that it is reproducible. Themes used to study the topic in this thesis have been obtained using previous studies. They could be moved to any other context and tested for the same themes again, so this research could be easily reproducible in any environment.

The material in this research has been gathered with reliability. The group interview was recorded so it was easy to go back to it and not to have to trust on memory. The questionnaire was tested twice in advance, and changes were made based on the received feedback.

Rastas (2005, 83) writes about the cultural differences in the interview and this was also taken into consideration. Cultural differences, differences in experiences and ways of understanding can emerge so strongly that the interview does not achieve its goals. Even before the interview begins, it can be affected if the

informant does not understand what he / she agrees to, or if the informant is unclear about the purpose of the research, the principles of the interview, and the motives of the researcher.

This is also addressed by Hirsjärvi et al. (2009, 25) where it is said that the research should be based on respect for human dignity. People should be given the opportunity to decide whether or not to participate in the research. It is also necessary to find out how their consent is obtained and what information they receive from the research.

This was addressed by writing a letter (appendix 1) to the informants. Letter was gone through together with the interpreter before the interview started. Informants were told about the research and interview situation before by the project worker. At the end of the interview, purpose of it was being discussed again and the participants signed the paper that they understood it and gave their consent for using the material. That's how the informants had another chance to decide if they still wanted to participate on the research and to give me permission to use the gathered information. I felt that it was really important to give all this information in the informants' own mother tongue.

Ever since the beginning the research it was obvious that the topic is very close to me. That brought challenges, not only to delimiting the material, since everything was so interesting, but also to keep my mind open for the results. To maintain my objectiveness in it, distance was kept between the project, its participants and me. I concentrated on the data I collected from participants and the theory I had. This helped me to analyse it from a distance. I had no other experience with the project, so being objective ended up being quite easy.

5 FINDINGS and RESULTS

In this chapter research findings are presented, and voice is given to the participants to tell their experiences of the community, urban cultivation and the ARC - project. I will present the results in the light of my research questions, which were; how does urban garden as an environment help to create a community in an urbanizing society? What kind of experiences participants have about urban cultivation? And how do people encounter each other in culturally diverse urban gardens?

Findings are presented by opening them up under the already familiar themes from material analyse which I saw as an easy and flowy way for the reader. Difference between participants and workers has not been made before, so it will not be distinguished in here either, who said and what. This is also because, as a rule, everything that was said in the interview resulted in a head-nods in the group, suggesting that the thoughts were shared. Both, the respondents and the interviewees, are referred as informant or participant in the text.

Some direct quotations have been separated from the text. Relevant words or phrases related to the topic are highlighted as part of the text. These are separated from the rest of the text by using *italic* or **bold**. All the photos below are taken by informants between May and June 2019. They have been given a name to describe their meaning.

5.1 Community

Along the results community, people that were involved in the project and their importance was brought up. Informants repeatedly used words like *friend* (ystävä) or *pal* (kaveri) to describe those involved. The words *community* (yhteisö) and *group* (porukka) were also used. The participants noted that their circle of friends had grown during the ARC -project. The support provided by the community and its importance was highlighted in many places.

"It's this, this community, and the pals (kaverit),"

answered the informants, when asked what the best thing was about the project and made gestures towards each other around the table.

ARC -project organized meet ups during the cultivation time, but participants came more often to area just themselves. This can be seen also from photos (photo 1). Many of the photos were about people, or other people related activity (photo 2 and 3) than cultivation. Emphasizing communality can also be a cultural issue, supported by the notion that no similar communality was found among Finns informants tell.



PHOTO 1. Importance of the community; cultivating together.

Moulin-Doos (2014, 204 – 205) explain that intercultural gardens create a place for community. Common place of action is being shared and integration arising out of the sharing of this space is being experienced. This place making is as important as food production. It came clear from participants that they spend a lot of time in the garden. It was not only place to come and cultivate, it was a place to come as a whole family, meet people, let the children play, have a barbeque and eat together.



PHOTO 2. Garden surrounding; making space into a place.

Sharing knowledge and experiences with other participants also emerged. Whether it was about cultivating, such as helping to water the plants or with everyday issues like borrowing tools or language challenges. If someone didn't know something they could ask, help was always there when asked for, informants explained that even without asking it was often offered.

"Always help a friend". Informant, 2019.

Interaction between cultures

Although there was no mention of integration in the questions, it was mentioned when asking the reasons for cultivation. The informants highlighted the importance of interaction, and especially the opportunity to interact with Finns. That when they were working together, there was no experience of separation. Informants had a feeling that getting to know the Finns was difficult and the project and garden offered the opportunity for that. Integration was said to be impossible without interaction.

"The enemy is the one you don't know." Informant, 2019.

Informants state that the unknown can be frightening, and interaction could reduce prejudice. Adults were also found to be more difficult to find communities and integrate than children, who have the opportunity to naturally interact in school or kindergarten.

The informants pointed out that lack of a culturally diverse communities, even there are many different cultural backgrounds in Finland. The ARC -project has provided an environment for creating multicultural community. More urban gardens could respond to this shortage, as they can have people from different backgrounds and cultures, so they can be seen creating communities with cultural diversity. In Glover, Parry, and Shinen (2004, 349) study findings indicate that many of the gardeners believed that community gardening brought together people of different races and that they felt connected to their community garden.



