

VISITING COLUMNIST: U.S. CHARGÉ D'AFFAIRES AD INTERIM

THE

News

ISSUE 74 VOL. 31
FALL 2021

FULBRIGHT FINLAND

**What Accounts
for the Erosion
of Liberal
Democracy?**

**Mental Health
Treatment
and Crime**

**Ambient
Intelligence**

**Donors Make a
Difference**

Anu Bradford

**Part of the
International
Conversation**

BIANNUAL MAGAZINE PUBLISHED BY THE FULBRIGHT FINLAND FOUNDATION

Leading Change



Leadership is a decision. It is about taking responsibility and working in collaboration with others to create positive change.

In this issue of the *Fulbright Finland News* we explore the many forms of leadership, from community volunteering (p. 21), community building (p. 6), and mentoring (p. 22), to developing collaboration on the international level, whether between higher education systems (p. 4) or between nations (p. 3).

Our current and former grantees share their efforts in pushing the boundaries of science in search of solutions to pressing challenges, from ambient intelligence for sustainable and healthier living (p. 11), and making food safe (p. 16), to Arctic climate change (p. 9), and the erosion of liberal democracy (p. 5).

Our donors and volunteers lead significant change by their investment in the Foundation’s vision of

“empowering the minds that will find global solutions to tomorrow’s challenges” (p. 20-21).

As 2021 draws to a close, I convey our gratitude to the entire network that together makes the Fulbright Finland Foundation: our hard-working and passionate staff team, dedicated and inspiring Board of Directors, committed university and foundation partners, individual and private sector donors who demonstrate vision and conviction, government sponsors who see the value of investing in our collective future, and our Foundation’s close to 6 000 alumni and grantees – the leaders of positive change. Thank you!

Terhi Mölsä
Chief Executive Officer
Fulbright Finland Foundation

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Cover photo: Columbia University

Shared Commitment to Research, Education, and Innovation

The Fulbright
Finland
Foundation
has long been
a leader and
pioneer among
Fulbright
Commissions
across the
globe.

The United States and Finland share common values and priorities that extend into research and education. From cutting-edge research in the Arctic, to addressing climate change, to sharing best practices on pedagogy, the Fulbright Finland Foundation actively supports our shared commitment to study, research, teaching, collaboration, and innovation on some of the world's most pressing challenges.

A great example of this is the Seeking Solutions for Global Challenges Award. The inaugural recipients of this award are in Finland this current academic year working in partnership with Finnish institutions to seek solutions to today's hardest problems. And of course, there's the Fulbright Arctic Initiative. The Arctic faces critical and unique policy challenges on many issues including on climate change, health infrastructure, environmental protection, Indigenous rights, and governance. Launched in 2015 to coincide with the U.S. Chairmanship of the Arctic Council, the Fulbright Arctic Initiative supports scholars, researchers, and professionals from Arctic Council member countries to carry out collaborative research focused on the unique challenges of the Arctic region.

The ongoing pandemic has also upended lives around the world and disrupted global travel. This has impacted Fulbright as well. After a difficult 2020 that led many grantees to defer their programs, the Foundation has a record number of grantees in 2021: approximately 80 U.S. grantees and 60 Finnish grantees. The competition is tough, and there are many more qualified candidates than there are available grants. The Embassy supports the Foundation's efforts to seek new partnerships and engage with new stakeholders on both sides of the Atlantic to help award even more scholarships to qualified grantees.



Beyond working with grantees, the Foundation actively and continuously brings together Finnish and U.S. higher education institutions helping create linkages and supporting collaboration in education, research, and innovation. Most recently, when a higher education delegation from Minnesota visited Finland in November with the Governor of Minnesota, the delegation's first stop was the Fulbright Finland Foundation. This is a testament to the Foundation's knowledge of the higher education landscape in both the United States and Finland and its ability to convene key stakeholders to strengthen educational linkages and student and researcher mobility between our two countries.

THIS YEAR, WE CELEBRATE the 75th anniversary of the global Fulbright Program. The Fulbright Finland Foundation has long been a leader and pioneer among Fulbright Commissions across the globe. Fulbright Finland has a strong presence in the Nordic and Baltic region and continues to expand its work across borders connecting Fulbright grantees and alumni to develop lasting partnerships. Fulbright has always been a jewel of our academic exchanges, and among the various Fulbright country programs, the Finnish-American Fulbright program is the crown jewel.

I am proud of the work our two countries have done to support the Foundation and the thousands of American and Finnish students and scholars who have participated and contributed to the Fulbright Finland Foundation and its lasting impact. Here's to many more achievements in the years to come.

Ian Campbell

Chargé d'Affaires ad interim

Embassy of the United States of America in Finland

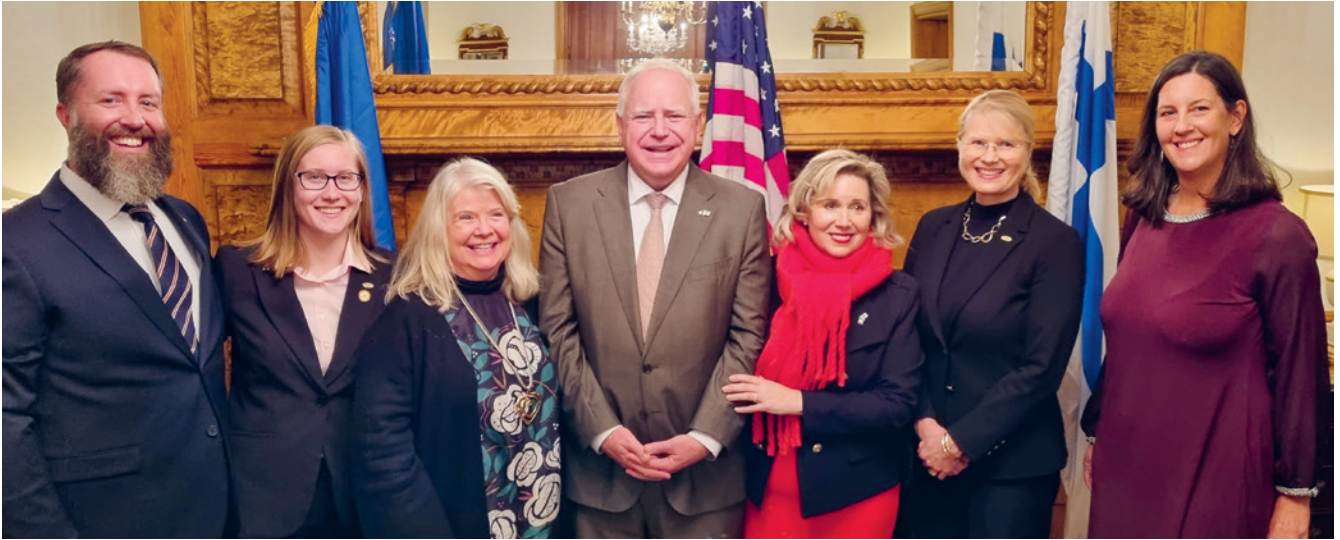


PHOTO: HANNAH QUINN

Minnesota Governor's Delegation Visiting Finland

Text TERHI MÖLSÄ

A higher education delegation from the State of Minnesota visited the Fulbright Finland Foundation in November. The delegation was led by First Lady **Gwen Walz**, and included representatives from the University of Minnesota, St. Cloud State University, the University of St. Thomas, and Concordia University, St. Paul, as well as representatives from K-12 school districts and the private sector. The delegation was part of a larger trade mission led by Governor **Tim Walz**, bringing 50 Minnesota government, business, and education leaders to Finland with the aim of promoting partnerships between the State of Minnesota and Finland.

The higher education delegation started off their two-day program in Finland by visiting the Fulbright Finland Foundation where they were briefed about Finland, the Finnish education system, and partnership opportunities in international education and exchanges.

"The inviting and intimate atmosphere at the Finland Fulbright Foundation, coupled with the exchange of ideas, plans, and hope for our collective future, made for a memorable launchpad for the remainder of our visit. Most of our delegation had not been to Finland and did not fully appreciate the caliber of the educational system. First Lady Gwen Walz and the delegates were energized by the discussion and have identified ways by which we can not only continue to talk, but to take action on more exchanges and joint programming," said **Meredith McQuaid**, Associate Vice President & Dean of International Programs of the University of Minnesota.

During their program in Finland, connections were also made with the Ministry of Education and

Culture, the U.S. Embassy Helsinki leadership, the Academy of Finland, the Finnish American Research and Innovation Accelerator (FARIA) Network, the University of Helsinki, and Aalto University.

Building Long-Term Collaboration

The Foundation has long-term connections with Minnesota. Through its award programs, the Foundation regularly funds research, teaching, and study visits between Finland and Minnesota. To date, close to 70 of the Foundation's Finnish grantees have studied or conducted research at universities in Minnesota, with two grantees currently there. Respectively, over 40 Minnesotans have studied or conducted research in Finland on the Foundation's grants. This year, there are four grantees from Minnesota in Finland.

