

# Free adaptation training for Ukrainian refugees with international protection

## At the training, you will find out...

... how to find information on **your rights and obligations**

... what to do in case of an **emergency** and who is responsible for maintaining **security** in Estonia

... about a **digital identity document**, where and how to use it, and how to give a digital signature

... how to create a **bank account**

... how the **healthcare system** works and where to find information on healthcare services

... about **transport and traffic management**, as well as about the topics of the right to drive and public transport

... about social norms and interpersonal **communication in Estonia**

... about the core values of the **Estonian society**

... how to find information about **cultural and sports events**

... which **additional services** are offered to foreigners and where to find additional information on them

