

# FULBRIGHT LEADERS FOR GLOBAL SCHOOLS

JANUARY 20 - JANUARY 30, 2025

Helsinki, Espoo, Vantaa, and Turku, Finland





# TERVETULOA!

We want to warmly welcome you to Finland as part of the fourth cohort of Fulbright Leaders for Global Schools (FLGS) — a program specifically designed for U.S. K-12 education administrators.

The vision of the Fulbright Finland Foundation is to empower the minds that will find global solutions to tomorrow's challenges by fostering academic and professional expertise and excellence in leadership. As you begin this intensive 10-day program, you will join this community of change-makers. The program fosters the exchange of innovative practices between U.S. and Finnish education administrators and educators, encouraging dialogue focused on identifying solutions to common challenges in school leadership.

The FLGS program invites you on a truly transformative journey — one that is immersive, phenomenon-based, and cross-curricular. With a focus on contemporary skills and the holistic well-

being of both educators and students, this program aims to inspire new perspectives and empower meaningful change in education.

The program highlights the cultural, societal elements, and core values that influence the foundation of our education system. Our deep bond with nature is reflected in initiatives like “nature schools,” sustainability education, and revitalizing school recesses, all designed to connect students with the natural world and showcase its positive effects on well-being. We invite you to immerse yourself in the nature school experience at Nuuksio National Park in Espoo, relax in the sauna, and, if you're feeling adventurous, take a refreshing dip in the lake.

You will begin your program in the capital city, Helsinki, with briefings and strategic discussions to provide the background and framework of the K-12 Finnish education system, teacher training, and school leadership. In



addition to educational program and professional networking opportunities in Espoo, Turku, and Vantaa, you will see both historical sites and modern treasures of Finland, including the Castle of Turku, and Oodi, the Helsinki City Library, that serve as examples of diverse learning environments that play a critical role in the Finnish curriculum.

During your visit, you will have the chance to explore key themes in education at EDUCA, Finland's leading event for the education sector. Attend sessions on topics such as technology and AI in education, the appeal of the teaching profession, the role of literacy in the digital age, and other important subjects shaping the field.

Throughout the program, you will have opportunities to discuss your observations with expert speakers, fellow U.S. Fulbrighters, and Fulbright alumni from Finland. You will also see firsthand how the Fulbright Finland Foundation thrives on the active involvement of its alumni. We warmly encourage you to continue your Fulbright journey beyond this program by joining the

Friends of Fulbright Finland (FoFF) alumni network in the United States and staying connected with the Fulbright community.

Staying true to the Foundation's brand promise, "Together Shaping the Future," this program has been a collaborative effort from start to finish. We extend our heartfelt thanks to the many individuals and institutions whose expertise and cooperation have brought this program to life. In particular, we wish to express our deep gratitude to our partners at IREX and the Bureau of Educational and Cultural Affairs of the U.S. Department of State for their invaluable support.

Tervetuloa! Welcome! I encourage you to fully embrace the Finnish experience and wish you a meaningful, rewarding, and truly enjoyable program.

**Terhi Mölsä**

CEO

Fulbright Finland Foundation



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# MONDAY JANUARY 20

**13:55**

## **Arrivals at Helsinki Airport**

Fulbright Finland team will meet you at Helsinki-Vantaa Airport, Terminal 2 Arrivals hall and guide you to the hotel

Transportation to the hotel

## **Scandic Paasi**

Address: Paasivuorenkatu 5 B, Helsinki

Tel. +358 9 2311 700

Breakfast is included and served

Mon-Fri: 6:30-10:00 and Sat-Sun: 7:30-10:30

17:45

Fulbright Finland team will meet you in the hotel lobby

## **18:00-20:00 Welcome Dinner at Restaurant Juttutupa**

Venue: Linna Cabinet, Säästöpankinranta 6, Helsinki

### **Warm Welcome**

**Mirka McIntire**, Manager, Teacher Exchange and Education Programs,  
Fulbright Finland Foundation

**Tarja Mykrä**, Program Specialist, Fulbright Finland Foundation



## *Finnish 101*

### **Illallinen**

*Dinner*

### **Lentokenttä**

*Airport*

### **Tervetuloa**

*Welcome*

### **Missä on vessa?**

*Where is the toilet?*

# TUESDAY JANUARY 21

8:20 Fulbright Finland team will meet you in the hotel lobby  
8:30 Bus departs

**9:00-11:00 Introduction to Teacher Education in Finland: Site Visit to the Viikki Teacher Training School of the University of Helsinki (K-12)**

Address: Kevätkatu 2, Helsinki

*Host:*

[Tapio Lahtero](#), Administrative Principal, Viikki Teacher Training School, University of Helsinki