The Foundation also partners with the University of Minnesota College of Liberal Arts which regularly hosts teaching assistants from Finland funded by the Foundation through its Fulbright Finnish Language and Culture Teaching Assistant Program.

The Foundation is also pleased to regularly consult and work with several higher education experts from Minnesota in the Foundation's internationalization programs and services, geared at helping Finnish institutions create linkages and long-term collaboration with U.S. universities. The higher education delegation's visit was an opportunity to seek new areas of collaboration and potential for partnerships. The mission has already led to several opportunities for collaboration with respect to student, faculty, and staff activities, and additional conversations are ongoing.

The Foundation's current "Minnesota team" in Finland was pleased to meet with Governor **Tim Walz** and First Lady **Gwen Walz** at the U.S. Embassy in Helsinki. Pictured from left: **Sean Wachsmuth** (Minnesota State University Mankato), **Emma Mulhern** (University of Minnesota, Twin Cities), **Laurel Anderson** (previously University of Minnesota), Governor Tim Walz and First Lady Gwen Walz, Foundation CEO **Terhi Mölsä**, and Board Member **Erika Holt**.

What Accounts for the Erosion of Liberal Democracy?

Center of Excellence convenes researchers from Europe and the U.S. for a workshop tackling a global challenge.

land, and Professor Tuori the ideal companion in the exploration of the strains felt by democracies on both sides of the Atlantic.

We situated our analysis of this crisis in the democratic theory literature, especially the work of Harvard political historian **Daniel Ziblatt**. He observes that powerful social, economic, and cultural institutions, when allied with center-right or conservative parties, help champion “cross-cutting cleavage issues.” Highly emotional issues, he observes, help conservative parties win elections by building cross-class coalitions. For British Tories in the early 20th century, support for the monarchy and the Church of England worked in this way. Yet issues such as these can, in some cases, get out of hand, pulling a party into extremist terrain. We can think of contemporary identity narratives in the U.S. and Europe as “cross-cutting cleavage issues.” Race, gender identity, and immigration are at the top of the list. Extant literature suggests contemporary political extremism, perhaps especially in the U.S., regularly involves emotional narratives that cast political differences in apocalyptic religious terms. Political discourse has taken on Millenarian overtones and given rise to White Christian Nationalist movements.

Our investigation culminated in a December workshop supported by EuroStorie. It brought together leading scholars from Finland, the United States, the United Kingdom, and Germany for two days of presentations and dialog about the role of religious narratives in liberal democracies. What did we conclude? Illiberal narratives – disinformation and conspiracy theories – are usually resistant to “fact-checking” solutions. One cannot correct religion-like convictions with facts alone. Convictions run much deeper, serving as a source of meaning and purpose for those who hold them. The solution for our current crisis in liberal democracy is found in building just and equitable societies that look a great deal like Finland.

PHOTO: MALJA KETTUNEN

Steven Livingston

2021-22 Seeking Solutions for Global Challenges Award
University of Helsinki

In the photo, Steven Livingston first on the left, and Kaius Tuori first on the right.

Read the article with references online at www.fulbright.fi/news-magazine/what-accounts-erosion-liberal-democracy

www.fulbright.fi/seeking-solutions-global-challenges-award

The search for proper solutions begins with a clear understanding of the nature of the problem. As one of the three inaugural awardees of the Fulbright Finland Foundation’s Seeking Solutions for Global Challenges Award, and the first awardee on the ground in 2021, I was mindful of the need to have a clear understanding of the problem that brought me to the University of Helsinki: What accounts for the erosion of liberal democracy around the world? As Sweden’s V-Dem democracy research institute at the University of Gothenburg notes in its Democracies Report 2021, “The level of democracy enjoyed by the average global citizen in 2020 is down to levels last found around 1990.”

To address this question, I worked with Professor **Kaius Tuori**, director of the Centre of Excellence in Law, Identity and the European Narrative (EuroStorie CoE) at the University of Helsinki. Professor Tuori is himself a Fulbright Finland alum (New York University, 2007). Funded by the Academy of Finland, EuroStorie CoE investigates the crisis of popular support in Europe for liberal ideals. “Liberal” here means the Enlightenment-inspired ideals of individual rights, popularly accountable government, and tolerance, what philosopher **Karl Popper** called the open society. With its broad approach to understanding the crisis of liberal democracy, EuroStorie has been the ideal home for me in Fin-



Celebrating the Global Network

The Fulbright Finland Foundation is part of a global network of over 160 countries participating in the Fulbright Program. The year 2021 marks the 75th Anniversary of the global Program, and the Foundation joined the celebration of this milestone together with its alumni and partners across borders.

Among the anniversary events, the Finnish-Lithuanian alumni seminar in August focusing on “Building International Alumni Communities for Support and Resilience” serves as a prime example of a fruitful cross-border conversation and collaboration on a timely topic (see below).

Many of the Foundation’s over 5 900 alumni in Finland, the U.S., and around the world have been featured both locally and internationally during the global anniversary. Among them is world-renowned architect, professor, and urban designer

Daniel Libeskind whose interview with reflections on the importance of the arts, architecture, and his Fulbright experience in Finland was part of the main Fulbright 75th Anniversary event at the John F. Kennedy Center in Washington, D.C. in late November. More alumni and grantee blogs, stories, and interviews can be found on the Foundation’s website.

The Foundation was featured also at the 44th Annual Conference of the U.S. Fulbright Association. Their virtual conference in October was titled “Fulbright at 75: Celebrating a Legacy of Global Friendships,” and in the Opening Plenary, the Foundation’s CEO **Terhi Mölsä** talked about the global megatrends of international education and exchanges, and addressed the current challenges and opportunities of the global Fulbright program.

“Fulbright Alumni in the Arts,” featuring Daniel Libeskind: <https://fulbright75.org/fulbright-alumni-in-the-arts>
Photo: screen capture from the video

“The Global Fulbright Program at 75: Challenges and Opportunities,” CEO Terhi Mölsä’s remarks at the Opening Plenary of the 44th Conference of the U.S. Fulbright Association: <https://bit.ly/3q2kzj3>

Building International Alumni Communities for Support and Resilience

Is resilience buildable? Is it a skill? Is it an outlook, or simply a characteristic? In August 2021, the US-LT Alumni Association and the ASLA-Fulbright Alumni Association discussed the importance of overcoming fear of failure during a global virtual seminar “Building International Alumni Communities for Support and Resilience.”

Fulbrighters are perceived as changemakers, aiming to build a more inclusive and democratic future. As changemakers, alumni need to bravely cross boundaries and pursue innovative ideas which may lead to failure. The process inevitably requires resilience – capacity to recover and keep going, despite adversity ahead of the major challenges alumni work with.

Alumni panelists from Finland and Lithuania encouraged the audience to have courage to be imperfect and reminded all that each alum has already expressed resilience when participating in

their program and relocating to a new country and culture.

The panelists also shared how their vision for the Fulbright community is hope: for deeper mutual understanding, for making room for new ideas, receiving inspiration, and welcoming attitudes.

The collaboration between the Lithuanian and Finnish alumni associations started in March 2019 during the Fulbright Finland Foundation seminar “Truth Matters: Strategies for Combating Manipulated Realities,” and it is still bearing fruit and thriving even during the pandemic. The virtual seminar was supported by the Fulbright Finland Foundation and the U.S. Embassy in Lithuania and organized as a part of the 75th Anniversary Year celebration of the global Fulbright Program.

Text: Inari Ahokas, Chair, and Heikki Saxén, Board Member of the ASLA-Fulbright Alumni Association





Open Exploration of U.S. Cultures

Text MAIJA KETTUNEN



Teacher activism on TikTok, the great American outdoors, Finnish American communities and traditions, and many other timely and captivating topics were discussed at the University of Turku in October.

A record number of 40 U.S. Fulbright grantees presented at the 28th American Voices seminar, the first public, in-person event the Foundation organized since the beginning of the pandemic.

Sharing American Voices in Classroom

Each year, the American Voices presentations form a collection of talks that are ready to be presented in classrooms or at other events.

U.S. Fulbright students **Andreas Nolan**, **Chelsea Bihlmeyer**, **Devina Boughton**, **Isabel Coppola**, and **Meg Jones** presented on queer language and culture during the seminar. In December, the panel presented on the same theme, this time to students from Kaitaa and Maunula high schools.

“We were very excited to have the opportunity to speak with Finnish high school students and

their teachers about this topic,” the U.S. Fulbright Fellows said. “An important concept in our presentation is how queer terminology, stories, and culture shift over time, so it’s exciting to take part of this process ourselves by speaking with younger audiences.”

Over 100 students had the opportunity to hear the presentation. The topic sparked questions from the students, for example about the use of they/them pronouns and how queer terminology is being acknowledged in the curriculum. “While we hope our presentation is useful for students interested in queer issues, we also view it as a chance for us to learn about their experiences growing up in a different context from our own,” the panelists said.

