



# ARRIVAL ORIENTATION PROGRAM

For U.S. Fulbright Scholars and Students

August 19-22, 2024 Helsinki, Finland

#FinnishWelcome



FULBRIGHT FINLAND  
FOUNDATION



# Welcome to Fulbright Finland!

**Dear Fulbright Awardee,**

On behalf of the Fulbright Finland Foundation Board of Directors and the staff team, it is my great pleasure and privilege to welcome you to Finland.

With your 2024-25 award, you are joining the community of over 6 200 Fulbright Finland Foundation grantees and alumni since the inception of our programs in 1949.

Among the nearly 160 Fulbright programs around the world, the Finnish-American program is unique. Celebrating its 75th Anniversary this year, it is based on a history unlike any other, and in the present day it distinguishes itself internationally for its exceptionally broad funding and partnership network. We are proud of our program and we are so pleased to welcome you to our community of leaders.

The Fulbright year in Finland begins with an arrival orientation seminar in Helsinki. The most important focus of the on-site orientation is to plug you into the important local networks and give you an opportunity to meet face-to-face with each other and with our key partners and leaders in education and society. This is why we have given you most of the

factual information already in advance through the orientation modules with pre-assignments, the web-based Fulbright Finland Guide for Coming to Finland, and the Online Meetings. We hope you have taken the time to thoroughly familiarize yourself with the advance readings and materials, because the seminar starts from where these resources left off. It dives deeper into selected key topics and strives to give you the direct contacts and connections that will help you hit the ground running. Make the most of it!

I encourage you to take an active role in the week's program. It is your questions and comments that will help steer the discussions to be helpful to you specifically, and we look forward to lively and timely discussions with you. Once again, welcome to Finland!

*Lämpimästi tervetuloa Suomeen!*

**Terhi Mölsä**

Chief Executive Officer,  
Fulbright Finland Foundation  
@TerhiMolsa

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## Thank You!

The Fulbright Finland Foundation wishes to thank the following partners and sponsors for their invaluable support for the 2024 Orientation Seminar:

Aalto University / [www.aalto.fi](http://www.aalto.fi)

ASLA-Fulbright Alumni Association / [www.fulbright.fi](http://www.fulbright.fi)

Ateneum Art Museum / [www.ateneum.fi](http://www.ateneum.fi)

City of Helsinki / [www.hel.fi](http://www.hel.fi)

Embassy of the United States in Helsinki / [fi.usembassy.gov](http://fi.usembassy.gov)

Finnish Business and Policy Forum EVA / [www.eva.fi](http://www.eva.fi)

Haaga-Helia University of Applied Sciences / [www.haaga-helia.fi](http://www.haaga-helia.fi)

Hanken School of Economics / [www.hanken.fi](http://www.hanken.fi)

LUT University / [www.lut.fi](http://www.lut.fi)

Ministry of Education and Culture / [www.okm.fi](http://www.okm.fi)

Ministry for Foreign Affairs / [www.formin.fi](http://www.formin.fi)

Sibelius Upper Secondary School / [www.sibel.edu.hel.fi](http://www.sibel.edu.hel.fi)

White & Case / [www.whitecase.com](http://www.whitecase.com)

# DAY 1

## Monday, August 19th

Welcome, Introduction to the Fulbright Finland Foundation

### HOTEL SCANDIC KAISANIEMI (KAISANIEMENKATU 7)

**12:45** Meet with the Fulbright Finland Foundation Team in the Hotel Lobby

**13:00** Travel to Hotel Korpilampi by Bus; Briefing About the Orientation Program And Everyone's Rights (*Jokaisenoikeudet*)

**Mirka McIntire**, Manager, Teacher Exchange and Education Programs, Fulbright Finland Foundation; MC for the Orientation

**Saara Martikainen**, Program Coordinator, Fulbright Finland Foundation

### HOTEL KORPILAMPI (KORPILAMMENTIE 5, ESPOO)

**13:45-14:00** *Kahvitauko* - Coffee Break

**14:00-15:00** Welcome Remarks; Introductions of Grantees and the Foundation Team

**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

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

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

**15:10-16:10** U.S. Fulbrighters and the Fulbright Program in Finland: What Everyone Needs to Know (*Module 1*)

**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

**16:10-16:20** *Tauko* - Break

**16:20-16:55** Your Role in Publicity and Outreach (*Module 2*)

**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

**Maija Kettunen**, Communications Manager, Fulbright Finland Foundation

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

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## 17:00-19:00 Opportunity to go to Sauna, Swim, and Play Finnish Yard Games (Module 5)

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Family members have the opportunity to play Finnish yard games (e.g. *Mölkky*) with Pia and Tarja at 15:00-17:00. Sauna is available for family members from 16:00.