11:00 Bus departs

**11:30-12:30 Lunch at Restaurant Lasiranta, Cabinet Monni**

Address: Hakaniemenranta 6, Helsinki

Joining the Arrival Orientation for U.S. Fulbright Grantees

**12:45-13:50 Welcome and Introductions of Grantees and the Foundation Team**

Venue: Monikäyttötöila, Hakaniemenranta 6, Helsinki

13:50-14:00 *Tauko* - Break

**14:00-15:00 Fulbrighters and the Fulbright Program in Finland:  
What Everyone Needs to Know**

[Terhi Mölsä](#), Chief Executive Officer, Fulbright Finland Foundation

15:00-15:10 *Tauko* - Break

**15:10-16:10 Bus to Hotel Korpilampi; Brief Introduction to Finnish Popular Culture through the Eurovision Song Contest**

16:10-16:20 Arrival to Hotel Korpilampi; snacks and beverages available

**16:20-17:30 Opportunity to Discuss Top Educational Practices and Challenges  
With Finnish Fulbright School Leader Alumni**

**Group 1: Room 6**

**Cristina Buss**, Vice Principal  
**Wil Cwikiel**, Superintendent & Principal  
**Danna LaCaze**, Director of Special  
Education  
**Nancy Lai**, Assistant Principal  
**Joyce Pulphus**, Principal  
**Matt Swanson**, Assistant Principal

**Group 2: Room 3**

**Karen Cheser**, Superintendent  
**Serenity Lockett**, Principal  
**Missy McClurg**, Instructional and School  
Improvement Coach  
**Maggie Staley**, Principal  
**Marcos Whyte**, Assistant Principal for  
Instruction

*Discussion Leaders:*

**Anne-Marie Rapo**, Principal, Espoo  
International School; Fulbright Leaders  
for Global Schools Travel Grant 2019-20  
**Marianna Sydänmaanlakka**, Principal,  
Tikkurila Upper Secondary School;  
Fulbright Distinguished Award in  
Teaching 2012-13

*Discussion Leaders:*

**Eeva Lumiaro**, Head of School, Friisilä  
School; Fulbright Leaders for Global  
Schools Travel Grant 2020-23  
**Arita Norrbäck**, Principal, Maininki  
School; Fulbright Leaders for Global  
Schools Travel Grant 2020-23

*Facilitator:*

**Tarja Mykrä**, Program Specialist,  
Fulbright Finland Foundation; Fulbright  
Distinguished Award in Teaching 2015-  
16; Fulbright Leaders for Global Schools  
Travel Grant 2019-20

*Facilitator:*

**Heidi Tiainen**, Program and Events  
Coordinator, Fulbright Finland  
Foundation

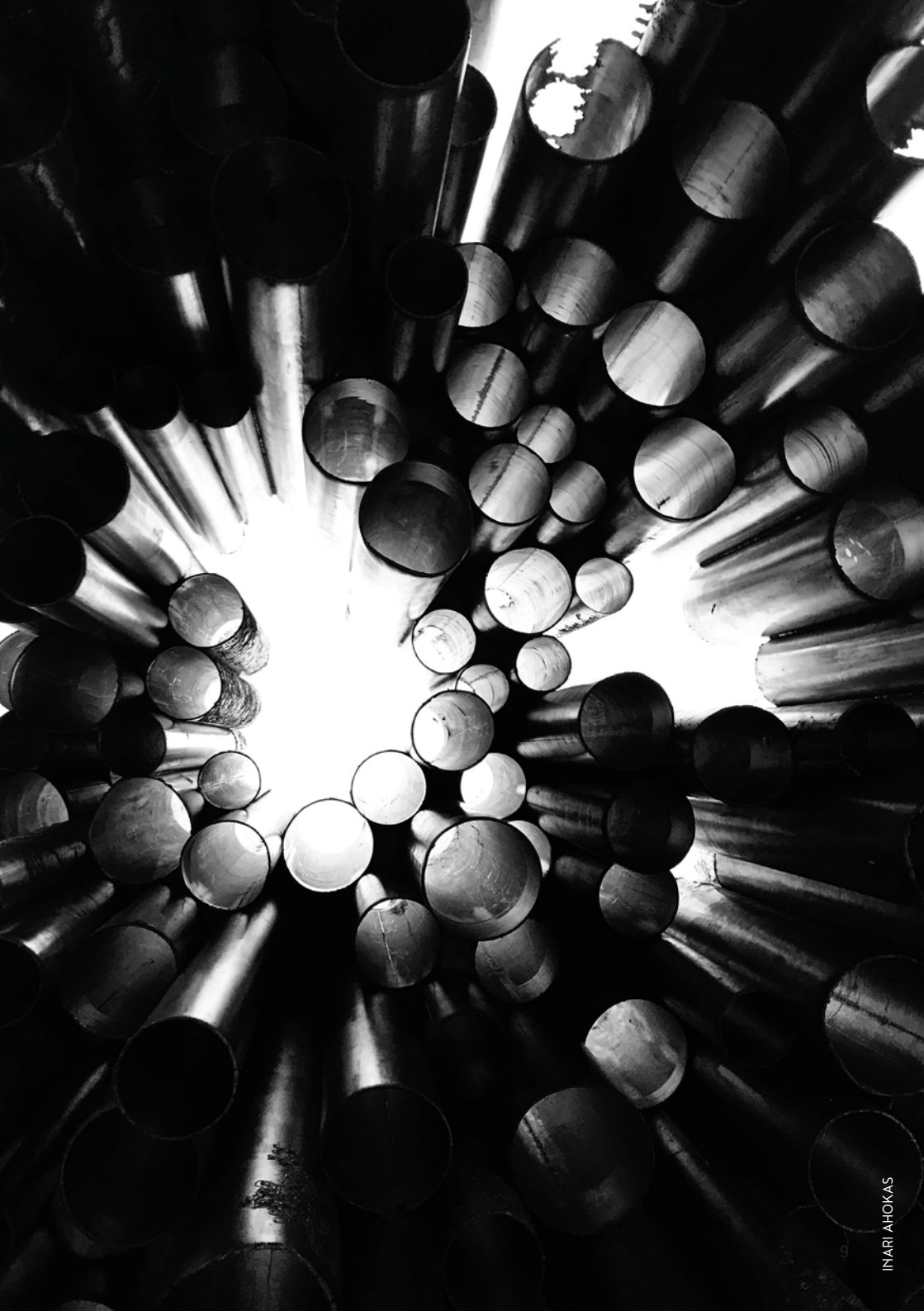
**17:30-19:00 Sauna and Opportunity to Try Ice Swimming in the Korpilampi Pond**