The American Voices seminar was organized by the Foundation together with the Department of English at the University of Turku and the John Morton Center, with financial support from the U.S. Embassy, Helsinki.

Fulbrighter students Meg Jones (l), Andreas Nolan, Isabel Coppola, and Chelsea Bihlmeyer presented on queer language and culture to students of Kaitaa high school. Foundation team members **Heidi Tiainen** and **Suvi Piipponen** joined the visit to help stream the presentation also to Maunula high school.

Invite a U.S. Fulbrighter to give a talk at your institution

www.fulbright.fi/speaker-program



The grantees walked into Chiharu Shiota's *Tracing Boundaries*, an installation consisting of tangled webs of crisscrossing red string. The grantees' visit to explore the exhibitions at Espoo Museum of Modern Art EMMA was courtesy of the Saastamoinen Foundation.

Getting Together for Thanksgiving

Text MAIJA KETTUNEN

The last week in November is reserved for Thanksgiving events in Helsinki to allow the U.S. grantees and the Foundation team to get together as days shorten and snow looms.

The grantees were invited to Espoo Museum of Modern Art EMMA by the Foundation's long-time partner Saastamoinen Foundation. The grantees were treated to a guided tour through the exhibitions at EMMA. Later in the evening, Fulbright Bicentennial Chair **Mark Hersey** and his family hosted the traditional potluck dinner for all Fulbrighters.

The activities also included a presentation and discussion with the Finnish Innovation Fund Sitra. Specialists **Emma Hietaniemi** and **Dushyant Manchandia** from Sitra's Sustainable Everyday Life Team introduced the grantees to the Shift 1.5 approach in empowering people to live a good life within Earth's carrying capacity and shared some lessons learned on scaling the best practices.



PHOTO: TERHI MÖLSÄ
POLARIDS: JESSICA STARGARDTER



Black Belt Sketches

Mark D. Hersey, 2021–22 Fulbright Bicentennial Chair in American Studies, gave his inaugural lecture on November 5, 2021 titled “Black Belt Sketches: Ecology and Identity in the American South.” The lecture explored the often-surprising junctures of land use, race, and poverty in the Black Belt.

The Fulbright Bicentennial Chair in American Studies is the oldest Distinguished Chair in the global Fulbright Program; it was established in 1976 to institutionalize the teaching of American history, culture, and language at the University of Helsinki. Since 1976, nearly 50 U.S. Scholars have held this prestigious Award.

Do Reindeer Teeth Document Arctic Climate Change?

Text MIRKA MCINTIRE

The Arctic region is influenced by environmental fluctuations, health disparities, underdeveloped infrastructures, entrenched institutional systems, technological change, and rapid changes to diverse ecologies of Arctic peoples. One expression of a warming Arctic climate in recent decades is the increasingly significant impact of extreme weather events on the health and mortality of reindeer populations all across Northern Eurasia.

The region benefits from innovative models of international cooperation, research, capacity building, and training. Fulbright Specialist **Peter S. Ungar** arrived in Finland to apply techniques developed for paleoecological study to pressing questions associated with the impact of climate change on the people and animals of the Arctic today. “With global warming the foods normally available to reindeer in the wintertime are no longer plentiful. We can literally see the impact of climate change in the patterns of wear of the teeth of these animals,” Ungar explains.

Professor Ungar worked with scholars from the University of Lapland, Lapland University of Applied



Sciences, University of Oulu, Sámi Education Center, and the Natural Resources Institute Finland to assess diet and physiological stress from reindeer teeth to co-produce knowledge that will contribute to ongoing efforts by the partnering scholars, educators, administrators, and local peoples to address challenges associated with climate change in northern Eurasia. “It is important to work with Finnish scientists and local herders to develop strategies to help herds weather the storm of global warming and extreme weather so they can maintain this fundamental way of life, so deeply rooted in and important to Finnish culture,” Ungar concludes.

Peter S. Ungar

2021-22 Fulbright Specialist
Distinguished Professor of
Anthropology and Director of
Environmental Dynamics
University of Arkansas

The Fulbright Specialist program

enables Finnish institutions to host experts from the U.S. to plan and execute collaborative projects, such as teaching and lecturing, curriculum and faculty development, institutional planning, as well as a variety of other activities. Program length can vary from 2 to 6 weeks.

www.fulbright.fi/fulbright-specialist-program

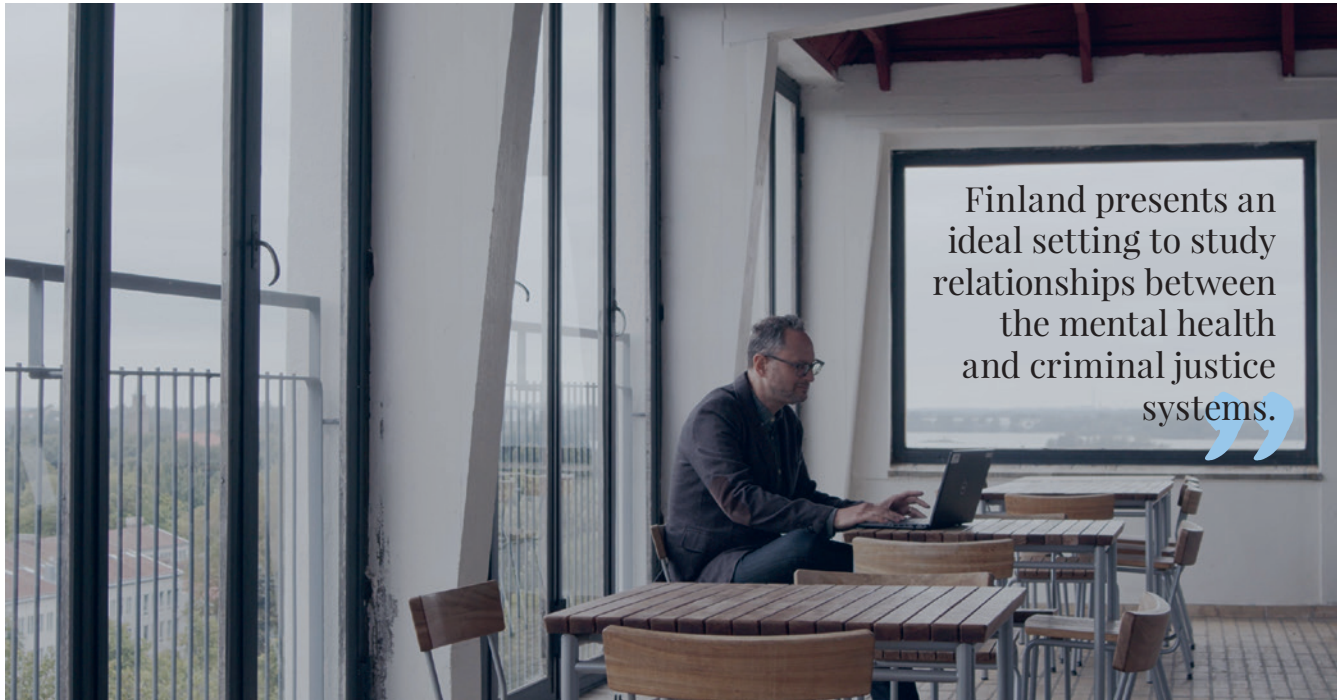


PHOTO: MARIA MÖLSÄ

Mental Health Treatment and Crime: Challenges and Opportunities for Better Understanding in Finland

In the U.S., there are more persons with serious mental illnesses in jails and prisons than in all of the hospitals combined. I came to Finland to study their mental health and criminal justice systems. I'm hoping my findings will help inform policies to improve well-being and community safety.

In the U.S., it is estimated that there are over 380,000 persons with a serious mental illness in jails and prisons. About 169,000 people with a mental illness are homeless. A substantial portion of these persons struggle with substance abuse problems. While not on the same scale as the U.S., Finland also confronts the significant challenges of persons with mental illness and substance abuse problems in its criminal justice system.

The vast majority of persons with serious mental illness are not dangerous. But, studies have shown the risk of violence and crime is elevated among persons with untreated symptoms of certain mental illnesses, especially when combined with substance abuse. These factors also make people more likely to be the victims of crime.

The healthcare 'system' for persons with mental illness in the U.S. is notoriously fragmented, with a lack of community support services. Mental health treatment—when available—is delivered and funded by a maze of private, public, for-profit, and nonprofit entities. Individuals and families can face overwhelming difficulties getting the help they need. As a result, many people 'fall through the cracks' and end up in jail or homeless. This also

makes it difficult to adequately examine questions of how use of community mental health services might reduce rates of crime and incarceration.

Finland presents an ideal setting to study relationships between the mental health and criminal justice systems. Because of its publically-funded universal healthcare system that is administered largely at the municipal level, more complete records are maintained on aspects of mental health services. This enables me to examine data on inpatient and outpatient treatment, and supportive housing at the community level, in a way that is not possible in the U.S.