PHOTO 3. Spending time in the garden; our garden.

Glover et al. (2004, 352) also found out that leisure settings can offer opportunities for equal-status and cooperative interracial contact. According to them leisure settings should be examined as potential sites for fostering positive interracial relationships building a greater sense of community in a diverse society.

Cultural encounters and community building in the garden were found to be motivators in Calvet-Mir et al. (2016, 335 – 337) case studies too. They say there were many reasons to cultivate coming from interested in sustainable development to personal or States economical situation, but after cultivating one season, they found that many people realize that socio-cultural relations and social aspect of the garden were also very important to them.

Informants tell that they would want to have more interaction with Finns. That they would also want to share experiences with Finns, particularly in the field of cultivation, whether Finnish farmers could cooperate, the informants wondered.

Everyone involved in the interview was very active, and throughout the interview they shared a number of different development suggestions and ideas for what else they could do. The question arises whether they have been heard enough, and have we, on the whole, harnessed the potential that immigrants have? This would definitely be the place for further research.

Strength in the community

The project has made it possible to create a park in Hiedanranta with open garden activities (photo 4). During the summer various events, like “Hiedanrannan puutarhajuhlat” organized by various actors from the area, have brought people to the garden and surroundings to interact and meet up.

"An environmental artwork has been created from the waste land, which also communicates the goals of the future circular economy district of Hiedanranta: community, multiculturalism and sustainable development." Informant, 2019.



PHOTO 4. Concrete building of the area; greenhouses in Hiedanranta.

5.2 Garden and cultivation

Cultivation was the unifying factor that brought people together. By cultivating the land, participants created a garden that served as a special environment for gathering people together. Participants describe everyday life as a “*system*” in which various regulations are constantly involved, such as job search or education. There are a lot of new structures and bureaucracy in new country and cultivation provides a means of escape from this, from everyday life and from routines, it is stated to give meaningful activity for the free time.

Cultivation has given participants the opportunity to bring their home country and the things they miss from there closer. Informants say that they are cultivating, or trying to cultivate, plants that are special for them, for example familiar from their home country, not all of which are even available in Finland. In this way, they will also be able to prepare certain dishes from home.

Economic side

Cultivation was found to be beneficial. Informants say that for the majority of the participants, cultivation is a hobby and a leisure activity spending time together,

but some took it more seriously. Some informants thought that cultivation could be more extensive. If there were more resources, they could cultivate more for the needs of others, and the idea that cultivation could become a livelihood, was raised.



PHOTO 5a, and 5b. Planning the future; seeing the future.

Holland (2004, 304) states in his study that economic development is a little researched area in community gardens. The social and environmental side is more advanced than the financial side, though it could be strengthened, for example, by providing more support and employing people who are unemployed or by enhancing skills that can then be used in the jobs market.

New skills

The ARC -project teaches skills that can potentially help with job search, most notably language reinforcement. Language learning was very notable during the interview. Even there was an interpreter, used informants also Finnish language, for example multiple cultivating related words were used.

It was also possible to complete a certificate in gardening skills during the project, which demonstrates the new skills acquired by the participant. After participating 40 hours in the activities will participant receive *Urban farmer* -certificate proving all the skills person has gained. Farmers in ARC -project in Sweden deliver products to a local café.

Benefits for mind and body

The work in the gardens is meaningful and has given the participants concrete results. It can be seen in the multiple photos of growth of the plants and the harvest (photo 5b, photo 8b and photo 10). It also made the participants visible;

"...we are here, we are working, and we are here". Informant, 2019.

Cultivation and the project have provided an opportunity to think and plan for the future; the next chores, harvesting the crops, planning the next year and the next harvest season (photo 6). This can potentially have a major impact on a participant's mind and attachment to a new environment. As Moulin-Doos (2014, 204 – 205) writes, gardens bring the positive results of migrants' action and gives them experience of their own worth and thereby self-respect.



PHOTO 6. Waiting for the season; preparing.

In a foreign environment, you may feel like you don't know anything anymore, or that you cannot do anything. You are dependent on others and you may not be

able to provide your family anymore. Many things are new and inconvenient, as informants describe, for example, the challenges in finding a job. All these things effect on persons self-confidence and it needs to be enforced, and this cultivation did. For some participants cultivation was familiar activity and being able to do familiar things, success in it and experiencing the feeling of being capable can be especially meaningful, but it also gave the same feeling of success for those who had no previous experience.

One of the best things about the project was told to be the work (photo 7a and 7b). See the results of the work and the physical fatigue that has come from working in the garden;

“Physical work and having to sweat. That I am tired from working.”
Informant, 2019.



PHOTO 7a and 7b. Physical work; being tired after sweating.

Cultivation and spending time in the garden allow people to be more outdoors and thus it increases their well-being. Informants say that well-being also comes from the good mood that cultivation brings when you see success and can rejoice it together.

5.3 Activities

Participants have been involved in the project from the beginning, from planning the area to concrete construction. The design phase has progressed from building greenhouses, making edible garden, turning land, studying plants, cultivating these skills elsewhere, and finally cultivating summer 2019 in Hiedanranta, in the ready-made garden with greenhouses.