**18:30 Buffet Dinner**

19:45 Bus back to the hotel

20:30 Arrival in Hakaniemi





# WEDNESDAY JANUARY 22

8:35 Fulbright Finland team will meet you in the hotel lobby  
8:45 Departure for Mercuria Business College

**9:15 Introduction to Vocational Education in Finland:  
Site Visit to Mercuria Business College**

Address: Martinlaaksontie 36, Vantaa

*Hosts:*

**Tiina Immonen**, Principal, CEO

**Markus Oedewald**, Vice Principal

11:20 Break and transition to Hakaniemi; Joining the Arrival Orientation  
for U.S. Fulbright Grantees

**11:45 Buffet Lunch at Restaurant Juttutupa**

**13:00 Helsinki Sightseeing Tour by Bus**

Tour Guide:

**Maria del Carmen Hänninen**

15:00 Arrival at the University of Helsinki

**15:15-16:15 Panel Discussion: Finnish Education System (K-12):  
National, Municipal, and School Level**

Venue: Small Hall, University of Helsinki

*Panelists:*

**Teijo Koljonen**, Senior Advisor (Education), the Finnish National Agency  
for Education

**Helena Mikkola**, Manager of International Affairs, City of Turku  
Education Division

**Pekka Hurskainen**, Principal/Upper Secondary School, Viikki Teacher  
Training School, University of Helsinki

*Facilitator:*

**Mirka McIntire**, Manager, Teacher Exchange and Education Programs,  
Fulbright Finland Foundation

**16:30-18:00 Special Networking Reception in Honor of the Spring 2025  
U.S. Fulbright Scholars and Educators**

Venue: Christina & Pacius, University of Helsinki Main Building,  
Fabianinkatu 33, Helsinki