As a Core Fulbright U.S. Scholar, I've been extraordinarily fortunate to work with social scientists at the University of Helsinki's Institute of Criminology and Legal Policy, one of Europe's top criminology research centers. Researchers at various government agencies, including THL (Finnish Institute for Health and Welfare), have helped provide necessary data.

While here, I've had the opportunity to talk with several of the country's top mental health researchers and criminologists, and visit prison facilities. We have had very engaging conversations and they have graciously shared their 'ground level' knowledge of how systems here operate, giving me a better understanding of what's going on in the data. Much of our discussions focus on similarities and differences between the U.S. and Finland in our problems and solutions.

Fred Markowitz

2021-22 Core Fulbright
U.S. Scholar
Institute for Criminology
and Legal Policy
University of Helsinki

www.fulbright.fi/about-us/blog/mental-health-treatment-and-crime-challenges-and-opportunities-better-understanding

Ambient Intelligence

for Sustainable and Healthier Living

Hal said “Welcome home Dave. You must have had a rough day by your slow walk. Can I suggest a martini before dinner, since you had that long lunch walk already to offset the extra calories? And thank you for shopping for groceries, I see that you bought fresh pork chops. Can I suggest that you barbecue the pork chops already in the refrigerator nearing the end of their shelf-life first? And I see you remembered to get the pie shells for your wife’s blueberry pie this weekend, but I see that you forgot her vanilla ice cream. I already texted your wife to stop for ice cream if she wants a la mode still.”

THIS IS THE SMART LIVING OF THE FUTURE with flexible electronics. Pervasive intelligence, like Hal in 2001: A Space Odyssey, senses our gait across floor tiles, and reads grocery items remotely. Information can hop to nearby nodes, mobile phones, tablets, and computers. From there, information leaps to the cloud and the doctor’s office via 4G/5G. This results in positive outcomes: reduced food wastage; seamless calorie counting with incentives baked in for good behavior; and auto emergency calls when grandma’s heart starts to fibrillate. Ambient intelligence was one of its former names, now recycled as Internet-of-Things (IoT).

My Fulbright–Nokia Distinguished Chair award is advancing this vision by developing new materials synthesis, device prototyping, and system integration implementation with a team of tre-

mendous scientists in Finland, led by my cohorts **Don Lupo** and **Matti Mäntysalo**. Our collective vision is to realize fully printed IoT sensors systems that are as small as credit cards or even postage stamps that can affix sensors to virtually any surface, even an electronic tattoo on our person for medical wearables. Costing just microcents to print, a replacement can be affixed when it washes off. And their competitive edge is to impart them with environmental energy scavenging in a wide range of modalities (light, heat, pressure, Wi-Fi, etc.) to self-power themselves and run autonomously. With a European sensitivity to environmental impact, our proposed IoT nodes will also be non-toxic and reduce end-of-life disposal concerns.

In Finland, and Europe in general, synergistic, close coordination with industry is commonplace, leading to dynamic, combined teams of academics with industrialists, solving pragmatic engineering problems. This largely transcends convention in USA, where academicians largely study niche futuristic maybe’s. As my career has evolved, my research has pivoted almost entirely to scalable solutions that have a pathway towards commercialization. And the work I am performing with my Finnish team has that trajectory, where one day I hope I will pick up a product knowing that our technology was inside.



The strength of flexible electronics, its unique form factor, whether being stuffed into the housing of a small digital camera, automobile door frame, airplane fuselage, or onto your skin as an electronic tattoo, will be game changing.

Paul Berger

2021-22 Fulbright–Nokia Distinguished Chair in Information and Communications Technologies
Tampere University

Read the whole article at www.fulbright.fi/news-magazine/ambient-intelligence-sustainable-and-healthier-living

Who is a Fulbright Finland Grantee?

“There are many perceptions of what makes a good Fulbright applicant, but in my experience, it comes down to authenticity, a passion for your topic, and a receptive disposition for new experiences and cultures. It’s not about having the best test scores or academic record. In fact, the resilience developed through a turbulent or non-traditional educational background might actually provide you with the exact qualities needed to be a successful Fulbright grantee.”

Read Meg’s blog with insightful and encouraging advice: www.fulbright.fi/about-us/blog/who-fulbright-finland-grantee



Meg Jones
2021-22 U.S.
Fulbright Fellow
University of
Helsinki



Rakentamisen vallankumouksen näköalapaikalla

Rakentamisen lähiajan muutoksen keskiössä tulevat olemaan tehdateollisuuden parhaiden käytäntöjen hyödyntäminen, teknologiainnovaatiot sekä erityisesti ihmislähtöinen johtaminen – kaikki vahvasti Kalifornian rakennusteollisuudessa pinnalla olevia teemoja.

Oman tutkimustyöni on luonteeltaan soveltavaa, teorian ja käytännön rajapinnassa tapahtuvaa vahvasti vuorovai- kuteista yhteistyötä alan kärkiyritysten kanssa. Tämänkaltainen lähestymistapa on mielestäni konkreettisen ja käytännönläheisen alamme edistämässä aivan oleellista – eri toimijoiden ja jopa yksittäisten työntekijöiden näkökulmat on ymmärrettävä juuriaan myöten, mikäli uusilla toimintamalleilla mieli saavuttaa kouriintuntuvaa vaikutusta.

Fulbright-vuoteni tutkimustyön voisi kiteyttää kahteen haaraan. Yritän toisaalta ammentaa oppia maailman parhailta tutkijoilta ja rakentajilta, pyrkien ymmärtämään miten Kaliforniassa toimivat maailmanluokan yritykset ovat kehittä- neet toimintansa niin erinomaiseksi kuin se tänä päivänä on.

Toisaalta pyrin vastavuoroisesti osal- listumaan aktiivisesti paikalliseen tut- kimus- ja kehitystyöhön, tuoden omaa Suomessa hankkimaani osaamista mu- kaan toiminnan keskiöön. Suomalaisen rakentajien osaaminen on joissain asiois- sa – kuten työmaan aikatauluhallinnassa – aivan maailman kärkikastia, jota koh- taan löytyy vilpittöntä kiinnostusta myös täälläpäin maailmaa.

Lopputuloksena on parhaimmillaan it- seään ruokkiva positiivinen spiraali, jossa pystyn samalla omaksumaan, mutta myös aktiivisesti luomaan ja jakamaan tietoa eri osapuolten kesken. Tämän työn tuotteena syntyy uutta tutkimustietoa, joka hyödyt- tää sekä Kalifornian, Suomen että koko ra- kentamisen kentän toimijoita.

Jonas Lehtovaara

2021-22 Fulbright-Technology
Industries of Finland Grant
University of California, Berkeley

[www.fulbright.fi/about-us/blog/rakentamisen-
vallankumouksen-nakoalapaikalla](http://www.fulbright.fi/about-us/blog/rakentamisen-vallankumouksen-nakoalapaikalla)

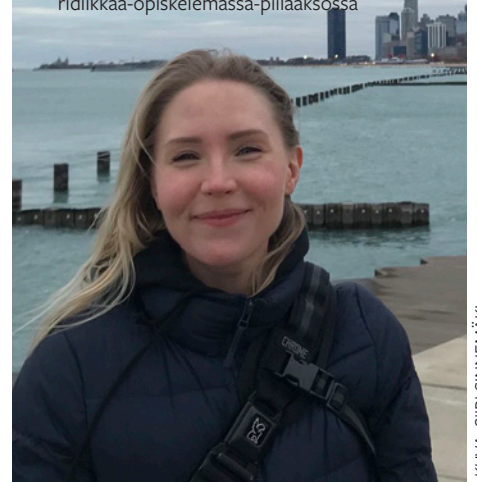
Teknologia- juridiikkaa opiskelemissa Piilaaksossa

Osa tavoista, joilla Piilaakson yliopistot, yritykset ja tut- kimusinstituutit vuorovai- kuttavat tutkimuksen ja kehityksen edistämiseksi sopivat toteutettavaksi myös Suomessa – erityisesti koska Suomessa tehtävästä tutkimuksesta merkittävä osa on aloilla, joilla immateriaalioikeuksilla on keskeinen rooli. Työ- ja elinkeinoministeriön käyn- nissä oleva kansallisen IPR-strategian laatimishanke asettaa luonnokses- saan tavoitteeksi suomalaisten toimi- joiden vahvan IPR-osaamisen ja sen, että vuonna 2030 Suomessa luodaan ja kaupallistetaan maailmanluokan innovaatioita.

Suomalaisen tutkimuksen viennin kannalta myös Yhdysvaltojen immateriaalioikeusjärjestelmää olisi tärkeä ymmärtää Suomessa paremmin, ja huomioida järjestelmien eroja tut- kimus- ja kehitystoiminnassa osana laajempaa aineettomien oikeuksien strategiaa. Vuoden 2030 tavoitteiden saavuttamiseksi Fulbright-verkos- tolla on tärkeä rooli sekä tutkimus- yhteistyön mahdollistamisessa että siihen liittyvän immateriaalioikeus- osaamisen syventämisessä.

