

# FULBRIGHT-HAYS SEMINAR, FINLAND

Demystifying the Infrastructure of  
Happiness in Finnish Society



June 23–July 20, 2024

◦ Hosted by Fulbright Finland Foundation ◦





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The Fulbright-Hays Seminar in Finland is designed and administered by the Fulbright Finland Foundation with funding from the U.S. Department of Education.



# Tervetuloa!

**W**e are so pleased to welcome you to Finland as part of the first Fulbright-Hays Seminar to Finland - a program designed for U.S. K-8 educators with an ambitious goal of “*Demystifying the Infrastructure of Happiness in Finnish Society.*” The program facilitates the exchange of innovative practices among U.S. and Finnish educators and provides a unique opportunity to explore the Finnish infrastructure contributing to the overall happiness of the country, with a focus on the following key strengths: 1) education and know how; 2) nature and sustainable development; and 3) functionality and well-being.

**THE VISION OF THE FULBRIGHT FINLAND FOUNDATION** is to empower the minds that will find global solutions to tomorrow’s challenges by fostering academic and professional expertise and excellence in leadership. As you embark on your intensive 3,5-week journey, you become part of this community of change-makers.

The program illuminates the cultural, societal aspects, and values that play a role in shaping our education system and nation. Our profound connection with nature is evident through initiatives such as “nature schools” and sustainability education, both aimed at bringing the natural environment closer to students and highlighting the positive impact it has on people’s well-being. We invite you to experience the nature school and midnight sun above the Arctic circle in Lapland, relax in the sauna, and dip in the lake if you dare.

You will begin your program in the capital city Helsinki and the vicinity, with briefings and strategic discussions to provide the framework of the Finnish education system highlighting pertinent themes. In addition to the educational program with site visits and workshops

in eastern, northern, and southwestern parts of the country, you will see historical sites and modern treasures of Finland, including the Suomenlinna Sea Fortress, Science Center Heureka, and Oodi, the new Helsinki City Library, that serve as examples of diverse learning environments that play a critical role in the Finnish curriculum.

Throughout the program, you will be able to reflect upon your observations with the expert speakers and with your fellow U.S. Fulbrighters and Fulbright alumni from Finland. You will see in practice that a key strength of the Fulbright Finland Foundation is the strategic engagement of our alumni, and we strongly encourage you to continue your Fulbright experience and connections after your program by becoming active members of the *Friends of Fulbright Finland* (FoFF) alumni network in the U.S.

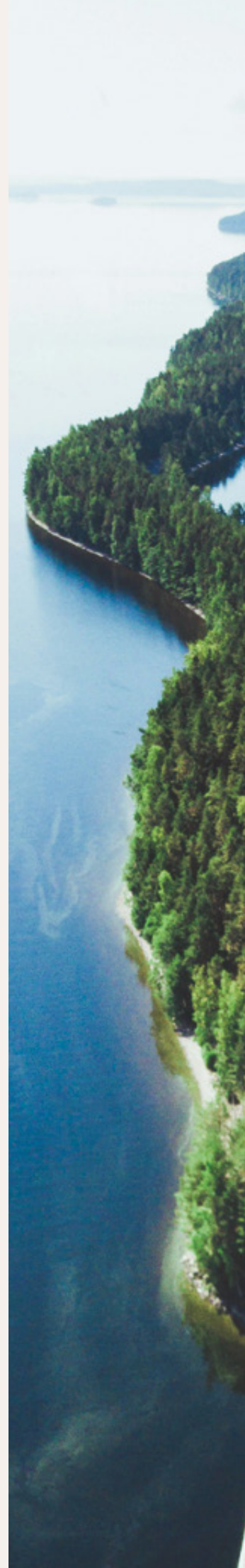
**TRUE TO THE FOUNDATION’S BRAND PROMISE, “TOGETHER SHAPING THE FUTURE,”** the organization of this program has been a joint effort. We sincerely thank the large number of individuals and institutions whose expertise and collaboration have made this program possible. A special thank you to our partners at the U.S. Department of Education.

2024 marks our Foundation’s 75th anniversary, and I can’t think of a better way to highlight this special year than bringing together educators and partners from both sides of the Atlantic to collaborate and celebrate with us.

*Tervetuloa!* Welcome! I invite you to immerse yourself in the Finnish experience and wish you a fruitful, productive, and enjoyable program!

*Terhi Hölsä*  
CEO

Fulbright Finland Foundation



# Fulbright Finland Foundation

*Together Shaping the Future*

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

## Funding Cooperation

In 2023, the Fulbright Finland Foundation awarded over EUR 1,9 million as grants to 114 Finnish and American researchers, students, and professionals. Additionally, the Foundation responded to nearly 4 800 client contacts and organized or participated in over 80 training events throughout Finland and online.