*Host:*

**Kaarle Hämeri**, Chancellor, University of Helsinki;  
Member, Fulbright Finland Foundation Board of Directors

*Free evening; dinner on your own.*



## *Finnish 101*

### **Esikoulu**

*Pre-School*

### **Peruskoulu**

*Comprehensive School*

### **Lukio**

*High School*

### **Ammattikoulu**

*Vocational School*

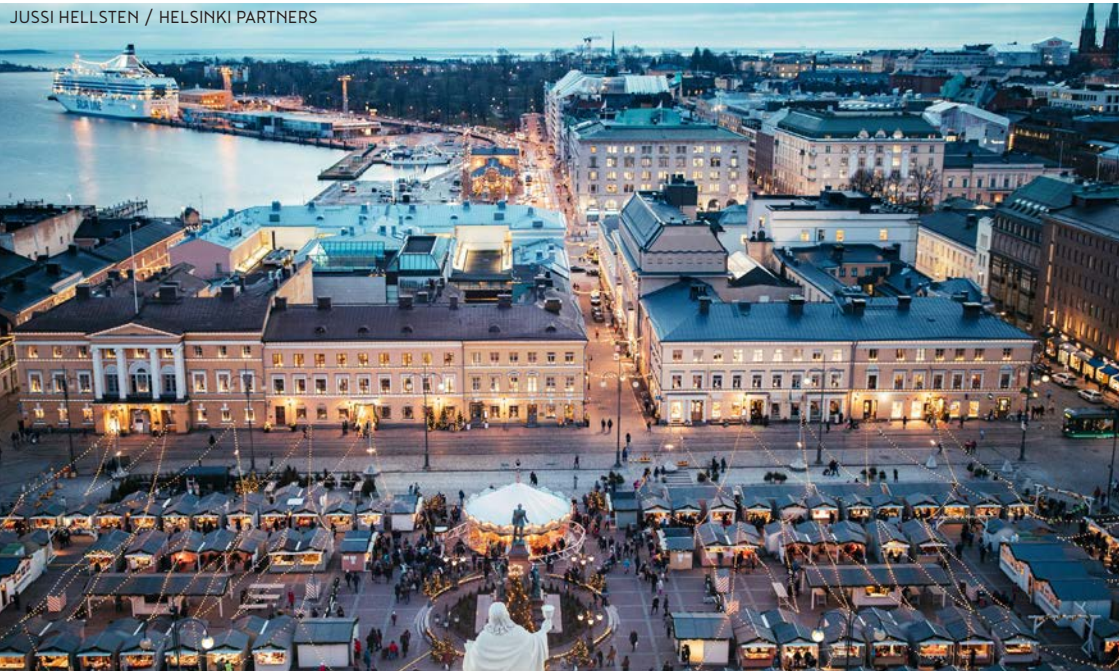
### **Ammattikorkeakoulu**

*University of Applied Sciences*

### **Yliopisto**

*University*

JUSSI HELLSTEN / HELSINKI PARTNERS



# THURSDAY JANUARY 23

8:30 Fulbright Finland team meet you at the hotel lobby  
8:45 Taxis depart for schools

## 9:30-13:15 School Visits:

### Exploration of Primary or Comprehensive Schools in Espoo

Visit to primary or comprehensive schools to discuss good practices, challenges and current topics in education with local school leaders, students and staff.

#### Friisilä School

Address: Holmanniitynkuja 10

Host: **Eeva Lumiario**, Principal

Tel. +358 43 824 8646

Participants: **Wil Cwikel**, **Serenity Luckett**,  
and **Maggie Staley**

#### Tiistilä School

Address: Tiistilänkuja 4

Host: **Arita Norrbäck**, Vice Principal

Tel. +358 40 6343913

Participants: **Karen Cheser**, **Missy McClurg**,  
**Joyce Pulphus**, and **Marcos Whyte**

#### Maininki School

Address: Maininkitie 23

Host: **Anne Suomala**, Principal

Tel. +358 50 5201339

Participants: **Cristina Buss**, **Danna LaCaze**,  
**Nancy Lai**, and **Matt Swanson**

13:15 Departures from schools to Sibelius Upper Secondary School

## 14:15-14:45 Introduction to the Sibelius Upper Secondary School and Performances by Students

Address: Liisankatu 13, Helsinki

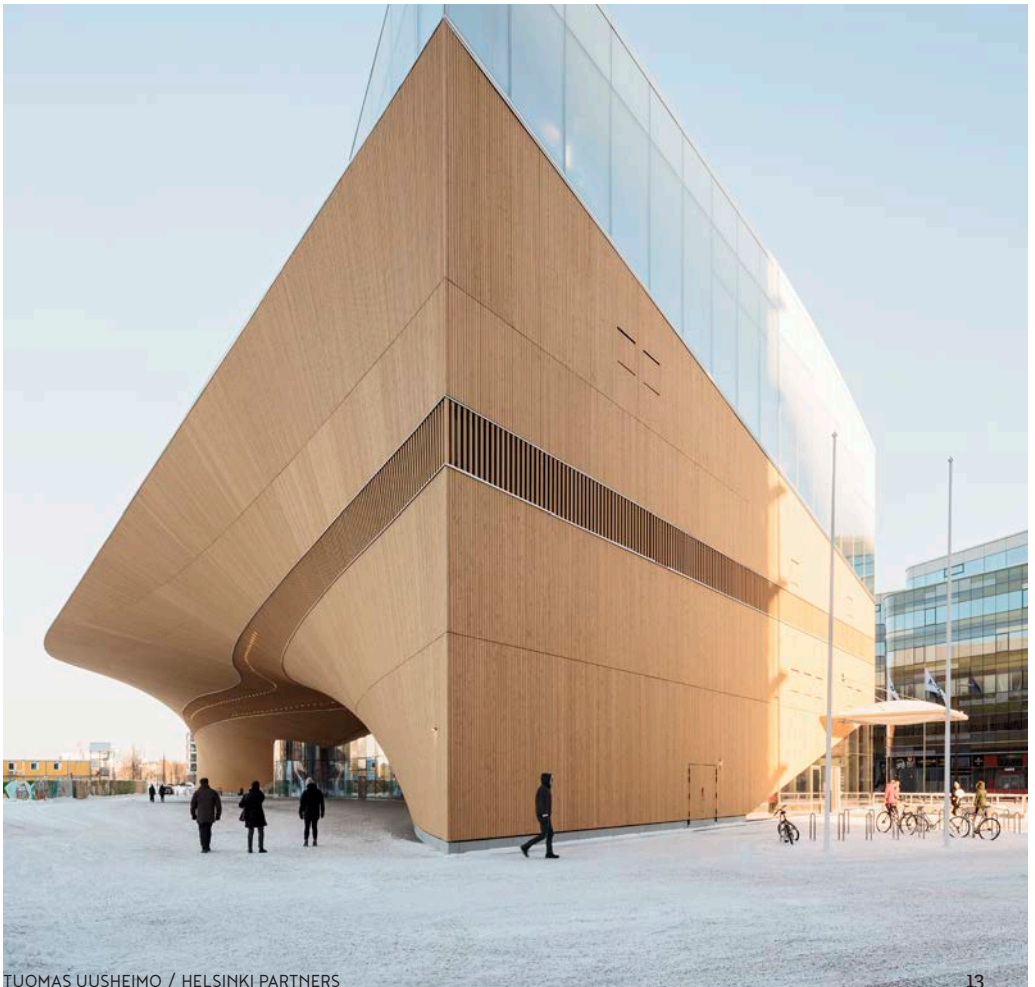
14:55 Departures to Oodi Library

**15:30-17:30** **Voices from the U.S. & Facilitated Reflection Time about Observations and Good Practices Shared During School Visits**