Bringing people together

Along the project ARC -project has organized various activities for the participants, such as cooking. Firth et al. (2011, 565) states that food can be a social activity that brings people together. Growing, preparing and eating it allows everyone, no matter what is the age, ethnicities or socio-economic backgrounds, join together. Community garden can be an open space that brings different people, sharing the common interest in nature, food and community, together.

The activities organized by the ARC -project have brought people together, creating a framework for community that has spent time together also outside the project. Community gardens are spaces outside home or work where person can contribute on creating community and bonding capital is being built by interacting with neighbours and like-minded people (Glover 2004, 143).

Independence

ARC -project and its activities have given freedom and independence to its participants. They have their own gardens which they have been able to design and maintain. By cultivating it they make actual change in the environment and this way become more visible (photo 1, 2, 4 and 8b). There are also activities created not only by the project but independently by the group found via project.

Being active

It has given participants the experience that they are useful, that they have achieved something. Participants express their desire to work but explain the difficulties related to it. It is difficult to get a job because, for example, lacking Finnish language skills. Informants tell about people who can't even write in their own language and are required to learn that in foreign language, before getting a job.

"It's hard to get things done, but in the garden, we can do things".
Informant 2019.



PHOTO 8a and 8b. Making actual change in the environment; seeing the results.

They feel that there is a lack of encouragement and that encouragement plays enormous importance to activity. That without it, it can be hard to start things. One informant says, *"if you do not employ your soul, your soul will employ you"*. That if you only think and think and have nothing to do, you can become depressed. According to the informants, cultivation acts like a therapy.

One's ability to self-respect is linked to social circumstances. It is about believing that you are entitled to the same treatment as anyone else, that you are part of some public life, as a person who has something to offer, that you can contribute to the society. If this feeling disappears, it must be restored. Immigrants or socially excluded people can have knowledge and skills that are not recognized or used in the country of immigration. In Western society, work is often the door to integration and self-respect. However, migrants have high levels of unemployment and are deprived of the economic and social dimension that work gives. In the western world, people who are not working, become part of the benefits system. This also limits the social relationships and self-esteem that work would give.

(Moulin-Doos, 2014, 201 – 202.) Participants state that they do not want to live with benefits from the state. They have a desire to be productive, but that it is difficult because finding a job is challenging. Participating in ARC -project has given them something to do, and also opportunity to learn something new.

The use of social security for immigrants and the economic impact of immigration have been the subject of much research in Finland over the last decade. However, results are not completely reliable, inter alia, since the immigrants are not a heterogeneous group and there are no proper comparison groups. Since the Integration Act 1999, there has not been big legal changes like that to offer comparison research. However, the cause of immigration seems to be a greater challenge than the background. Immigrants with refugee backgrounds often come without a sufficient network and job information to a whole new culture, making it very difficult to get employed without adequate support. Refugees are often from areas with a long history of crisis and have had an impact on access to education and, as a result, immigrants often lack proper training, which has a negative impact on employment. (Päivinen, 2017, 23.) In addition, the gender employment gap is large, with women being vulnerable due to, for example, having family in early age. (Päivinen, 2017, 51 – 52).

According to Päivinen (2017, 52), investing in integration measures would be justified as an investment because research data shows that successful integration measures have produced positive results in terms of the employment of immigrants. If successful, investing in the integration phase of the migration process would have a rapid impact on public finance which immigration is affecting.

5.4 Sustainability

Community gardens can be said to respond to many political issues that the sustainable development hopes to influence. It has elements of environmental protection combined with social attachment, it has educational programs to explore new types of cultivation methods, such as permaculture, it is also participation in community development and part of food production. There is also evidence that

it transmits information from generation to generation. All of these are important elements in the concept of sustainable development. (Holland 2004, 304.)

These elements were also relevant in ARC -project. Some participants attended the project together with the family giving the children chance to cultivate and learn too. The participants have learned important things related to sustainable development and ecology and nature in Finland. These include, for example, new farming skills, such as the right fertilizers and successful species in Finland. Thinking about local food, identifying fungi and natural herbs, and eradicating Finnish alien species by taking part in weeding the giant balm.

Sustainable and resilient food system

Sustainable and resilient food system in the city can bring benefits like food security, but also social inclusion. It can also promote integration of vulnerable populations through food, for example by cultivating or selling it. Women are one of these vulnerable people and they often predominate urban food production. It offers them chance to improve their family's food security and also to earn extra income working close to home. Supply chains are thus also transformed shorter. New kind of food production in urban areas could help addressing problems urbanization is creating like hunger, poverty and unemployment. To think that cities would become self-sufficient in food production is not realistic, but it can, and already is making a significant contribution to food security. (Mougeot 2006, 27.)

Urban agriculture alone is not solving ecological problems in growing cities, but it helps many ways, Mougeot (2006, 28 – 29) says and lists different ways urban agriculture can make a positive impact, like how wastewater can be used to irrigate crops. By cultivating, empty plots and even rooftops, urban gardening is contributing a greener city. Cultivating helps to reduce pollution and improves air quality and by this it strengthens cities' resilience to climate change, he writes.

Participants tell that gardens beautify urban environments and act as a lung for the city. Although it was stated that lung function in Finland it is not so important because the difference between rural and urban areas is not so great in Finland since there is forest everywhere,

"Finland is a big park." Informant, 2019.