SAUNA GUIDES:

**Pia Arola**, Executive Assistant, Fulbright Finland Foundation

**Mihkel Vaim**, Coordinator, Fulbright Finland Foundation

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## 18:30-20:00 Päivällinen - Dinner

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*Dietary restrictions have been communicated to the restaurant.*

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## 20:00 Bus Back to Helsinki

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## 20:45 Arrival to Kaisaniemi

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**Emergency contact:** Mirka McIntire +358 44 5535 269



# Finnish 101

### Moi! Hei!

*Hi, hello!*

### Tervetuloa Suomeen!

*Welcome to Finland!*

### Mitä kuuluu?

*How are you?*

### Minun nimeni on...

*My name is...*

### Hauska tutustua!

*Nice to meet you!*

### Kiuas

*Hot stones in a sauna*

### Lauteet

*Sauna benches*

### Löyly

*Water you throw at the  
kiuas or stones in sauna*

### Saanko heittää lisää löylyä?

*Is it okay to throw more  
water on the stones?*

# DAY 2

## Tuesday, August 20th

Education and Research in Finland; Networking; Alumni Welcome

### HOTEL SCANDIC KAISANIEMI (KAISANIEMENKATU 7)

**8:55** Meet with the Fulbright Finland Foundation Team in the Lobby;  
Travel by Tram to Hanken School of Economics

### HANKEN SCHOOL OF ECONOMICS, AUDITORIUM (ARKADIANKATU 22)

**9:30-10:00** Refreshments, Recap and Tips for the Day; Welcome Remarks

**Charlotta Collén**, Director for Research and International Affairs,  
Hanken School of Economics  
**Topi Miettinen**, Professor, Hanken School of Economics  
**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

**10:00-10:05** Greetings from the U.S. Embassy

**Susan Bridenstine**, Public Affairs Officer, U.S. Embassy Helsinki

**10:05-10:15** U.S. Citizen Services (*Module 3*)

**Ro Bhaumik**, Vice Consul, U.S. Embassy Helsinki

- Registering with STEP (Smart Traveler Enrollment Program)
- Passport replacement
- Emergency phone number: +358-9-616-250 (select 0)
- Travel to neighboring countries
- Voting
- Other citizen services



## Finnish 101

**Hyvää huomenta!**

*Good morning!*

**Yksi kahvi/tee, kiitos**

*One coffee/tea, thank you*

**Lounas**

*Lunch*

**Missä on vessa?**

*Where is the toilet?*

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## 10:20-10:40 Grantee Support Services and Key Contacts During the Fulbright Term (Module 3)

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**Emmi Jelekäinen**, Program Manager, Scholar Programs, Fulbright Finland Foundation  
**Karoliina Kokko**, Senior Program Manager, Fulbright Finland Foundation

10:40-10:50 *Tauko* - Break

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## 10:50-11:10 Sámi Perspective (Module 6)

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**Kristiina Jomppanen**, Finnish, German and North Sámi Language Teacher, Inari Communal College; Fulbright Finnish Language and Culture Teaching Assistant 2017-18

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## 11:15-11:45 Adventures in Cross-Cultural Communication (Module 5)

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**Emma Mulhern**, Research Scientist, VTT Technical Research Centre of Finland; Fulbright-LUT University Graduate Award 2021-22; Fulbright-U.S. Student Program Renewal 2022-23

### ANTELL ARKADIA (ARKADIANKATU 23)

## 11:45-13:00 Verkostoitumislounas - Networking Lunch

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## 13:00-14:00 Panel Discussion: Finnish System of Higher Education and Research (Module 7)

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- Overview of the Finnish higher education system and the role of the governmental education and research policy
- What is the difference between a university and a university of applied sciences?
- Universities of applied sciences (UAS) and their role in the Finnish higher education system
- Special features, internationalization, and recent changes in the Finnish university system

### PANELISTS:

**Kirsimarja Blomqvist**, Professor of Knowledge Management, LUT University; Member of the Fulbright Finland Foundation Board of Directors  
**Teemu Kokko**, President and CEO, Haaga-Helia University of Applied Sciences  
**Tiina Vihma-Purovaara**, Senior Ministerial Adviser, Finnish Ministry of Education and Culture