Presenters:

- Cristina Buss
- Wil Cwikiel
- Danna LaCaze
- Nancy Lai
- Serenity Lockett

*Free time at the Oodi Library; dinner on your own.*



# FRIDAY JANUARY 23

- 8:20 Fulbright Finland team will meet you at the hotel lobby  
8:30 Taxis leaves for Espoo schools

## 9:15-11:45 School Visits:

### Exploration of General Upper Secondary Schools in Espoo

Visit to visit general upper secondary schools to discuss good practices, challenges, and current topics in education with local school leaders, students, and staff.

#### Esponlahti Upper Secondary School

Address: Opettajantie 3

Host: **Markus Kytölä**, Vice Principal

Tel. +358 40 5763789

Participants: **Karen Cheser**, **Nancy Lai**,  
**Maggie Staley**, and **Marcos Whyte**

#### Etelä-Tapiola Upper Secondary School

Address: Ahertajantie 5

Host: **Elina Oja**, Vice Principal

Tel. +358 40 5070718

Participants: **Cristina Buss**, **Wil Cwikel**,  
**Serenity Luckett**, and **Matt Swanson**

#### Haukilahti Upper Secondary School

Address: Tekniikantie 3

Host: **Sami Puumalainen**, Vice Principal

Tel. +358 40 6365811

Participants: **Danna LaCaze**, **Missy McClurg**, and **Joyce Pulphus**



## Finnish 101

**Opettaja**

*Teacher*

**Rehtori**

*Principal*

**Vararehtori**

*Vice Principal*

**Opiskelija**

*Student*

**Oppilas**

*Pupil*

- 11:45 Departures from schools to the Educa Fair

Lunch at Educa at your own schedule (vouchers valid at certain fair restaurants will be provided)

## 12:30-19:00 Visit to Educa Fair

Educa - Finland's leading event for the education and training sector that offers a current and high-quality program that addresses global education and learning issues (e.g. AI in education, climate change education, students and teachers' well-being, as well as support for immigrant and refugee students) learning issues and introduces the Finnish educational system.



The Educa fair is organized in cooperation with the Trade Union of Education in Finland (OAJ), the Finnish National Agency for Education, the Ministry of Education and Culture, and Messukeskus convention centre. ([educa.messukeskus.com](http://educa.messukeskus.com))

### Program examples from the International stage:

**13:45-14:15 Finnish Teacher Education Forum - Collaborative Development of Finnish Teacher Education**

**14:30-15:15 Digital Citizenship in the Age of AI**

**15:20-16:00 Future skills for professionals in the digital age**

**16:00 Optional departure with the Fulbright Finland team or continue exploring EDUCA**

**16:05-16:50 Panel Discussion: Education for Human Flourishing (High Performing Systems for Tomorrow Project, OECD)**

**16:55-17:25 Early Childhood Education and Care on Wheels in Ukraine**

*Free evening; dinner on your own.*





# SATURDAY JANUARY 25

10:15 Fulbright Finland team will meet you in the hotel lobby and travel with you to the Convention Center

## 10:00-16:30 Visit to Educa Fair

### Program examples from the International stage:

**11:40-12:05 Life Goals, Happiness and Education in an Unpredictable World**

**12:15-13:00 Learning With and About AI**

**13:05-13:50 What Is the Purpose of Mentoring? Why Is It Important to Support Newly Qualified Teachers at the Beginning of Their Careers?**

**12:55-14:25 Supporting Future Workforce through Community Collaboration & Innovative School Programs**

**Karen Cheser**, Superintendent, Durango School District 9-R, Colorado

**Missy McClurg**, Northwest Ohio Regional Personalized Learning Specialist, Mercer County Educational Service Center, Ohio

**Joyce Pulphus**, Principal, Bronx Design and Construction Academy, New York

*Facilitator:*

**Marianna Sydänmaanlakka**, Principal, Tikkurila Upper Secondary School; Fulbright Distinguished Awards in Teaching alumna

**14:30-15:15 Rethinking Literacy: Global Insights into Media Education for the Present and Future**

**15:25-15:55 What is New in Education Around the Globe**

16:30 Bus departs for the hotel

17:15 Fulbright Finland team meet you at the hotel lobby

**17:30 Networking Dinner With Alumni**

Restaurant Meripaviljonki, Säästöpankinranta 3, Helsinki

# SUNDAY JANUARY 26

- 9:50 Fulbright Finland team meet you at the hotel lobby
- 10:00 Bus departs from Hakaniemi to Nuuksio National Park and Haltia Nature Center

**11:00-14:45 Sustainability Education in Nature: Visit to Nuuksio National Park**

**11:00-12:00 Introduction to the Nature School Concept and Multidisciplinary Learning in Nature**

Environmental and sustainability education in Finland raises students' awareness of ecosystems, and climate change, while promoting hope, personal relationships with nature, and the role of active citizenship in sustainable development.