2021-22 ASLA-Fulbright Graduate -stipen- diaatti **Sonja Heiskala** on immateriaali- oikeuksiin erikoistunut asianajaja.

Lue Sonjan blogiteksti teknologiajuriikan opiskelusta Stanfordin yliopistossa:
[www.fulbright.fi/about-us/blog/teknologiaju-
ridiikkaa-opiskelemissa-piilaaksossa](http://www.fulbright.fi/about-us/blog/teknologiaju-
ridiikkaa-opiskelemissa-piilaaksossa)



KUVA: SIIRI SINNEMÄKI

More **Blog**
Posts on Our
Website!

Read more stories by grantees and alumni on our website. Recent blog posts discuss e.g. art funding in Finland and the U.S., public transportation in Austin, Texas, and how to deal with loneliness when moving abroad alone.

www.fulbright.fi/about-us/blog

School Leaders Collaborate Across the Atlantic

Developing diverse, equal, and language aware schools.

Text MIRKA MCINTIRE

The pandemic did not stop U.S. and Finnish Fulbright Leaders for Global Schools (FLGS) Fellows from sharing good practices and peer support on shared issues of importance across the Atlantic.

While their study tours were postponed to 2022, the school leaders tackled common challenges and exchanged resources on various themes, including dual language immersion programs, as well as how to develop an urgency to address equity in previously homogenous communities where demographics are changing, to name a few. The fellows also addressed culturally responsive leadership and discussed community misunderstanding and defensiveness regarding the reality of racism, privilege, and inequity.

FLGS Fellow **Rick Surrency** pointed out that “it is very interesting that the schools in the U.S. and Finland have many issues in common, especially in diversity of teaching students.”

“One important takeaway is that we have similar concerns and are all working to do better by our students and communities, even if we are on different parts of that journey!” **Kristen Rickey** commented after a partnership building Zoom.

Concrete Actions – Not Just Talk

The dedication of the fellows toward improving the learning environment and overall academic progress of all K-12 learners is commendable. As **Anne Moilanen**, Director and Head Teacher from Hiukkavaara School and Commu-

nity Center in Oulu noted: “Aiming for equity in education and offering every student an equal opportunity to make progress on their own learning path is also part of developing diversity and equality in schools.”

Raija Johnson, Principal of Ojanperä School in Liminka, has used and trained teachers on CLIL (Content and Language Integrated Learning) pedagogy in language aware education. She also highlights the recruitment and value of staff from diverse cultural backgrounds as an asset for developing diversity and language awareness in schools.

Arita Norrbäck, Vice Principal of Tiisitilä school, has launched collaboration

The Fulbright Leaders for Global Schools Program is sponsored by the U.S. Department of State with funding provided by the U.S. Government and administered by IREX in the U.S., and the Fulbright Finland Foundation in Finland. The program for the Finnish fellows is funded by the Finnish National Agency for Education.

www.fulbright.fi/us-flgs
www.fulbright.fi/fin-flgs-travel-grant

Resources related to the themes are compiled in a Virtual Backpack for fellow educators: www.fulbright.fi/virtual-backpack-developing-diverse-equal-and-language-aware-schools

with Omnia vocational school in Espoo to involve immigrant children’s parents in schooling by organizing them opportunities to observe lessons and providing them support in Finnish language learning and working skills. “As an educational institution we need to make sure that every child has an equal opportunity for development and growth. To make sure that this really takes place, we need to support the families and help immigrant parents to integrate into the society.”

“I am inspired by the commitment of these school leaders to address diversity, equity, and inclusion despite pandemic challenges and staff shortages in both the U.S. and Finland,” says Senior Program Officer **Elizabeth Devlin-Foltz** from the Teacher Exchange Branch at ECA.

The Fulbright Finland Foundation and the cities of Espoo, Liminka, and Oulu look forward to welcoming U.S. school leaders to Finland in January 2022.



Leading legal academic Professor Anu Bradford talks about the impact of Fulbright on her life and career, her research on global regulations, including the international influence of the European Union, and her views on how international exchange helps to foster understanding and dialogue in a contested world.



PHOTO: COLUMBIA UNIVERSITY

Part of the International Conversation

Text LOUISA GAIN

Anu Bradford
2001-02 ASLA-Fulbright
Graduate Grant
Harvard University

[www.fulbright.fi/
fin-graduate](http://www.fulbright.fi/fin-graduate)

Anu Bradford is one of the world's leading experts in international trade law and the global impact of EU regulations. Originally from Tampere in Finland, she was educated at the University of Helsinki before an ASLA-Fulbright Graduate Grant took her to study comparative law at Harvard, an experience she describes as "life-altering."

"It was a pivotal turning point in my career, but also a way to get to know American society. Looking back, it was by far one of the best and most consequential years of my life. Harvard was a really dynamic, energizing, invigorating place to study law, and I fell in love with U.S. legal academia. There was this kind of positive contestation, and I saw how confident students were in defending their views, often questioning established theories. The energy spilled out of the classroom, and when we walked out, we continued to debate and discuss. So, I delved in, I fit in, and I really felt at home. It

became clear to me I wanted to be a legal academic, to continue being part of these conversations."

"Legal classroom culture in the U.S. is a much more interactive experience, which was very empowering for me. They use the Socratic teaching method, which means professors ask students a lot of questions. It's a collective process of figuring it out together, so as a student you need to take ownership of the conversation in a way that you don't if you are more passively receiving information from an authority in the front."

Anu moved back to Europe after her Fulbright, spending time practising law in Brussels and Finland, before returning to Harvard to complete her doctorate on EU-U.S. competition law, also called comparative anti-trust law. She worked at the University of Chicago before moving in 2012 to Columbia Law School in New York, where she is Henry L. Moses Professor of Law and International Organization, and Director of the European Legal Studies Center.

Anu explains that her own approach as an educator builds on her own student experiences during her Fulbright year. “This shared commitment to learning is only possible when you really put the students in charge, when you think of them as the key actors in generating this knowledge with you, and under your guidance. That’s the way I teach these days; I rely on the students coming to class ready to contribute to the conversation.”

Anu’s latest book, *The Brussels Effect: How the European Union Rules the World* (2020), named one of the best books of 2020 by *Foreign Affairs*, draws on her international perspective and background, exploring how the rules and regulations made in Europe affect economic life and society in the U.S. and the rest of the world.

Straddling Two Worlds

“I write about the European Union as both an insider and an outsider. I’ve spent almost all of my professional life in the United States, and I’ve been writing about the EU as a European and now European-American living in the U.S. I know Brussels, I know EU law, I know it the way a European does, yet I’ve gained the perspective of distance. That’s part of what I attribute the success of the book to, that I’ve been able to straddle these two worlds.”

“EU regulations have a global impact, and Americans feel their effects every day, although they often don’t realize it. The food we eat, the air we breathe, the products we produce and consume – a lot of those have been shaped by the laws that come from Brussels.”


Anu is working on a new book about global regulation of the digital economy, and the interplay of American, European, and other legal systems.

“There’s the American approach, which is more techno-libertarian, leaving the tech companies alone and letting them innovate, and the Chinese view, where government tightly controls the internet, what I call digital authoritarianism. Then there’s the European view, which very much puts rights and values in the centre, trying to establish a more human-centric, ethics-based, fundamental rights-preserving legal approach, enabling an internet that serves humanity as opposed to exploiting it. I’m looking at how these different regulatory models compete for influence globally, and which of them will prevail, focusing on issues such as privacy, artificial intelligence, and regulation of hate speech.”

Anu and her family are based in the U.S. but retain close links with Finland, spending each summer in Finland reconnecting with family and friends. Anu also maintains connections to the University of Helsinki as a Docent in Transnational European Law there.

“I try to use every opportunity when I go back to Finland to encourage young, ambitious, talented, curious, hardworking people to take advantage of opportunities like Fulbright, because it can really be transformative. It can open new doors, expand your horizons, help you grow professionally and

Exchange programs can have tremendous impact and shape entire lives – the way people think, the way they converge, the way they make their personal and professional choices. It all fits into the broader vision that we should have about the world.



personally. Finland can seem very far from the hallways of American universities like Harvard, and it can seem that gap is unbreachable. Often in countries like Finland, parents don’t save that kind of money for college or graduate school education, it’s not part of the culture, so studying in the U.S. is often just not feasible without institutional and financial support. My first goal was to get the Fulbright, so I would have a pathway and the financial means to make it.”

Long-Lasting Impact

Anu adds that, beyond financial support, the Fulbright Finland Foundation helped her navigate the application paperwork, as well as providing crucial orientation to U.S. society and culture through a preparatory course at Georgetown University. “I was able to hit the ground running and make the most of my scholarship,” she explains. More broadly, she emphasizes the importance of Fulbright and international exchange programs in supporting international relations, and the long-lasting positive impact such exchange can have on individual lives.

