

Appendices

Appendix I In-depth interview guide

Introduction

Background characteristics of the respondent

- age
- residential duration
- occupation

General topics

Life in Estonia before coming to the Netherlands

- where did you live (city/town; alone/with parents/partner, etc)
- study/job
- activities
- spending free time, etc

Decision to move abroad

- why?
- why the Netherlands? Did you already know someone here, who?

How did you imagine your life in the Netherlands?

- everyday life (job)/study
- activities
- getting accustomed to NL
- old friends, new friends

Research topics

Has it turned out the way you were thinking? Is something different, what?
Describe your life here (for example, a typical day/week)

What are/were the difficulties, if any, you have experienced when adjusting to living in the Netherlands? Prompts: finding a place to live, a job, friends, hobbies, dealing with bureaucracy, understanding Dutch culture.
How serious do/did you evaluate those difficulties to be?

What are your experiences with blending into Dutch society?

(if applicable) In what ways, if in any, has the your partner made things easier in the Netherlands? Prompts: someone to turn to, finding new friends/acquaintances, adaptation, understanding the Dutch culture.

Do you consider it important to feel like a part of the Dutch society? Why (not)?

Which Dutch customs and traditions do you know? What are your experiences with those

customs and traditions, and what do you think about them? Prompts: three kisses for hello and good-bye, taking/offering only one cookie/piece of cake at a time, fixed agendas, ultraliberalism with regard to soft drugs, prostitution, homosexuality.

Which Estonian/Dutch holidays do you celebrate here (if any at all)? What are the reasons for celebrating/not celebrating? How do you celebrate? Prompts for Estonia: Independence Day, Re-independence Day, Midsummer Day, Christmas. Prompts for the Netherlands: Queen's Day, Liberation Day, Sinterklaas.

Do you consider it important to be acquainted with Estonian/Dutch news? Why?

What are the things you like more about Estonia/the Netherlands than about the Netherlands/Estonia? The things you dislike? Why?

How has living abroad, if at all, changed your feelings of 'Estonianess'?

Do you regard Estonia or the Netherlands as your home? Why?

How, if at all, have you found new acquaintances/friends in the Netherlands? Prompts: contacts at work/university, hobbies (e.g., sports), partner.

Has it been easy for you to find new contacts here, why/why not?

Which kind of contacts, if any at all, do you have with Dutch? Prompts: partner, colleagues/fellow students, contacts through hobbies/sports.

Do you consider it important to have contacts with Dutch or other nations? Why?

Do you have a close friend among Dutch?

How, if at all, have you found contact with other Estonians who live in the Netherlands? Prompts: some other acquaintances/friends, activities organised by the Estonian community or embassy, Orkut.

How, if at all, have your friendship relationships in Estonia changed because of living abroad? How do you feel about those changes?

How do you keep in touch with your friends and acquaintances in Estonia? Prompts: the Internet, phone, visiting Estonia, friends visiting the Netherlands.

How satisfied are you with the content of your friendship relationships in Estonia/the Netherlands?

Are there enough people for you to share your ups and downs with? What makes you feel this way? Who are they? Prompts: friends, colleagues/fellow students, Estonians/Dutch/other nationals.

Are there enough people to turn to for practical matters? Who are they? Prompts: friends, colleagues/fellow students, Estonians/Dutch/other nationals.

Do you feel yourself lonely sometimes? (If applicable) why?
(If applicable) What do you do to overcome loneliness?
Do you consider it important to visit Estonia? Why (not)?

How often do you visit Estonia?

Would you like to visit more often, if it was possible? If yes, what are the reasons for not doing so? Prompts: time, money, no interest/need.

Do you consider it important to have contacts with local Estonians, to participate in the local Estonian community? Why?

In which of the local Estonian community activities, if in any at all, have you participated? Why (not)?

In which of the activities, if in any at all, organised by the Estonian embassy have you participated? Why (not)?

What do you know about the Estonian School in the Netherlands? Have you participated, why (not)?

What is your level of understanding and speaking Dutch?

What are (in case the respondent has poor or no knowledge of Dutch: could be) the advantages of it? Prompt: daily situations, getting contact with Dutch, understanding their culture.

How do you perceive the time lived in the Netherlands with regard to making new friends/acquaintances here? Prompt: its impact on the quantity and quality of the relationships.

How do you perceive the time lived in the Netherlands with regard to getting accustomed to this society?

General topics

Future plans, why

- stay in the Netherlands
- return to Estonia
- go to some other country

Closure

- Thanking for participation
- Any questions?
- Filling in the UCLA LS and Ego questionnaires

Appendix II UCLA Loneliness Scale (Version 3)

Instructions: The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described, when thinking of your circle of acquaintances/friends in the Netherlands and when thinking of that in Estonia, by writing a number in the space provided.

Never Rarely Sometimes Often Always
 1 2 3 4 5

	NL	EST
1. How often do you feel that you are “in tune” with the people around you?		
2. How often do you feel that you lack companionship?		
3. How often do you feel that there is no one you can turn to?		
4. How often do you feel alone?		
5. How often do you feel part of a group of friends?		
6. How often do you feel that you have a lot in common with the people around you?		
7. How often do you feel that you are no longer close to anyone?		
8. How often do you feel that your interests and ideas are not shared by those around you?		
9. How often do you feel outgoing and friendly?		
10. How often do you feel close to people?		
11. How often do you feel left out?		
12. How often do you feel that your relationships with others are not meaningful?		
13. How often do you feel that no one really knows you well?		
14. How often do you feel isolated from others?		
15. How often do you feel you can find companionship when you want to?		
16. How often do you feel that there are people who really understand you?		
17. How often do you feel shy?		
18. How often do you feel that people are around you but not with you?		
19. How often do you feel that there are people you can talk to?		
20. How often do you feel that there are people you can turn to?		