*Guide:*

[Kirsi Peräjärvi](#), Principal, Lahti Rudolf Steiner School; Fulbright Leaders for Global Schools 2023

**12:15-13:15 Lunch at Restaurant Haltia**

**13:30-14:30 Private Tour of the Haltia Nature Center**

In Haltia's main exhibition you will experience Finnish nature in a memorable way. The compelling guided tour adds fresh insights into the Finnish nature and its natural phenomena. The Finnish nature and culture have adapted to the Northern circumstances and seasons. The nature offers us both challenges and various well-being effects - moving in the nature produces health for the mind and body. How does our interaction work with the nature? ([Haltia.com/en](https://haltia.com/en))

- 14:45 Bus departs back to Hakaniemi

*Free evening; dinner on your own.*



# MONDAY JANUARY 27

Check out from the hotel

9:00 Fulbright Finland team will meet you in the hotel lobby

9:15 Departure to Turku by bus

11:30 Arrival to Turku

**11:30-13:45 Lunch & Learn: Voices from the U.S.**

Venue: Grill It! Marina Palace

Presenters:

- Maggie Staley
- Matt Swanson
- Marcos Whyte

**14:45-16:30 Introduction to Education Services With a Focus on Student Support in the City of Turku**

Address: Yliopistonkatu 27, Turku

*Hosts:*

**Krista Lahtinen**, Head of Services, City of Turku, Education Division

**Helena Mikkola**, Manager of International Affairs, City of Turku, Education Division

16:30-17:45 Free time to explore the City of Turku and chance to check-in at the hotel

17:45 Fulbright Finland team meet you at the hotel lobby and walk with you to the dinner venue.

**18:00 Dinner at Restaurant Blanko**

Address: Aurakatu 1, Turku



# TUESDAY JANUARY 28

9:00 Fulbright Finland team will meet you in the hotel lobby  
9:05-9:15 Transportation to schools

## 9:30-14:00 School Visits: How do Finnish School Administrators Really Spend Their Days?

- Experience a Day Job-Shadowing Finnish School Administrators
- Meet students and teachers
- Exchange good practices, discuss challenges, and explore current themes in school leadership.

### Nummenpakka School, Aurajoki Unit

Address: Papinkatu 4

Host: **Jukka Laine**, Principal

Tel. +358 50 4323647

Participants: **Wil Cwikel**, **Danna LaCaze**,  
and **Marcos Whyte**

### Turun Suomalainen Yhteiskoulu Upper Secondary School

Address: Kauppiaskatu 17

Host: **Juha-Markus Koistinen**, Principal

Tel. +358 44 9075136

Participants: **Karen Cheser**, **Missy McClurg**,  
and **Matthew Swanson**

### Pääskylvuori School

Address: Talvitie 10

Host: **Assi Koskelainen**, Principal

Tel. +358 44 9073640

Participants: **Serenity Luckett** and **Maggie Staley**

### Turku Vocational Institute

Address: Kukkulakuja 3

Host: **Timo Östman**, Head of Division

Tel. +358 40 5940988

Participants: **Cristina Buss**, **Nancy Lai**, and  
**Joyce Pulphus**



## Finnish 101

**Joki**

*River*

**Tori**

*A market place*

**Linna**

*Castle*

**Tuomiokirkko**

*Cathedral*

**14:00**            **Departures for the University of Turku**

14:30            *Tervetulokahvit - Welcome Coffee*

**15:00-16:30**    **Dialogue: Reflecting on Current Educational Leadership Practices  
and Themes in Finland and the U.S.**

Venue: University of Turku, Educarium, Edu441, Assistentinkatu 5, Turku

*Discussion Leaders:*

**Anu Kröger**, Head of Faculty Development, Faculty of Education,  
University of Turku

**Tuija Niemi**, Vice Principal in Basic Education, Teacher Training School,  
Faculty of Education, University of Turku

**Vesa Valkila**, Administrative Principal of the Teacher Training School,  
Faculty of Education, University of Turku

*Free evening; dinner on your own*

PASI LEINO / CITY OF TURKU



# WEDNESDAY JANUARY 29

Check-out from the hotel

9:30 Meet the Fulbright Finland team at the hotel lobby with your luggage

9:45 Travel to Turku Castle by bus

**10:15-11:15 History Lesson and Tour: Everyday Life and Festivities at Turku Castle**

The tour will go through the medieval part of the Castle. During the guided tour you will hear about everyday life, celebrations, war and love within the Castle walls. (Turku.fi)