“The Fulbright program helps to enhance understanding. When you think about how contested the geopolitical situation is these days, it’s all the more important that we enable new generations of people to be part of each other’s societies, to bridge and connect, even on an individual level, even at times when collaboration between governments is not so straight forward. In recent years it has sometimes been difficult to collaborate with America, to understand what America stands for, or how America conducts its international relations with the rest of the world. It’s vital to find different ways for universities, organizations, and leaders of all kinds to continue the conversations that are true to the principles that I think both Europe and America really value – deep open dialogue, freedom of expression, and the idea that we ultimately have so much in common – and to be able to build on those points in common to overcome the issues where we do disagree.”

“I believe that being able to be part of different conversations is critical for the peace and prosperity of all. Exchange programs can have tremendous impact and shape entire lives – the way people think, the way they converge, the way they make their personal and professional choices. It all fits into the broader vision that we should have about the world.”



Making Food Safe and Sustainable

Text LOUISA GAIRN

Food safety scientist Professor **Marina Heinonen** talks about her Fulbright experience, new food sources and sustainability, and why scientists have a duty to communicate their work to industry, consumers, and policy makers.

A well-known expert on chemical food safety, Marina Heinonen leads the University of Helsinki's Department of Food and Nutrition, works as an expert advisor for the European Food Safety Authority, and is frequently interviewed in the Finnish media about food additives and food safety issues. Among her many achievements, she has recently been recognised for her work in science communication, receiving a Sokrates award for scientific communication in 2019, and listed as one of the top 25 business influencers in 2020 by Finnish business newspaper *Kauppa-lehti*.

In 1987, she began a Fulbright scholarship at the University of Rhode Island, Kingston, working with Professor **Kenneth L. Simpson**, a pioneer in carotenoid research who Marina describes as a "guru" in the field. "That Fulbright year made a great impact on my scientific career, but it also broadened my understanding of the scientific network and left me with a very good understanding of life in American universities. It was my very first time in the U.S. Ten years later, I returned as a postdoc, this time to the University of California, Davis."

From the Lab to the Supermarket

Marina's research group studies both chemical food safety and the development of new ingredients, isolating proteins from sources such as plants, dairy, and insects, and evaluating their use in different food matrices. Such innovations can support future food sustainability, she explains.

"We should take advantage of all sorts

of different ingredients. For example, with a crop like corn, you only use a fraction of the plant. Why not the leaves? The same is true for root vegetables like potatoes or carrots. Could we also exploit the green part? It may be possible to isolate proteins using hot water or fermentation techniques, for example. The green parts may not be so digestible for humans, but they are for other animals, such as snails and microbes, and we can learn from them in developing new food sources."

In addition to research and teaching, Marina has for the past 20 years worked as an expert with the European Food Safety Authority. "I've worked with them almost since the authority has existed, working on evaluating the safety of so-called novel foods. If you look at the ingredient list of many products in the supermarket, there's a lot of different ingredients that you might not recognise. Many new ingredients are being developed based on plants, insects, algae, and fungi, and they all need to be assessed for safety. This involves chemistry, technology, nutrition, and toxicology. It's really eye-opening, not only understanding different aspects of food safety but also food development."

Conveying the Message

"I think I've always been interested in work where you can really have an influence. In my work there are a lot of areas where I can be of service to the community. I often get to participate at national level, with the ministries, our food authority, different working groups, and also at European level."

Does she have any advice for younger researchers today wishing to communicate their research to a wider audience? "My advice would be to please be available, and to dare to express your opinion based on the latest science. Very often

scientists tend to be a little bit hesitant, but you shouldn't be. People usually want exact answers, and we can give them, based on scientific findings."

However, Marina notes that public and media engagement also sometimes requires a thick skin, especially in the age of social media, where negative comments, misunderstandings, and false statements can pose a challenge. "Young researchers need to be educated about this. Not to be scared, but to be prepared about what may happen and what to do."

Marina's first experience of the media was at her PhD thesis defence in 1990, which drew significant journalistic attention due to her finding that levels of vitamin A in liver products were excessively high, posing a risk to pregnant women.

Although the public attention was a little daunting at first, Marina says the experience laid the groundwork for her later science communication activities. "It was good because I ended up being part of national expert groups where we discussed the issue and how to mitigate this risk for certain population groups. Because of that finding even now the recommendations are for pregnant women to avoid eating liver products. The meat industry changed the recipes for the liver-based foods."

"I believe it's very important to comment in public to convey truthful scientific information, especially in my area of food safety, because there is a lot of misunderstanding. I have the advantage of educating our students, who will mostly go to work for the food industry. But conveying the message outside of the university is also part of our work. It's not only to inform consumers, but also to influence the decision makers."

Read the whole interview
www.fulbright.fi/news-magazine/making-food-safe-and-sustainable

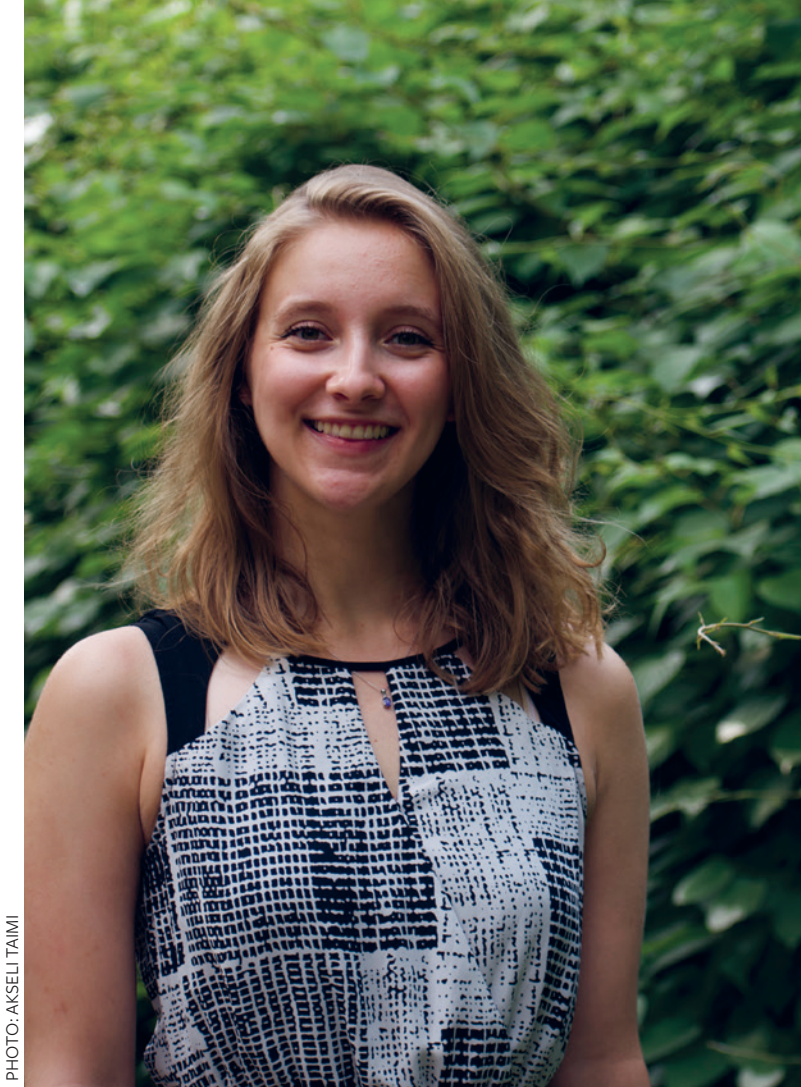


PHOTO: AKSELI TAIMI

Making More Space for International Talent

Anna Bogdan

2019-20 Fulbright-
University of Helsinki
Graduate Award

Read Anna's blog post on EK's website: <https://ek.fi/en/current/news/anna-bogdan-my-summer-as-an-international-intern-at-etelaranta-10/>

www.fulbright.fi/helsinki-graduate

When I came to Finland on a Fulbright Graduate Award to study at the University of Helsinki in 2019, I wasn't sure how long I'd actually live here. While the possibility was always in the back of my mind, I didn't develop solid plans to try to make my way here until I survived my first shock of *marraskuu* (November), or 'death month' in Finnish, and found my people.

Between friends, and the age-old story of finding a Finnish partner, I decided Finland might be the place for me. However, without my support system, I'm uncertain whether I'd still be living here. Putting it plainly, staying in Finland is hard.

Stay in Finland

Campaigns to improve employment opportunities for international students have become more prominent recently. Last summer, I was part of such an initiative through Elinkeinoelämän keskusliitto (EK)'s, or the Confederation of Finnish Industries', #StayinFinland campaign.

While contributing a real-life example of how Finnish companies can go about hiring international employees as EK's first non-Finnish employee, I also conducted a series of interviews for the #StayinFinland campaign. From interviews covering the perspectives of businesses big and small, to those revealing the honest experiences of international students, it became an opportunity to highlight challenges, ideas, and advice.

