



FORESIGHT CENTRE

Experiencing futures: the case of the Foresight Centre

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Foresight is integrated into Estonian legislation

Foresight is the identification and analysis of **long-term developments** in the Estonian society, preparation of **development scenarios** on their bases together with the distinction of opportunities and risks for the society, monitoring the realization of development scenarios and, where necessary, the adjustment of development scenarios and their outcome.

Foresight Act, § 2



Foresight Centre

- Established in 2016, 7 employees
- Foresight steering committee in the parliament: **Economic Affairs Committee**
- **Foresight Council** is formed from recognised experts in the field of research, business and technology to ensure the independence of foresight
- www.arenguseire.ee/en



Quite a number foresight works carried out since 2017

- [The Future of Mobility in Estonia](#)
- [The Future of Long-term care in Estonia](#)
- [Future-proof Tax system for Estonia](#)
- [The Future of Healthcare in Estonia](#)
- [The Impact of the Virus Crisis on the Estonian Economy.](#)
- [The Future of Maritime Trade in Estonia](#)
- [Global Balance of Power 2035](#)
- [Future Well-being of the Elderly 2050](#)
- [Scenarios of Regional Economy in Estonia 2035](#)
- [Scenarios for Public Governance and e-Estonia](#)
- [Productivity Scenarios 2030](#)
- [Labour Market 2035](#)
- [The Sustainability of Healthcare](#)
- [The Future of Accessibility of Local Public Services](#)
- [The Future of Personalised State in Estonia](#)
- [Active consumers in the Future Energy System](#)
- [The Future for the Next Generation of Teachers](#)
- [Green Transition Trends and Scenarios in Estonia](#)
- [The Future of Data Freedom](#)
- [The Future of Higher Education](#)
- [The Long-Term Impact on Estonia of the Russian War in Ukraine](#)

Key takeaways

- Be specific
- Focus on meaning and effect, not just the change itself
- Scale trends down to individual level
- Use numbers
- Use personas

Be specific



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Technology is changing at an accelerating pace



Business models and the nature of work are changing



Climate change continues and the state of the environment is deteriorating

Migration and urbanization are increasing



Natural resources are becoming scarcer

International conflicts and security conditions are changing



The world's population is growing and aging

Political systems and governance are changing



International institutions are weakening, geopolitical power shifts are occurring, Asia is rising

Global trends,

Strategy „Estonia 2035“

Focus on meaning and effect





A growing trend: rise of independent contractors in the labour market

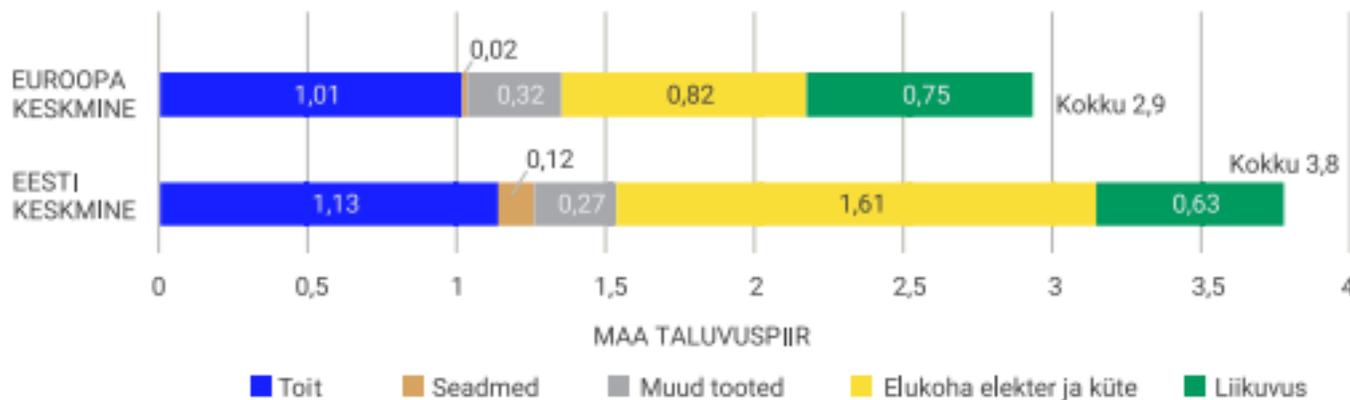
- 1) What drives it?
 - Platforms
 - Taxation
- 2) What effects does it have?
 - Gaps in social protection (14% without health insurance)
 - Loss of tax revenues (ca 2300 euros per person moving from employment contract to an independent service provider)
 - More flexibility, autonomy
 -

There are more than **279 000** private limited companies in Estonia, the number has **doubled** in last ten years. More than **60%** of them have no employees, around **20%** have one employee.
Source: Business Register

Scale trends down to
individual level



The average environmental footprint per resident in Estonia is 3.8 times the Earth's tolerance limit, exceeding the European average by 30%, which itself is 2.9 times the tolerance limit.



How to reduce the environmental footprint? Some examples

- Replace heating from stoves with district heating: reduction by **10-15%**.
- Cut the use of firewood by 50%: reduction by **17%**.
- Dietary changes, like reducing meat consumption to the recommended levels: reduction by **5%**.
- Replace 20% of car journeys by public transport: reduction by **3%**.

Use numbers



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„Data-based prevention“, a scenario

The future of the personalised state in Estonia. Scenarios up to 2040

The state is dedicated to preventing negative life events of the citizens —serious illness, unemployment, early dropout from education, and social risks (e.g. debt). The legal framework is being expanded to enable the secondary use of personal data for new preventive purposes.



€800 million

... could be the increase in annual GDP if unemployment decreased by 1 percentage point through prevention.

€120 million

... would be the growth of GDP if the share of people with higher education increased by 1 percentage point.

12%

... of healthcare expenditure, i.e. €342 million, is accounted for by cardiovascular diseases.

Create personas

Liina's everyday life

- **Liina**, an IT specialist, receives a notification from the national health system warning her of an increased risk of heart disease and back problems due to her sedentary lifestyle. In the Data Tracker app, she is offered a personalized nutrition and exercise program, a free health-monitoring device, and a discount at a sports club. **Liina feels relieved**—the state has not only identified the risk but is also immediately offering solutions.
- At the same time, Liina hears about funding problems at her workplace and possible layoffs. National data analysis detects her risk of job loss earlier and recommends that she take part in a cybersecurity retraining program, which matches her interests and will provide more secure employment in the future. However, Liina is initially offered an unsuitable beginner-level course, as the system considers her skills outdated. **It takes several days to resolve the issue** before she is able to access appropriate training.
- In addition, **Liina is unsettled** by the fact that the job-loss risk prediction was based on data such as her income and her past experience of unemployment and interrupted studies—information she would not have associated with this kind of analysis. Although Liina appreciates the support provided by the system, it reminds her how data can be used in ways people may not anticipate.



Closing remark

- Our methodological explorations have not been driven by a desire to help us collectively experience possible futures, but rather to better communicate and “sell” our insights to policymakers.
- That said, some of these methods have also proven useful for that purpose.



Thank You!