**11:30 Bus departs**

**12:20-13:20 Lunch and Finnish Design at Design Hill Salo**

15:00 Arrival to the U.S. Embassy; Security & Coat Check

**15:15 Welcome Remarks; Briefing on U.S. Department of State Priorities in Finland Followed by Q & A**

[Gabriela R. Arias Villela](#), Acting Public Affairs Officer, U.S. Embassy Helsinki; Member, Fulbright Finland Foundation Board of Directors

**16:00 Reflection of Takeaways and Impact by Grantees**

[Tarja Mykrä](#), Program Specialist, Fulbright Finland Foundation

**16:30 Diploma Ceremony**

[Terhi Mölsä](#), Chief Executive Officer, Fulbright Finland Foundation

17:00 Bus Departs to the Hotel

**17:30 Arrival to Sokos Hotel Vaakuna; Check-in**

**18:30 Closing Dinner at Restaurant 10. Kerros (10th Floor)**

Venue: Cabinet Tynell, Kaivokatu 3, Helsinki





BISKUPSKI DWÓR

25

# THURSDAY JANUARY 30

## Departures to the Airport

### Taxi Departure Times from Sokos Hotel Vaakuna

**4:30**

- Matthew Swanson

**9:00**

- Karen Cheser
- Danna LaCaze
- Serenity Lockett
- Marcos Whyte

**9:15**

- Cristina Buss
- Wil Cwikel
- Missy McClurg
- Maggie Staley

Check-out from the hotel by noon

**12:30**

- Nancy Lai

**13:30**

- Joyce Pulphus





### THREE SAUNA WORDS YOU SHOULD KNOW:

**Kiuas:** Sauna stove

**Löyly:** Steam or vapour created by throwing water on the stones of the stove or the heat, humidity and temperature in the sauna in general.

**Vihta, vasta:** Whisk, made of birch (or similar) twigs. Used for beating the body in the hot room to stimulate the feel of the *löyly*.



FULBRIGHT FINLAND  
FOUNDATION



# FULBRIGHT FINLAND FOUNDATION

## Together Shaping the Future

**THE FULBRIGHT FINLAND FOUNDATION** is an independent not-for-profit based in Helsinki, Finland. With the purpose of promoting a wider exchange of knowledge and professional talents through educational contacts between Finland and the United States, the Foundation collaborates with a range of government, foundation, university and corporate partners on both sides of the Atlantic to design and manage study and research scholarships, leadership development programs and internationalization services.

**IN 2023** the Fulbright Finland Foundation awarded over EUR 1,7 million as grants to 114 Finnish and American researchers, students, and professionals. Additionally, the Foundation responded to over 5 100 client contacts and organized or participated in over 90 training events throughout Finland and online.

**THE FOUNDATION SUPPORTS** the internationalization of education and research in Finland, and helps U.S. and Finnish institutions create linkages. Under its Internationalization Services the Foundation organizes themed study tours to the United States for Finnish higher education experts, runs the highly popular Fulbright Speaker Program, the Fulbright Dialogues series, and the Transatlantic Roundtables, as well as organizes national Fulbright Seminars every year.

**THE FOUNDATION IS FUNDED** by the Finnish Ministry of Education and Culture, the U.S. Department of State, the Finland-America Educational Trust Fund, private foundations, Finnish and U.S. higher education institutions, alumni of the Fulbright Finland programs, and private donors. Nearly 60 % of the Foundation's core funding originates from Finland, and advancement, fundraising and sponsored grants are a central part of the operation. A key strength of the Foundation is the consistent strategic engagement of the alumni.

**OVER 6 200** students, scholars, teachers, artists and professionals have received a grant from the Finnish-American program since its inception in 1949 and the Fulbright Finland Foundation runs an active and rapidly growing alumni network in both countries.

**THE BOARD OF DIRECTORS** of the Fulbright Finland Foundation consists of eight members appointed by the Finnish Ministry of Education and the U.S. Embassy in Finland. The U.S. Ambassador to Finland serves as the Honorary Chair of the Board. The Foundation office is located in Helsinki.

## ESPOO

**ESPOO IS THE SECOND LARGEST CITY IN FINLAND** with a population of approximately 320 000 inhabitants. Espoo has five city centers, all of which have their own unique characteristics. In Espoo, you can enjoy Finnish nature in Nuuskio National Park and visit EMMA, the Espoo Museum of Modern Art.

Espoo is home to Aalto University, a multidisciplinary community that

teaches engineering, art, science, and business. In Espoo, learning is valued, and there are around 240 early childhood education centers, 85 comprehensive schools, 19 art schools, 11 general upper secondary schools and three higher education institutes. Espoo is one of the most international cities in Finland with over 150 different nationalities.

## HELSINKI

**HELSINKI, THE CAPITAL OF FINLAND**, is the administrative center of the country and an important hub of business and culture. Called the “Daughter of the Baltic”, Helsinki is located in Southern Finland on the shore of the Gulf of Finland. The population of Helsinki is about 680 000.