Accepting Imperfect Finnish Skills

My interviewees and I all agreed that learning Finnish is important for living a fulfilling life here. However, it also takes a lot of time to learn. Being a less widely spoken language means that many international students do not begin Finnish study in earnest until they come here.

Each student stressed that Finnish language requirements must be more clearly communicated and considered. Is it always necessary for a job applicant to speak "fluent Finnish"? And what does that actually mean? As more people learn Finnish, different accents and imperfect language will have to become more widely accepted if any permanent, long-term changes in the Finnish workplace are to take hold.

Need for Long-Term Positions

Securing an internship can be the deciding factor for staying in Finland—each student I spoke to said the same. While an internship can create networks, experience, and sometimes allow a student to become a permanent employee, if organizations are only offering internships or temporary positions, international employees are stuck in a revolving door in which structural changes never happen.

If Finland is adamant about making more space for its international residents, it is vital that said residents are central in long-term decision-making and solutions.

Mastering the Hybrid

Digitalization and new technologies continue to transform our operational environment and our work. This brings significant opportunities to develop the leadership training that the Foundation provides for its awardees through its grant programs.



PHOTO: MAIJA KETTUNEN

Erkkko Sointu

Special Project Advisor for Novel Pedagogical Development

Sustainable and successful international education and exchanges require us to master the hybrid. In the new strategic plan of the Fulbright Finland Foundation, this is one of the key priorities for the next two years.

Making the transition into the hybrid mode and new training methods in an effective and meaningful way requires an understanding of digital platforms and tools but, even more importantly, the pedagogical principles and methods of the flipped classroom approach. The Foundation is fortunate to engage an experienced specialist to walk hand-in-hand with the staff team and help make the transition.

Dr. **Erkkko Sointu** serves as Special Project Advisor for Novel Pedagogical Development and leads the two-year strategic initiative. He is Professor of Special Education at the University of Eastern Finland with expertise of changing the teaching, training, and learning culture with flipped classroom and flipped learning approaches. He is also an alum as he was awarded a Fulbright Finland Travel Grant for Research Collaboration in 2015-16, and has since served as a trainer in the Foundation's pre-departure orientations.

The project takes a holistic look at the Foundation's comprehensive training for grantees and alumni. All of the awards come with both a financial grant and an extensive leadership training. In essence, the training begins already at the point of recruitment and continues through the application cycle. Selected grantees then go through specialized orientation seminars and engage in networking events, and proceed to the in-person grant period in the host country, which in turn serves as the gateway for life-long engagement as alumni.

THE NOVEL PEDAGOGICAL DEVELOPMENT project will now review the full continuum of these stages, each with specific content modules and learning outcomes. A core content analysis helps identify the contents and components that require physical presence and should always be offered in person with the support of meaningfully used technology. It also identifies those contents that are possible or even optimal if delivered online or through other means. The project reviews the modules and their sequencing, and based on the core content analysis of training, transfers selected content to new methods of delivery, for instance short videos. The goal is to make learning more participatory, effective, and enjoyable while building in more individual flexibility in terms of place, time, and modes of learning. With the help of hybrid models, the project also aims to increase access to the Foundation's programs and services overall and consequently help increase inclusivity and equity.

FACE-TO-FACE, IMMERSIVE EXPERIENCES continue to be at the very core of the Foundation's programs. But the new digital and hybrid possibilities add to and enhance the traditional activities, and help extend the experience and connections. This helps grantees be better

prepared before they travel to their host countries, consequently helping them both get more out of the experience, as well as extend the connections and linkages after the in-person experience has concluded.

"The time during the travel should be optimized for working, collaborating, and learning first-hand about the host country and community. Thus, the elements that the grantees need on site and that benefit them afterwards can be supported with more meaningful pedagogical approaches such as flipped classroom. This does not necessarily mean adding to the time required from the grantees in the training but rather using well-constructed materials throughout the training," Erkkko Sointu says.

The project aims to further increase the value and impact of the exchanges. Simultaneously, the goal is to help improve the programs in view of their environmental sustainability. In essence, there should be no international travel without comprehensive preparation, and long-term impact.

Text: Terhi Mölsä

Connect
with the
Grantees

For the academic year 2021-22, the Fulbright Finland Foundation awards close to 140 grants for U.S. and Finnish students, scholars, and professionals.

Find the grantee lists online:
www.fulbright.fi/about-us/grantees



New Outreach Ambassadors Encourage Studying in the U.S.

Text SUVI PIIPPONEN AND HEIDI TIAINEN

As in-person events start to become more accessible again, the Fulbright Finland Foundation's EducationUSA advisers visited Helsingin Suomalainen Yhteiskoulu (SYK) and Kaitaa high school in Espoo to give tips on applying and sharing personal experiences on studying in the U.S.

The Foundation's new Outreach Ambassadors joined the advisers and highlighted their experiences about the higher education culture in the U.S. and provided guidance on the search process for higher education institutions as well as funding options. "My time spent in university allowed me to nurture my curiosity and challenge myself in many different ways. The experiences I had, skills I developed, and support I received prepared me very well for my next adventure here in Helsinki, Finland on a Fulbright grant and for that I am very grateful," says 2021-22 U.S. Fulbright Fellow and Outreach Ambassador **Isabel Coppola**.

Touring U.S. Campuses with Virtual Reality Glasses

To get an additional perspective and sense of campus life, during the visits the Finnish high school students had the opportunity to tour U.S. campuses with VR glasses provided to the advisers by the U.S.

Embassy Helsinki. This virtual reality helps the students understand the huge variety of higher education institutions in the U.S.

A Joint Event with Vanderbilt University

In addition to the in-person visits, the Fulbright Finland Foundation organized a virtual information session together with Vanderbilt University.

The session included a panel discussion on what it is like to study in the U.S. The panelists, U.S. Fulbright Fellows **Macey Higdon** and **Andreas Nolan**, together with the Foundation's grantees **Santeri Hirvikoski** and **Agnetta Moiso**, gave inspiring insights on different aspects of studies and extracurricular activities in U.S. universities.

Collaboration with high school student counselors and English teachers has been fruitful. High school students have explored different opportunities for studying undergraduate level studies in the U.S. with the advisers both virtually and in person.

EducationUSA is a U.S. Department of State network of over 430 international student advising centers in more than 175 countries and territories. The network promotes U.S. higher education to students around the world by offering accurate, comprehensive, and current information about opportunities to study at accredited postsecondary institutions in the United States.



Undergraduate programs adviser **Heidi Tiainen** talking with high school students about study opportunities in the U.S. during the Internationalization Days of Finnish K-12 Education in Vaasa.

During the EducationUSA advisers' visit to Kaitaa high school in Espoo, the students had a chance to tour university campuses with VR glasses to get an additional perspective and sense of campus life.

www.fulbright.fi/fi/tutkimus-ja-opiskelu-usassa

Donors Make a Difference

Thank you

Donors help the Fulbright Finland Foundation expand exchanges between Finland and the U.S. and bring together the best scientists, academics, artists, educators, and future change-makers.

Alumni and friends of the Foundation play a crucial role in this endeavor. Whether it is a real estate gift, establishing a scholarship, giving a legacy gift by adding the Foundation to one's will, or donating to the endowment funds, all gifts send a clear message that the Fulbright Finland experience is transformational and like no other.

We sincerely thank the many partners, friends, and alumni for the generous gifts this year and for taking an active role in advancing the Foundation's vision: empowering the minds that will find global solutions to tomorrow's challenges.

Centennial Fund Supports Fulbright Finland Awards

The Fulbright Finland Centennial Fund was launched in 2016 to honor the 100th anniversary of Finland's independence. Meant to last into perpetuity,

the Fund supports awards for Finnish and U.S. students, scholars, and professionals through its annual yields. Most recently the Fund has received contributions from **Raymond Aldritt, Nancy Commins, Catia Confortini, Jessica DePalo, Paul Heald, Bri-Mathias Hodge, Erika Holt, Leigh Anne Liu, Mike Loovis, Peter MacKeith, Terhi Mölsä, Lois Presser, Edward Sivak, Carol Tenopir and Gerald Lundeen, Bradley Turner, Kelsea Turner, Taylor Tyger, Leasa Weimer, David Yoken, John Zobitz,** as well as the James I. Freeman Charitable Trust.

Friends of Fulbright Finland Alumni Enrichment Fund

The Friends of Fulbright Finland Alumni Enrichment Fund is an endowment supporting grants for U.S. alumni to return to Finland to continue and expand their original Fulbright projects and collaboration. Most recently the Fund has received contributions from **Henry Bullamore, Anette Jones, Kay Kohl, Michael Landau, Mark Miller, James Moore, Barbara Mossberg, Patrick Rand, Matthew Stone,** and **Carol Tenopir and Gerald Lundeen.**

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www.fulbright.fi/work-with-us/donate

Major Legacy Gift to the Foundation

Fulbright Finland alumna, donor, long-time volunteer, and a dear friend of many in the Fulbright Finland community, **Suzanne Louis,** passed away in 2020. In her will she left behind a very special gift to the Foundation.