5.4.1 Social sustainability

I used Amartya Sen's five dimensions of social sustainability (figure 2) to highlight things around social sustainability from the material.

Equity is shown in the activity since the ARC -project has offered equal access to each participant. Project was targeted to immigrants with refugee background which can be said to one of the vulnerable members of the society. They have been involved in the planning and decision-making of the project since its beginning. In addition, it has provided participants with opportunities to influence their own lives and has given the experience that they can do it.

Quality of life was promoted multiple ways. Positive health effects could be achieved in the garden, since it is allowing person to be outdoors in the fresh air and exercising by doing physical work, but it also provides a varied and healthy diet. It also has a positive effect on the participants' mental health, as the participants themselves report.

The participants are more active in everyday life and also involved in different activities, arranged or informed by the project. Whole families are taking part of the activities. A variety of new skills related to cultivation, how to cultivate environmentally friendly and how to cultivate to get the best results in Finland. Participants have also learnt alien species and been controlling them, and thus learning about protecting the environment.

The project has provided a pathway to learn new skills and knowledge has been shared and passed between generations and cultures (photo 9). Gaining new skills and education can have a positive impact on employment, for example. It provides security by providing nourishment and helping to get to know each other and making the neighborhood feel more familiar this was.



PHOTO 9. Sharing knowledge and helping others; strength in the community and participants skills.

Diversity is visible. The project has been open and has allowed everyone to join exactly as they are and treated participants with respect. It has increased visibility of various cultures in the area, for example by patterning greenhouses in a particular way. By enabling the cultivation of various plants and the preparation and enjoyment of a variety of foods, it has promoted equality and acceptance and understanding between people regardless of their background, life situation or culture.

“We are residents and members of the same country, we should be together.” Informant, 2019.

The participants have a desire to interact with the Finns. It can also reduce prejudice. For integration to take place, one of the informants describes the process;

“...it happens when the other person takes one step, and then the other one comes closer by taking the next step.” Informant, 2019.

Social cohesion happened when people in the project created a community where to belong and to participate in social activities. Participants interact with their families, new acquaintances and many other actors, such as city employees. They can give to the community and feel the meaningful.

Klein (2011, 891) explains that concept of social capital can be considered as a micro concept, and social cohesion as a broader concept and how Firth et al. (2011) opens social capital, I would also raise social capital as a topic under the social cohesion.

Firth et al. (2011, 558) refer in their study to the general nature of social capital which are; *bonding social capital* meaning immediate family, close friends or neighbours. *Bridging social capital*, meaning people with more distant ties to workmates that bring people together from a diverse socio-demographic situation. And finally, *linking social capital*, referring to connect people that are for example politically or financially influential positions.

In the garden, every level of social capital is created naturally. Sharing and learning together in the garden ensures a better outcome for everyone. Garden can be a place to spend time with your family, partner or friends but you will also meet other people cultivating. Besides meeting other farmers, you will also meet their friends brought along and other people visiting the garden. It also requires farmers to take account of people in the neighbourhood and hopefully create a reciprocal relationship with them. In the city, gardening is also linked to decision-makers because the land is usually owned by the city.

Firth et al. (2011, 558) say, that these three stages of social capital are creating safety net for people involved, it may offer access to new opportunities and information and also might offers wider range resources. All this is also brought up by informants in my research. Bridging social capital was found especially important in terms of resources, it was helpful running the community garden especially when gardens were starting up. (Firth et al. 2011, 562) This is important to realize since it has a big meaning also in the ARC -project.

Democracy and governance were shown in how multidisciplinary co-operation was highlighting the material in many ways. The list of different actors involved is extensive and varied. From the outset, there has been collaboration between different organizations on how to get participants in the project, collaborate on awareness, make space available to other actors, share information between different actors, and benefit many projects and their participants. It has not only

been done on its own, but also in cooperation, and thus has reached out to more participants. The project has organized events with other actors. The project has also played a role as one information hub for different activities elsewhere.

Networking is also reflected from the results. Multidisciplinary professionalism and collaboration between organizations has been involved throughout the project and has made it more diverse and special. It has enabled employees to learn new things, such as experience in international cooperation, multidisciplinary collaboration, and experience in inclusive and integrative activities where design can support social development. In addition, it has given the project participants new experiences and opportunities such as being part of construction. All participants have had the opportunity to meet different cultures, meet new people and work in a multidisciplinary group.

Project has contributed to bringing visibility and giving voices to the participants. Their thoughts have been heard, and as they themselves put it;

“there is so much negativity in the media that one should say also positive things to the public, like about this project.” Informant, 2019.



PHOTO 10. Reward and accomplishment; cherishing the growth and success.

6 DISCUSSION

Starting of this thesis was in the change in the society, urbanization, and could urban gardening work as an action targeting these needs and challenges urbanization creates in societies, like loneliness and rootlessness. Goal was to find out how cultivation creates a community in an urban environment.

Urban gardening as an action was able to create a community shows the findings of this thesis. ARC -project gave equal access for everyone to join, creating a meeting point, a place, within the city where people could spend time together, children to play but also a place where to work. It is a meaningful activity where you can cherish your personal success but also the success of others. It gave opportunity to people to give to others and to the community and that creates feeling of worthiness.

From waste land space, together they created a place for people to interact, gathering people together from diverse backgrounds. This interaction was seen among the participants as important part of integration and reducing prejudice. Garden was an open place, free for anyone to pop in, and it really beautified the area.