Appendix III Ego network questionnaire

	A	B	C	D	E	F	G	H	I
Every row represents a friend who is very important to you. (No need to write a name here)	Age	Sex	Does he/she live in Estonia, the Netherlands, or in some other country?	How long do you know each other? (in years)	What is your relationship with him/her?	Has he/she helped you when you have had [emotional] difficulties during the last three months?	Has he/she helped you in practical matters during the last three months?	How often have you had contact with each other in the weekdays?	How often have you had contact with each other in the weekends?
1		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
2		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
6		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
7		F / M	E / N / O			1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

<p>E: How do I know this person? (more than one answer possible)</p> <ol style="list-style-type: none"> Partner From school From university Colleague From hobbyclub/-association Relative Neighbour Estonians activities in the Netherlands Orkut community Estonians in the Netherlands Other 	<p>F-I: Frequency</p> <ol style="list-style-type: none"> 1 – never 2 – seldom 3 – sometimes 4 – often 5 – always 	<p>H and I: Contact</p> <p>Contact: Doing something together, calling, smsing, Skype, etc.</p> <p>Weekdays: Monday till Thursday Weekend: Friday till Sunday</p>
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Appendix IV Informed consent

INFORMED CONSENT

I,, agree to participate in a research carried out by Anu Kõu.

I am aware that taking part in this research is entirely voluntary. I am free to choose not to answer any question and I may decide to discontinue.

1. The topic of the research: influence of migration on social life.
2. Form of the research: interview (duration approximately 30 to 60 minutes) and a questionnaire (filling in 5 to 10 minutes).
3. No stress or discomfort should emerge due to the research.
4. The data will be processed anonymously; the respondents cannot be identified individually.
5. The researcher will answer my questions about unclear matters concerning the research.

Researcher

Participant

Date 2008


Date 2008

Appendix V Screenshot of Orkut community Estonians in the Netherlands

Hollandis - Windows Internet Explorer
 http://www.orkut.com/Main#Community.aspx?cmm=648812

orkut - Eestlased Hollandis

orkut Home Profile Scrapbook Friends Communities anukou@gmail.com Logout search orkut



Eestlased Hollandis
(196 members)

- unjoin
- invite friends
- report abuse
- forum
- polls
- events
- members
- send message

Eestlased Hollandis

Home > Communities > Individuals > Eestlased Hollandis

description: See kommuun on mõeldud Hollandis elavatele eestlastele

language: **Estonian**

category: Individuals

owner: Jane Kiisa

type: moderated

content privacy: open to non-members

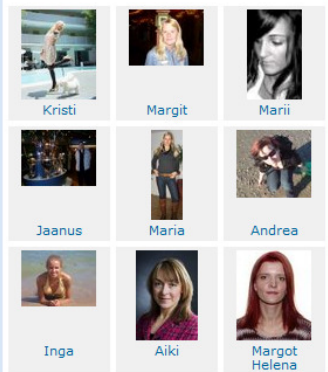
forum: non-anonymous

location: The Netherlands

created: 30 October 2004

members: 196

members (196)



Kristi Margit Marii
 Jaanus Maria Andrea
 Inga Aiki Margot Helena


[view members >>](#)

forum

topic	posts	last post
<input type="checkbox"/> hey eestlased, võiks ju kõik kokku saada	2	17/11/2008
<input type="checkbox"/> Amsterdami eestlased!!!	5	12/11/2008
<input type="checkbox"/> Kõikidele (spordi) huvilistele	3	09/11/2008
<input type="checkbox"/> Nüüd kõik sauna	6	07/11/2008
<input type="checkbox"/> raseduse teemadel	8	04/11/2008

[new topic](#) [report spam](#) [view all topics >>](#)

related communities



Eestlased Hamburgis (34) Eestlased Rootsis (169) Eestlased soomes - TAHVEL.COM (318)

Appendix VI Screenshot of an opening page in Facebook

The screenshot shows the Facebook home page as it appeared in the early 2000s, viewed through Internet Explorer. The browser's address bar shows the URL `facebook.com/home.php?ref=home`. The Facebook navigation bar at the top includes links for Home, Profile, Friends, and Inbox, along with a search bar and user options like 'Anu Kõu', 'Settings', and 'Logout'. The main content area features a status update box with the prompt 'What are you doing right now?' and a 'News Feed' section. The News Feed contains several updates, including a photo album by Hannes Vaht, a group announcement for air traffic control (ATC), and a fan notification for PETA. The right-hand sidebar contains several utility boxes: 'Requests' (1 friend suggestion, 2 friend requests, 1 birthday request, 18 other requests), 'Applications' (Photos, Groups, Notes, Video, Events, Travel Brain), 'Invite Your Friends' (Connect With More Friends), 'Pokes' (Erik van Dijk), 'Birthdays' (Scott Euser), 'People You May Know' (Kadri Miil, Arnold Bronkhorst), and 'Find Your Friends'.