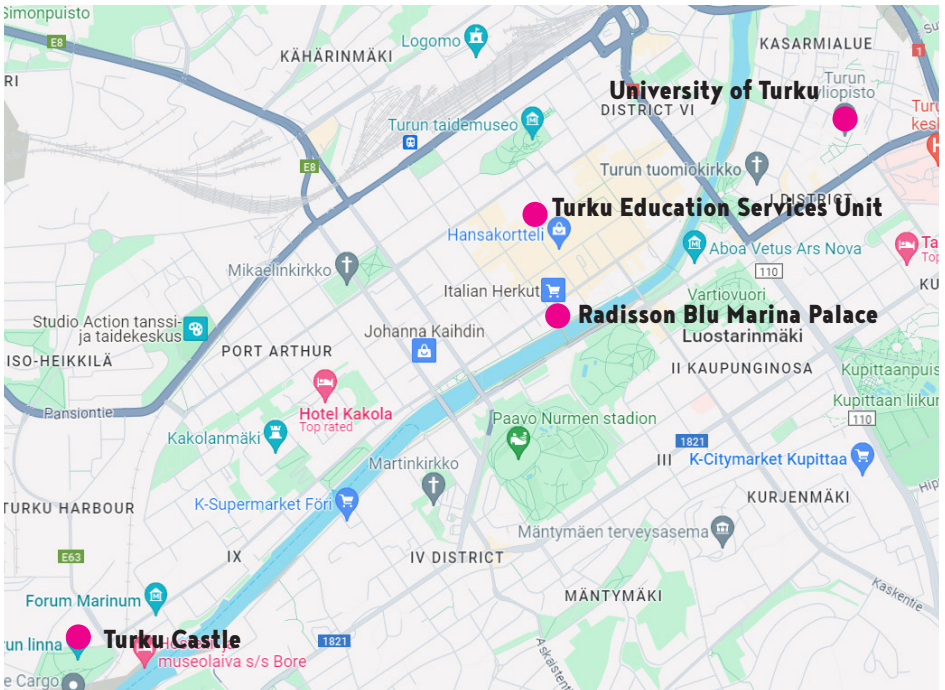
Helsinki has several public and private schools, of which nine are international schools. There are a total of nine higher education institutions; four universities and six universities of applied sciences

(UAS). These include universities such as the University of Helsinki, Hanken University, Metropolia UAS and Haaga-Helia UAS. Helsinki is also home to one of the largest music academies in Europe, the Sibelius Academy and has one vocational education center where one can study for various professions from car repair to travel services. Some of the most prestigious high schools of Finland are located in Helsinki.

# MAP OF HELSINKI



# MAP OF TURKU



## VANTAA

**VANTAA IS THE FOURTH MOST** populous municipality in Finland. The population consists of 71 % Finnish speakers, 2 % Swedish speakers, and 27 % speakers of other languages, which is well above the national average.

Vantaa offers diverse opportunities in primary, secondary, and vocational education. The city runs a total of 42 Finnish speaking, five Swedish speaking, and one English speaking junior high school.

The Helsinki Airport, situated in Vantaa, serves as the largest airport in Finland and the primary airline hub for the Helsinki metropolitan area. Additionally, Vantaa is home to Heureka, a largest science center in Finland.

## TURKU

**TURKU IS THE OLDEST CITY IN FINLAND**, and it served as the capital until 1812. With a population of nearly 200 000, it's the 6th largest city in Finland. The versatile livelihood structure, top class selection of education, culture, and services, as well as the beautiful archipelago, form a magnetic combination in Turku.

Turku has nearly 100 early childhood education centers and nearly 60

comprehensive schools. Turku is also a large university city with over 40 000 students. Turku has two universities and four universities of applied sciences.

Turku is also a very multicultural city and some 14% of its inhabitants speak something other than Finnish, Swedish or Sámi as their mother tongue.

Scan the QR code to find all the locations visited during the program on Google Maps.





## NOTES:

# CONTACT INFORMATION

## Fulbright Finland Foundation

Address: Hakaniemenranta 6, Helsinki

### Mirka McIntire

Manager, Teacher Exchange  
and Education Programs

Tel: +358 44 5535 269

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Program Specialist

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### Heidi Tiainen

Program and Events Coordinator

Tel: +358 44 7153 023

### Terhi Mölsä

Chief Executive Officer

Tel: +358 50 5705 498

## Accommodation Information

### Scandic Paasi

Address: Paasivuorenkatu 5B, Helsinki

Tel. +358 9 2311 700

### Radisson Blu Marina Palace

Address: Linnankatu 32, Turku

Tel: +358 20 1234 710

### Original Sokos Hotel Vaakuna

Address: Asema-aukio 2, Helsinki

Tel: +358 20 1234 610

## Transportation

### Taksi Helsinki

Tel: +358 100 0700

### Lähitaksi (Espoo)

Tel: +358 100 7300

### Taxidata (Turku)

Tel: +358 200 10041

## In Case of an Emergency

### Central Emergency number: 112

The number is used jointly by the fire brigade, ambulance service, the police, social services, and sea rescue.

### U.S. Embassy in Helsinki

Tel: +358 9 616 250

If you are a U.S. citizen in distress, call the main Embassy number and select 0.

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