The study clearly highlighted the versatility of garden activities. Urban garden can provide a response to various societal issues. This observation is also supported by the previous studies I have read about the topic. It combines multiple different fields and is giving various things not only to the participants but also to the surroundings, in a big scale to the nature and cities resilience and sustainability, small scale to the neighborhood by making it greener.

Project was extensive, and it was built together from the beginning to the end together with the end users. It was a large entity, from planning to building and finally literally harvesting the fruits, that really was able to become part of sustainable urban design and alter the cityscape. I believe that this kind of multidisciplinary way of working is the future for creating the change.

6.1 Summary of main points

In the figure 6 main points gained from ARC -project, according to findings from this study, are being summarized.

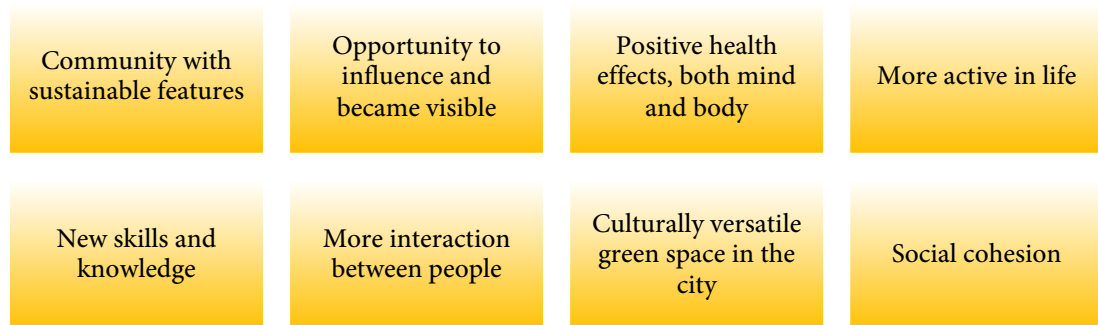


FIGURE 6. Summary of main points

It was not only a community that was created, it was a community with sustainable features. It was created by thinking sustainable way, reusing and recycling materials. Along the project knowledge around the topic was shared, like importance of recycling and alien species and how they could affect nature. Urban garden creates a green space in the city. Knowledge and skills were learned and shared along the way and among the participants.

Opportunity to influence the surroundings also showed as an important part of gains. Especially after moving to a new country, becoming as an active person and part of society may take time and can be difficult. Cultivating has enabled people to set goals and achieve them. Experiencing success and accomplishing things, affects person's self-esteem and confidence and motivation to work towards your goals. Through this and various skills such as language learning, participants gain better opportunities to get employed and to act as independent actors in their lives.

Garden gave participants reason to leave home and go out, meaningful action that gave them something to do in their spare time. It has opened up the city

through new friends and locations to explore. The activities have given the participants freedom and independence. It has created a community that works independently, shares tasks and helps each other's. The opportunity to become visible through garden was special.

All these gains lead me to result of saying that this project was able to create social cohesion among the participants lives. From the gathered material can be seen that participants were able to participate, they felt belonging, worthiness, they were accepted, felt more included and equal. This was due the group, community that was created, and the people in it. They were supporting and helping each other, and they felt like they had created group they belonged. They did not only great one tight community, they also gained multiple other ties and connections through the project. This activity promoted inclusion of the participants, making them active participating members of the city and area.

6.2 Garden as a special surrounding for creating community

Garden is a special environment for gathering people together. It is an easy place to meet, welcoming everyone; no special talents or features are needed or required. It is a place where knowledge can be shared between different cultures, genders and generations. Person don't really need common language while cultivating, but along the way your language skills will improve since there is an environment where actually use the possibly new language. People will not only learn how to communicate but also special words related to the gardening.

Working together brings people together, but you can't create a community just by putting people in the same space. Common interests bring people together. The versatility of the garden is what makes it a great place to explore. Activities are free and can be done by anyone who is interested and enthusiastic to learn about the subject. It brings together different people, one is interested in climate change and wants to live more sustainably, someone wants healthier food, to shows kids where the food comes from, others who yearn for nature, or are looking for a hobby.

Of course, there are also problems with gardens, potential vandalism is a threat, chemistry between people, it requires a great deal from everyone to get along and know how to behave like adults. Who is to decide what is being cultivated, how to share the harvest? That is why gardens benefits, if there is someone who is in charge, someone who runs the activity and also organizes leisure activities and brings people together to get to know each other.

6.3 For the future

The findings indicate that garden is a great setting to create community. My study is continuing in the line of the results from previous studies about community gardens, community gardens create communities and can be sustainable in nature. There are positive research findings on the emergence of communities and the effects of obtaining social capital that should motivate to maintain and increase activities that enable the above. The future question could be how to support community gardens in Finland to flourish.

The study by Firth et al. (2011, 566) highlights the importance for policy makers to understand how different communities are created both in and around the garden. It is the purpose of the garden that determines the nature of the community that is created there. And that they need support to set up and maintain them. Community gardens should also be encouraged to network together to share best practice. In addition to talking about the garden, it is important to remember that it may actually have other meanings, such as the Firth et al. (2011, 556) lists; *may include combinations of local community development, environmental protection and awareness, food access and/or health-related interests.*

At many points, the informants highlighted the interaction and intercultural collaboration. ARC -project enabled this, but there could be even more. In the future, I would work on making this garden and possible new ones even more culturally diverse. By cultivating garden together with people from various backgrounds, would enable people to learn a great deal about each other. As the interviewers say, we need communities like that, we are lacking them.