### FACILITATOR:

**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

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## 14:00-14:10 Traveling During Your Fulbright Term

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**Emmi Jelekäinen**, Program Manager, Scholar Programs, Fulbright Finland Foundation

**Karoliina Kokko**, Senior Program Manager, Fulbright Finland Foundation

## 14:10-14:30 Refreshment Break with *Pulla*

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## 14:30-15:45 Break-out Sessions for Fulbright Scholars and Students (*Module 5 & 7*)

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### SCHOLARS: ROOM A408

#### Higher Education Classroom in Finland - Differences in Teaching and Studying Between U.S. and Finland and Navigating the Academic Department

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- Academic vocabulary for Finland
- Similarities/differences between U.S. and Finnish students and HEIs
- Practical tips for lecturers and researchers
- Social and everyday life

#### DISCUSSION LEADERS:

**Harry Alanen**, Independent Scholar; ASLA-Fulbright Research Grant for a Junior Scholar 2023-24

**Nely Keinänen**, Senior University Lecturer, University of Helsinki

**Topi Miettinen**, Professor, Hanken School of Economics; ASLA-Fulbright Research Grant for a Senior Scholar 2019-20

#### FACILITATOR:

**Emmi Jelekäinen**, Program Manager, Fulbright Finland Foundation

### STUDENTS: ROOM A409

#### Student Life in Finland

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- How does student life in a Finnish university differ from a U.S. university?
- Fulbright stories from student alumni
- Social life and leisure time
- Practical tips for everyday life and local culture

#### DISCUSSION LEADERS:

**Chase Friel**, Fulbright-University of Turku Graduate Award 2023-24; Fulbright U.S. Student Program Renewal 2024-25

**Xenabeth Lazaro**, Fulbright-University of Helsinki Graduate Award 2023-24

**Skye Pham**, Fulbright-Aalto University Graduate Award 2023-24

#### FACILITATOR:

**Karoliina Kokko**, Senior Program Manager, Fulbright Finland Foundation

## 15:45-15:55 *Tauko* - Break



## 15:55-16:30 Travel to Sibelius Upper Secondary School by Tram

SIBELIUS UPPER SECONDARY SCHOOL (LIISANKATU 13)

## 16:30-18:00 Alumni Welcome Event - *Tervetulo-tilaisuus (Module 4)*

Welcome by the hosts of the event **Maija Urponen**, President and **Elisa Räsänen**, Vice-president, ASLA-Fulbright Alumni Association

Welcome by **Hannu Rantala**, Rector, Sibelius Upper Secondary School

Musical performances by the Sibelius Upper Secondary School Chamber Choir

Networking over light refreshments

Optional tour of the Sibelius Upper Secondary School building

*Departure from Sibelius Upper Secondary School and dinner arrangements on your own.*



## Finnish 101

### Yliopisto

*University*

### Tiedekunta

*Department (in a university)*

### Opiskelija

*Student*

### Tutkija

*Scholar, researcher*

### Stipendiaatti

*Grantee*

### Olen Fulbright-stipendiaatti Helsingin/Oulun/ Turun/Tampereen... yliopistossa

*I am a Fulbright grantee at the University of  
Helsinki/Oulu/Turku/Tampere...*

# DAY 3

## Wednesday, August 21st

City Tour, Foreign Policy, Finnish Language; U.S. Embassy Reception

### HOTEL SCANDIC KAISANIEMI (KAISANIEMENKATU 7)

09:15 Meet with the Fulbright Finland Foundation Team in the Lobby

9:30-11:30 Helsinki City Sightseeing Sponsored by the City of Helsinki

Guide: [Matti Saturo](#)

11:30-11:45 Walk to White & Case

### WHITE & CASE (ALEKSANTERINKATU 44)

11:45-12:00 Welcome Remarks

[Sten Olsson](#), Partner, White & Case; Member, Fulbright Finland Foundation Board of Directors

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

12:00-13:15 *Lounas* - Lunch

13:15-13:45 Fulbright Seminars and Activities in Finland in 2024-25 (*Module 2*)

- [Maija Kettunen](#), Communications Manager, Fulbright Finland Foundation
- American Voices Seminar (October)
  - Annual Thanksgiving Events (November)
  - Fulbright Forum: Education, Innovation, Science and Art (Multiple online sessions throughout the spring 2025)
  - Mid-term Meeting (March)
  - Fulbright Finland Foundation Award Ceremony and Reception (May)
  - Others