In accordance with Suzanne's wish, a real-estate gift worth EUR 168 000 was evenly distributed between the Friends of Fulbright Finland Alumni Enrichment Fund, supporting U.S. alumni to return to Finland to continue their collaborations, and the Fulbright Finland Centennial Fund, funding future Fulbright Finland Foundation grants for Finns and

Americans. This powerful philanthropic legacy gives both Funds a significant boost.

Suzanne's life was characterized by kindness and generosity. She exemplified the Fulbright spirit, setting an example for us all.

Supporting the International Change Makers
Read an interview with Suzanne Louis
<https://issuu.com/fulbright-center-finland/docs/fc-news-115/18>

Suzanne Louis In Memoriam
www.fulbright.fi/memoriam-suzanne-louis



www.fulbright.fi/work-with-us

If you are interested in naming the Fulbright Finland Foundation in your will, please contact the Foundation's CEO Terhi Mölsä.



Alumni Donation Funds Award to Kiernicki

Chloe Kiernicki is currently completing her master's degree in Sustainable Architecture at Tampere University. Kiernicki was attracted to Finland by the environmental design in Finnish architecture and the program's focus on the relationship among humans, the environment, and the built environment. The award provides her additional support to engage in travel required by her Architecture studies in Finland.

"I am incredibly grateful to receive this travel grant. I aim to use it to visit sites of

vernacular architecture within Finland and other circumpolar countries," Kiernicki says.

This special grant is made possible by a donation made to the Fulbright Finland Centennial Fund by Professor **Peter MacKeith** through a long-term donor agreement. Professor MacKeith was a Fulbright grantee to Finland in 1990, and has since then worked as a liaison between the architecture, art, and design cultures of the United States and Finland in various ways.

The Fulbright Finland Foundation has awarded its second Fulbright Finland Centennial Travel Grant in Architecture, Design, and the Visual Arts to 2021–22 Fulbright-Tampere University Graduate awardee **Chloe Kiernicki**.

Claire Ramsey
(second from the right)
hosts a monthly English
Language Café event.



Volunteering to Connect with a New Community

Even in the United States, I have found that the best way to connect with a new community is to be visible within it. Not "visible" in the sense of frequenting cafés—although that may help you get to know a business owner—but in acting alongside or within an organization or community group.

As a Fulbright recipient, I have the opportunity of time: nine months to spend, living and working in Eastern Finland. Based on my experience and skillsets, volunteering with the local public library was a natural place to start. Now, I host a monthly English Language Café event, open to all community members. By advertising this event in person and through social media, I have been invited to join additional groups, developing my network and strengthening my connection to the area.

Additionally, I volunteer with a local Non-Governmental Organization called

JoMoni, which advocates for cross-cultural competence, anti-racism, and increasing resource access for immigrants and refugees in Joensuu. Not only will volunteering with this group increase my presence and positive impact in connection to an established organization outside of the university context, but it also allows me to contribute to the community that is, in many ways, hosting me.

Through these meaningful experiences, I learn about the region and its people while shaping my own journey.

Whether you are present for a weekend or a year, I would recommend all people, especially Fulbright recipients, to consider how they contribute to and benefit from their local and regional communities.

Claire Ramsey
2021–22 Fulbright-EDUFI Fellow
University of Eastern Finland, Joensuu

Fulbright Finland Community Gave 1595 Hours to Make a Difference

The Fulbright Finland Foundation could not do its work without volunteers. Last academic year, our community gave an incredible 1595 hours of their time to support the Foundation.

Volunteers are involved in every aspect of the Foundation's work, for instance reviewing applications, serving on selection committees, speaking at orientations and events, sharing their story on our blog, promoting grant programs, and serving on the Friends of Fulbright Finland Alumni Council, alumni Buddy program, or the Welcome Network, just to name a few examples.

Thank you for your invaluable contribution!

Interested in getting involved?
www.fulbright.fi/work-with-us

ASLA-Fulbright Alumni Association Piloting a Mentorship Program

In a mentorship program a more experienced mentor passes on silent knowledge and experience-based information to the mentee. The program can offer assistance, for instance, in career planning, on learning how to recognize your own strengths and how to use those to your best advantage, and

on how to overcome different challenging situations.

The Mentorship Program recruited mentors and mentees during the fall and the program will start in January 2022. The mentorship year will consist of meet-ups between the mentor and the mentee, as well as a starting event, mid-

year meeting, and an end of the program meeting for all participants.

The Mentorship Program is the newest benefit for the members of the ASLA-Fulbright Alumni Association.

www.fulbright.fi/asla-fulbright-alumni-association/join-association

Text: Inari Ahokas, Chair, Heikki Saxén and Antti Makkonen, Board Members of the ASLA-Fulbright Alumni Association



Erika Holt

Erika Holt Appointed to the Board of Directors

The Foundation welcomes Dr. **Erika Holt**, Customer Account Lead in the Nuclear energy sector at VTT Technical Research Centre of Finland and Fulbright Finland alumna, to the Board of Directors of the Fulbright Finland Foundation.

Holt succeeds **Itonde Kakoma**, who concluded his 4-year term on the Board.

He now serves as Senior Adviser for the Foundation. The Foundation conveys a sincere thank you to Itonde Kakoma for his significant contribution during his term on the Board.

The American Board members are appointed by the Chief of the U.S. Diplomatic Mission to Finland.

www.fulbright.fi/about-us/board-directors



Ling Choi

Ling Choi Joins the Fulbright Finland Team

Ling Choi has joined the Fulbright Finland team as Program Coordinator, working with the Finnish graduate program during **Saara Martikainen's** parental leave. Ling first worked at the Foundation as an intern in 2013.

Originally from Hong Kong, Ling's adventurous spirit has brought her to Finland twice – first as a high school exchange student to a small village, Sotkuma, North Karelia, through American Field Service, then as a university student in English and Teacher Education. After graduation, she has applied her studies in tech companies and her own startup venture.

FULBRIGHT FINLAND FOUNDATION 2020-21

(Note that the majority of the 2020-21 grants were postponed to 2021-22 due to the pandemic.)

45

grantees,
22 Finnish and
23 U.S. grantees

498 000

euros awarded
as grants

47

events throughout
Finland and online

4 000

client contacts
and event participants

[www.fulbright.fi/
about-us/year-focus](http://www.fulbright.fi/about-us/year-focus)

FULBRIGHT FINLAND NEWS

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Fulbright Finland News on Fulbright Suomi -säätiön sidosryhmälehti, joka ilmestyy kaksi kertaa vuodessa painettuna ja verkkoversiona. Artikkeleissa ilmaistut mielipiteet ovat kirjoittajien omia. Aineisto vapaasti lainattavissa, lähde mainittava. // Fulbright Finland News is a biannual magazine published by the Fulbright Finland Foundation in print and online. Opinions expressed by authors are their own and do not necessarily reflect those of the Foundation. Reproduction allowed, source must be cited. // While every effort is made to ensure the accuracy of the material in this publication, the Fulbright Finland Foundation does not accept liability for any errors or omissions.

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THE FULBRIGHT FINLAND FOUNDATION is an independent not-for-profit organization based in Helsinki, Finland.

Its purpose is to promote 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.

Finland-America Educational Trust Fund

The Fulbright Finland Foundation is financially supported by the Finland-America Educational Trust Fund.

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is to empower the minds
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- **Emilia Holopainen**
- **Saara Martikainen**
- **Mihkel Vaim**

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Calendar

December

15.12.
Fulbright Finland Foundation
Board Meeting

17.12.
Trust Fund Board Meeting

24.12.2021–7.1.2022
Foundation Office Closed

January

Fulbright Finland Foundation
Board of Directors Annual
Meeting

24.1.–3.2.2022
Fulbright Leaders for Global
Schools Study Tour to Finland

25.–27.1.2022
Arrival Orientation for U.S.
Fulbright Grantees

February

4.2.
North American
Studies Roundtable

March

24.3.
Capacity Building Workshop:
Championing Justice, Equity,
Diversity, and Inclusion to Support
International Student and Staff
Integration

24.–25.3.
Mid-term Get-Together for
the U.S. Fulbright Grantees

April

Applicant Event for Finnish
Graduate Programs



2021-22 Fulbright-LUT Graduate Awardee
Emma Mulhern experiencing the Northern
Lights in Saariselkä in Northern Lapland.

May

Pre-Departure Orientation for
Fulbright Finland Foundation
Awardees to the U.S. and
Fulbright Finland Award Ceremony

**FULBRIGHT
FORUM** EDUCATION
INNOVATION
SCIENCE
AND
ART

VIRTUAL FULBRIGHT FORUM 2022: EDUCATION, INNOVATION, SCIENCE, AND ART

Multiple online sessions during March–May, 2022
Hear about the projects that the current U.S. Fulbright scholars,
teachers, and graduate students are doing in Finland.

The program will be published at
www.fulbright.fi/about-us/events/fulbright-forum-education-innovation-science-and-art