Schermer (2014, 71) highlights in his research social capital and its importance for a sustainable community. His experience is that through various events intercultural garden brought people together, inside and outside the group. A multicultural garden not only created a consensus between different cultures within the garden, but also throughout society.

ARC -project succeeded in many ways. The city, like many other actors, supported the project. However, we need continuity with long-term solutions rather than temporary experiments. If the experiments are successful, they should be translated into practice. Especially activities like cultivation, where motivation is particularly affected by the knowledge of continuity, knowing where to come again next year, what to prepare for during the winter. That there is something to look forward to in the future and that knowledge and skills only grow as things get repeated. Uncertainty for the future possibly affects people's commitment towards the action.

ARC -projects garden differs from community gardens which I have become familiar with or where I farm myself, in the way that there is no common area. With the common area I mean area in the garden where to gather during the breaks. In addition to their own beds, the common area motivates people to work together, but it also offers a place to hang out, cook and eat together, sit down and chat. This would be a great addition to the garden and good place for the city to invest.

Future for the action ARC -project started was still uncertain when writing this thesis, but I hope the good results it was able to reach will favor the future decisions how the urban gardening will continue in Tampere.

6.4 Further research recommendation

In order to achieve better results, new results, I should have narrowed my research task even further. I am pleased with what I achieved, but with further research I could have possibly find something new. On the other hand, I feel like the success of this thesis is in opening up this relatively new topic in Finland and I hope it creates more interest and discussion around it.

Even I made a decision not to emphasise different cultures in my thesis, it came obvious in the results that in some ways it mattered. Not as a negative way but as cultural differences that change persons way to see life or experience things or to communicate.

The purpose of my study was to study community formation in an urban garden. Although a community by definition does not really differ across cultures, its significance may be slightly greater depending on the culture. However, my idea was how urbanization and its effects, and the problems it brings, such as loneliness, bring longing to the community, regardless of culture.

I personally feel that the importance of the community is emphasized when moving to a new country. The community helps to make yourself home and integrate to new society. With the help of the community, many setbacks seem to be smaller, especially if you come to a new country without a family. Then the significance of creating a community is even greater, it is like creating a new family for support and safety around you. Loneliness was not talked about among the informants, but I feel it was present on the other side of the coin, highlighting the importance of friends and community.

Jokinen and Kalliomäki (2018, 22) write about the agri-hoods phenomenon rising in Finland. Agri-hoods mean producing food for the family or community within the neighbourhood as a normal part of the daily life. They suggest bringing on a perspective on business development and integration to this. They see that immigrants have knowledge and interest towards this and are asking how that knowledge could be used to promote the well-being of individuals and communities.

I would challenge more research on these topics. How to use urban gardens as an integration tool, and possibly how to combine and relate it to economics. Looking deeper into this economic side of gardens, how to develop further urban gardening the way, that it could provide real job opportunities and even produce some financial benefits for participants. I would see this combined with agri-hood action Jokinen and Kalliomäki talks about, as a possible bigger project.

7 FINAL WORDS – MY PERSONAL GAINS

Starting point for the research was my own interest in urbanization and the many side effects it poses. As a city dweller myself, I enjoy how nature can be part of the cities, like parks or city gardens. However, often these areas are intended to be admired rather than exploited. Working together, playing, grilling, and spending time with a larger group of people, is often perceived as a nuisance and is openly or implicitly resentful, even requiring involvement of authorities.

As I read about urban agriculture, a new generation often emerged, the millennials becoming more aware and interested in the environment, food, community, cultures, and thanks to this community gardens have become more popular and growing in popularity. People have the desire and need to create a greener city. There is growing interest in food and its origins and sustainable local food is gaining popularity. People are making more informed choices and sharing information on environmental issues. Many grow plants, pick berries, mushrooms, fish, hunt and prefer to buy food directly from the producer. I feel that there really is a need and demand for urban garden type of action.

At the core of the action, is a strong awakening of environmental awareness, which is partially channeled into the culture of gardening. This is also linked to a wider change in urban environments, city dwellers want to participate more on urban planning and right to urban space is emphasized. (Jokinen & Kalliomäki 2018, 20.)

There is a lot of talk about urban development, and now is the time to pool resources and start building cross-sectoral cooperation and cross-border projects that will benefit cities and their residents in a sustainable way. It is undisputed that cultivation has positive effects on the environment and on humans, creators and others enjoying the benefits of it.

Lately one of the big topics has been how to make the social sector productive, and perhaps we could approach the subject so that we could create meaningful productive activity in a sustainable way, for example by utilizing urban farming. An empowering and enlightening community that would create a greener city while benefitting community members in different ways, such as selling products,

learning new skills, or by starting up a side restaurant or cafe. Experimenting and supporting completely new cultivation methods to adapt the climate change. The possibilities are endless when we get rid of the fact that each industry works independently, we need innovative and new ways of thinking and working, crossing sector borders.