13:45-14:00 Grantee-Alumni Continuum (*Module 4*)

[Maija Kettunen](#), Communications Manager, Fulbright Finland Foundation

14:00-14:10 Inter-Country Travel Grant Program for Host Institutions (*Module 2*)

[Emmi Jelekäinen](#), Program Manager, Fulbright Finland Foundation

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**14:15-14:45 Overview of Finnish Foreign Policy and Current Transatlantic Security Environment from Finland's Perspective**

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**Hanna-Leena Kortenieniemi**, Director, Unit for North America, Ministry for Foreign Affairs

**14:45-15:00 Kahvitauko - Coffee Break**

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**15:00-15:40 Suomi 101 (Module 5)**

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**Elisa Räsänen**, Lecturer, Finnish as a Second Language and Academic Writing, Aalto University; Fulbright Finnish Language and Culture Teaching Assistant 2013-14

**15:40-15:55 Time for Reflections**

**15:55-16:10 Break and Transition to Bus**

**U.S. EMBASSY RESIDENCE (ITÄINEN PUISTOTIE 14)**

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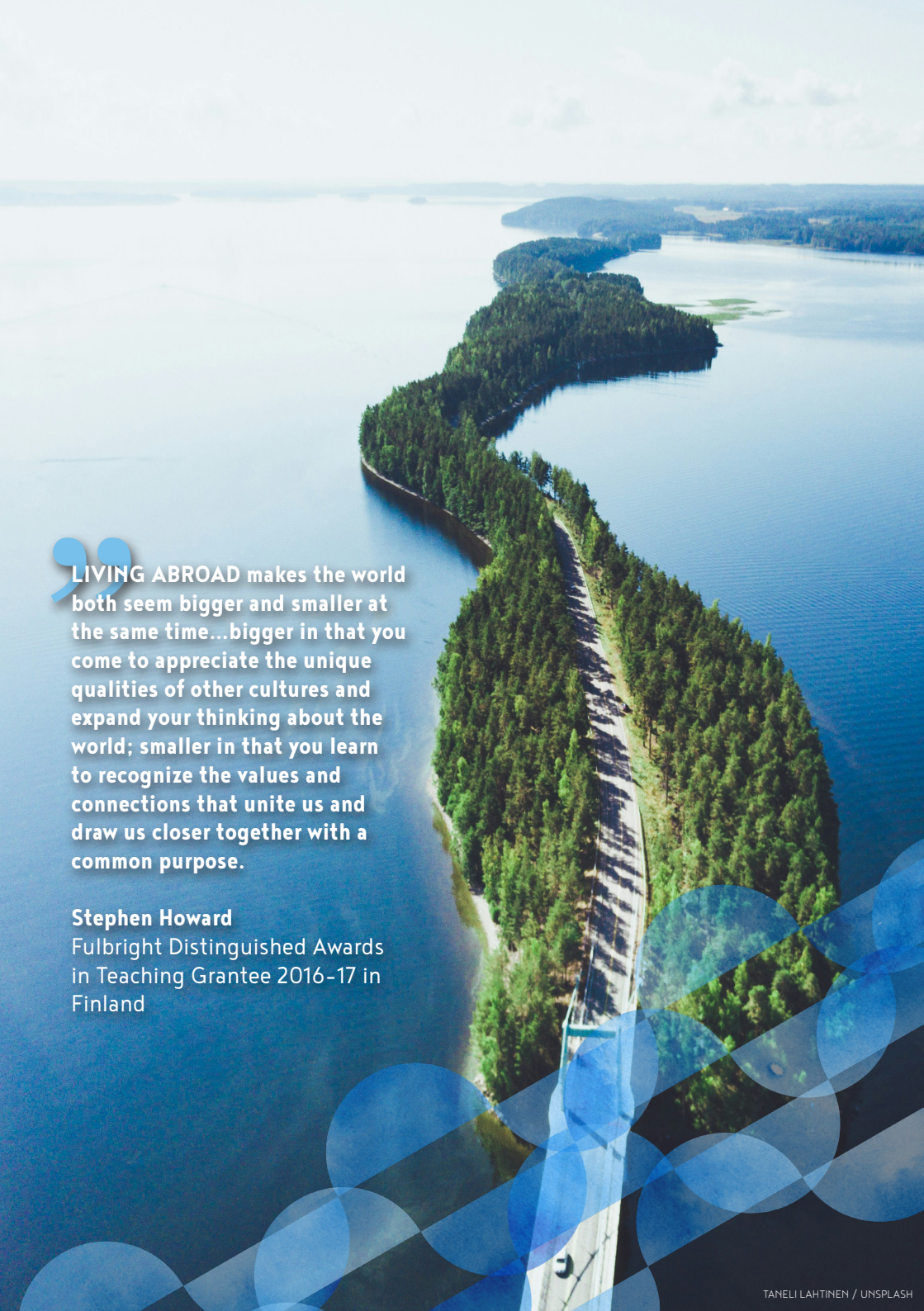
**17:00-18:30 Reception in Honor of the 75th Anniversary of the Fulbright Finland Foundation and the 2024-25 U.S. Fulbright Grantees in Finland**