As I left to explore the subject, one of my personal goals was to stimulate debate on the ecological side of social work. For our society as a whole to pay attention to ecology, not as a special topic or a specialty field, but as part of all life, and thus in all spheres. We must have an understanding of acting responsibly not only towards one another but towards the common future. I think my topic was a really important opening for the area that needs to be addressed further. Eco social work should be further emphasized and made a natural part of social work, not just a separate aspect.

When we act and do things for the common good, deeds do not always have to be great. The phrase "*think globally - act locally*" is fine and applies here, every act can reflect into a bigger cause. ARC -project is a good example of how doing good at the local level can be part of a larger whole and contribute to global problems. Change at the local level creates change in the immediate environment and can at best bring a change that causes change on a larger scale.

Community and how it gives following things; the feeling of belonging, I matter, empowerment, self-confidence, promoting equity, reducing the loneliness and prejudice, becoming visible, reducing exclusion, promoting inclusion, to get the opportunity to influence. Adding that it could be a community with green values. That will have a positive impact on the core community and the environment, and thus extends affecting even outer circles of the community.

I could say, that the results of this thesis show multiple evidence that within in urban garden it is possible to create community, **a sustainable community**, that offers goodness in many levels within the area that it is located. This finding was personally a very rewarding one to get from this process.

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APPENDICES

Appendix 1. Letter for people participating group interview

Hei,

minun nimeni on Emma Piirinen ja opiskelen Tampereen ammattikorkeakoulussa. Opiskelen sosiaalialan koulutusohjelmassa. Teen opinnäytetyötäni ARC-hankkeelle.

Minua kiinnostaa kaupungissa viljely ja se millaisia kokemuksia ihmisillä on siitä. Olen täällä haastattelemassa teitä tänään siihen liittyen. Toivon että kerrotte minulle kokemuksianne ARC hankkeesta ja viljelystä.

Minä kysyn teiltä muutamia kysymyksiä, joihin ei ole oikeita tai väärä vastauksia, minua kiinnostaa teidän omat ajatuksenne ja mielipiteenne. Jos ette ymmärrä kysymystä voitte rohkeasti pyytää selvennystä.

Minä kysyn teiltä asioita suomeksi, jonka jälkeen tulkki kääntää kysymyksen arabiaksi ja voitte sitten vastata minulle suomeksi tai arabiaksi. Keskustellaan vapaasti ja annetaan jokaisen puhua rauhassa.

Tämä haastattelu ei tule julkiseksi mihinkään. Siinä ei näy kenenkään teidän nimiä. Minä äänitän keskustelun, jotta muistaisin sen. Käytän haastattelua yhtenä materiaalina tutkimuksessani, jossa tutkin kaupungissa viljelystä ja osallistujien kokemuksia hankkeesta.

Haastattelutilanne

Minulla on teille vielä yksi pyyntö. Annan jokaiselle teistä kertakäyttökameran. Toivoisin että otatte sillä minulle kuvia viljelyksiltä toukokuun ja kesäkuun aikana. Kuvat voivat olla mitä vain minkä haluatte minulle sieltä näyttää. Kun se on täynnä, voitte palauttaa sen Heidille.

Minä kehitän kuvat ja jokainen saa omat kuvansa, kun seuraavan kerran tapaamme heinäkuussa. Toivon että saan katsoa kuvat ja mahdollisesti käyttää niitä kuvituksena opinnäyteydessäni.

Vielä lopuksi pyytäisin, että teistä jokainen kirjoittaa vielä nimensä pöydällä olevaan paperiin ja tällä kertoo, että antaa minulle luvan käyttää haastattelu- ja kuvamateriaalia.

Kiitos!

Appendix 2. Theme interview for participants

TEEMAT

Toiminta:

Miten tuli mukaan toimintaan
Mistä saitte tietää ARC -hankkeesta
Mikä sai sinut tulemaan mukaan
Mitä odotit
Mitä olet tehnyt
Mikä on ollut mukavinta

Viljely:

Kuinka tuttua viljely on ollut entuudestaan
Miksi sinä viljelet
Mikä viljelyssä on parasta/Mitä viljely sinulle antaa

Yhteisö:

Millaisissa asioissa olet tekemisissä toisten kanssa
Millaisia kohtaamisia sinulla on ollut hankkeen parissa
Tapaatko hankkeesta tuttuja ihmisiä viljelyn ulkopuolella

Kaupunki:

Mitä ajatuksia sinulle tulee kaupungissa viljelystä
Antavatko viljelmät sinusta jotain kaupunkilaisille
Miltä tuntuu nähdä oman käden jälki alueella

Appendix 3. E- questionnaire for project workers

Arvoisa vastaanottaja,

tämä kysely on lähetetty ARC -hankkeessa työskentelevälle. Kyselyssä on 10 avointa kysymystä ja lopuksi tila vapaalle sanalle, vastaaminen vie noin 15 – 30 minuuttia.

Teen opinnäytetyötä, jossa tutkin kuinka kaupunkiviljely luo yhteisöä urbaanissa ympäristössä. Tutkin osallistujien kokemuksia aiheesta ja työntekijöiden ääni on yksi tärkeä osallistujien ääni. Toivon että ehdit vastata kyselyyni.