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Host: **Douglas T. Hickey**, U.S. Ambassador to the Republic of Finland; Honorary Chair of the Fulbright Finland Foundation Board of Directors

*Departure from the Embassy and dinner arrangements on your own.*





**LIVING ABROAD** makes the world both seem bigger and smaller at the same time...bigger in that you come to appreciate the unique qualities of other cultures and expand your thinking about the world; smaller in that you learn to recognize the values and connections that unite us and draw us closer together with a common purpose.

**Stephen Howard**

Fulbright Distinguished Awards  
in Teaching Grantee 2016-17 in  
Finland

# DAY 4

## Thursday, August 22nd

Finland: Foreign Policy, Society, and Economy; Sightseeing

### HOTEL SCANDIC KAISANIEMI (KAISANIEMENKATU 7)

**9:40** Meet with the Fulbright Finland Foundation Team in the Lobby;  
Walk to Ateneum Art Museum

### ATENEUM ART MUSEUM (KAIVOKATU 2)

**10:15-11:15** Guided Tour at Ateneum Art Museum (*Module 5*)

*Visit and tour courtesy of Ateneum Art Museum.*

**11:15-11:45** Time to Explore the Exhibitions Independently

#### Exhibitions:

#### Collection: A Question of Time

*Our collection exhibition A Question of Time reflects on the major questions of our time through art. The exhibition also offers fresh perspectives into Finland's oldest and most extensive art collection and how it was built.*

#### Eero Järnefelt

*This exhibition presents the extensive oeuvre of Eero Järnefelt (1863-1937), who grew up in a cultured, cosmopolitan family, and it explores the artist's significance for Finnish art and Finnishness. Järnefelt's varied nature depictions raise the question of whether the natural environments captured by the artist in the 19th and 20th centuries still exist.*

**11:45** Bus Departs to Aalto University, Espoo

RESTAURANT ARVO (EKONOMINAUKIO 1)

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**12:15-13:15 Lounas - Lunch**

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AALTO UNIVERSITY (EKONOMINAUKIO 1)

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**13:15-13:30 Welcome and Recap**

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**Timo Korkeamäki**, Dean, Aalto University School of Business;  
Chair, Fulbright Finland Foundation Board of Directors

**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

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**13:30-14:00 5 Trends in the Economy of Finland**

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**Ilkka Haavisto**, Research Manager, Finnish Business and Policy Forum EVA

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**14:00-14:10 Tauko - Break**

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**14:10-14:50 10,000 Years of Finnish History in 40 Minutes**

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**Birger Holm**, Vice Principal; Teacher of History and Civics, Haukilahti School

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**14:50-15:40 Wrap-up Discussion and Evaluations, Awarding of the Certificates and Announcing the Winner of #FinnishWelcome Contest**

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**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation

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**Oli mukava tavata!**

*It was nice to meet you!*

**Moi moi! Hei hei!**

*Bye!*

**Nähdään taas!**

*See you again!*



## Fulbright Finland Foundation Team:

1st row (left-right):

**Heidi Tiainen**, Program and Events Coordinator

**Karoliina Kokko**, Senior Program Manager

**Maija Kettunen**, Communications Manager

**Saara Martikainen**, Program Coordinator

2nd (left-right):

**Pia Arola**, Executive Assistant

**Mirka McIntire**, Manager, Teacher Exchange and Education Programs

**Emmi Jelekäinen**, Program Manager

3rd row (left-right):

**Terhi Mölsä**, Chief Executive Officer

**Tarja Mykrä**, Program Specialist

**Emilia Holopainen**, Program and Alumni Networks Specialist  
(on maternity leave)

**Mihkel Vaim**, Coordinator



**FULBRIGHT FINLAND  
FOUNDATION**



## Find us online

**#FulbrightFinland #FinnishWelcome**