Kysely on auki 15.6. asti. Vastaukset käsitellään luottamuksellisesti ja niitä säilytetään sähköisesti salasanalla suojatussa tiedostossa. Kyselyyn vastataan anonyymisti, joten ketään ei voi tunnistaa ja yhdistää vastauksien perusteella. Vastaukset hävitetään opinnäytetyön raportoinnin jälkeen. Opinnäytetyö valmistuu vuoden 2019 loppuun mennessä.

Haastattelu toteutettiin Google forms -ohjelmaa hyödyntäen

Tämä on kyselylomake ARC -hankkeen parissa työskenteleville.

Vastaa kysymyksiin juuri kuten ymmärrät, omien ajatustesi pohjalta.

Mikä on ollut sinun työtehtäväsi hankkeessa?

Miten tulit mukaan hankkeeseen?

Mitä hankkeessa mukana oleminen on sinulle antanut?

Kuinka tuttua kaupunkiviljely on ollut sinulle entuudestaan?

Jos viljelet itse, kerro mistä syistä? Halutessasi kerro myös mitä viljely antaa sinulle.

Minkälaisissa asioissa hanke on mielestäsi onnistunut?

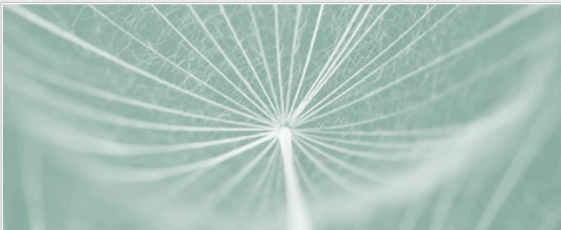
Oletko hankkeen aikana havainnut tilanteita, jossa osallistujat ovat auttaneet toisiaan, millaisia ne ovat olleet?

Millaista yhteistyötä eri tahojen tai toimijoiden välille hankkeen aikana on syntynyt?

Miten olet pystynyt vaikuttamaan ympäristöösi hankkeen avulla?


Jos hankkeen aikana olet käyttänyt uusia työmenetelmiä tai oppinut uusia tapoja toimia, millaisia ne ovat olleet?

Vapaa sana:



CREATING COMMUNITY
IN URBAN GARDEN

EMMA PIIRINEN, TAMK
MASTER PROGRAMME IN
SOCIAL SERVICES



The subject of research was to explore the potential of urban gardening creating spaces and communities for people to meet in the cities, not directly ARC-project.

RESEARCH TASK

How cultivation creates a community in an urban environment?

DESCRIBE THE PARTICIPANTS EXPERIENCES OF COMMUNITY AND ARC-PROJECTS ACTIVITIES.

Following research questions helping;

- How does urban garden as an environment help to create a community in an urbanizing society?
- What kind of experiences participants have about urban cultivation?
- How do people encounter each other in multicultural urban gardens?

COMMUNITY

- Friends, pals, group
- Help and support
- Multicultural community
- Multidisciplinary co-operation, networking
- Three stages of social capital; bonding, bridging and linking
- Integration

CULTIVATION

- Special environment for gathering people together.
- Escape from "system" and regulations.
- Familiar activity "I can do this, I know this".
- Meaningful and even described as therapy.
- The informants thought that cultivation could be more extensive.
- More wellbeing due to outdoors and social relations.

"Physical work and having to sweat. That I am tired from working." –informant, 2019


ACTIVITIES

- Versatile activities, offered by the project but also independently with community formed in project.
- New skills
- It has given participants the experience that they are useful, that they have achieved something.
- Desire to work, desire to do something meaningful on their free time.

"If you do not employ your soul, your soul will employ you". Informant, 2019

SOCIAL SUSTAINABILITY

(Amartya Sen)



DEMOCRACY & GOVERNANCE
Choice to participate in decision making
Open and accountable governance structures


SOCIAL COHESION
Opportunity to participate in social activities, chance to contribute to the community

QUALITY OF LIFE
Basic needs like health, security, safety and housing. Education and skill development opportunities and employment

EQUITY
Equitable opportunities for everyone, particularly the poorest and most vulnerable members of the community
Control over own life, socially and economically

DIVERSITY
Diversity is promoted and encouraged
Understanding and acceptance within the broader community of diverse backgrounds, cultures and life circumstances

FOLLOWING THINGS WERE GAINED



EQUAL ACCESS TO EACH PARTICIPANT

BEING PART SINCE BEGINNING

OPPORTUNITIES TO INFLUENCE

POSITIVE HEALTH EFFECTS, BOTH MIND AND BODY

MORE ACTIVE IN LIFE

WHOLE FAMILIES TOGETHER

MADE INTERACTION BETWEEN PEOPLE

RESULTS

- People in the project have created a community where to belong and to participate in social activities.
- Participants interact with family, new acquaintances and many other actors, such as people involved with the project.
- They can give and get from their community.
- Participants feel that action like ARC -project can help in integrating to new place and gives skills for the future.

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- Active participants.
- Participating in ARC -project has given people a hobby and a community, also opportunity to learn something new.
- More interaction with Finns.
- The project has provided a pathway to learn new skills and knowledge has been shared and passed between generations and cultures.
- It has increased visibility of various cultures in the area.

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“There is so much negativity in the media that one should also say positive things to the public, like about this project.”

—informant, 2019.

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Thank you!

For further questions or comments,

contact:

emma.pirinen@tuni.fi

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