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

The Foundation is funded by the Finnish Ministry of Education and Culture, the U.S. Department of State, the Finland-America Educational Trust Fund, private foundations, Finnish and U.S. higher education institutions, alumni of the Fulbright Finland programs, and private donors. 70 % of the Foundation's core funding originates from Finland, and advancement, fundraising and sponsored grants are a central part of the operation. A key strength of the Foundation is the consistent strategic engagement of the alumni.

## Growing Alumni Network

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

The Board of Directors of the Fulbright Finland Foundation consists of eight members appointed by the Finnish Ministry of Education and the U.S. Embassy in Finland. The U.S. Ambassador to Finland serves as the Honorary Chair of the Board. The Foundation office is located in Helsinki. The Foundation is managed by the CEO together with seven full-time and two part-time staff members.

# The Infrastructure of Happiness

**Finland is built on trust. This makes us resilient and is a foundation for happiness.**

Since 2018, the World Happiness Report has ranked Finland the happiest country in the world. What is Finland's secret? It's the country's infrastructure of happiness. Finnish society is built to allow happiness to thrive. People in Finland have the **personal freedom** to make decisions, to learn and grow, in surroundings that are safe and secure. For recreation, there is an abundance of unspoiled nature to discover.

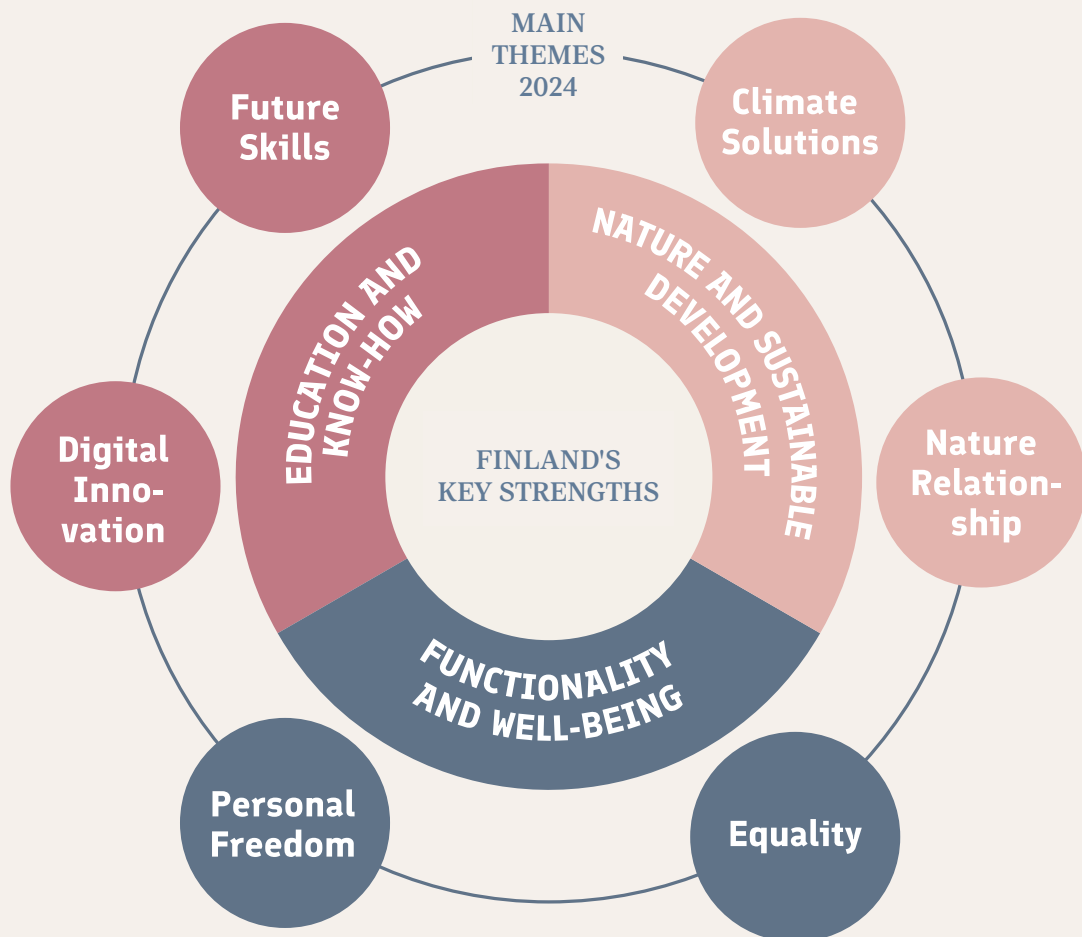
At the heart of Finnish happiness is equality, which forms the key to a happy, well-functioning society. Everyone in Finland is free to fulfil their potential. Of course, there is more to the country than good governance and equal opportunity - Finland and its culture are also people, cities, dance, architecture, and cuisine, not to mention more than three million saunas.

From **digital innovation** to **future skills** in education, culture, research and business, Finnish people are always looking for new ways to add to quality of life. To ensure future happiness, sustainable development is a necessary priority. Finland has focused its resources and expertise on producing **climate solutions** to help move the world in a better direction. The country's long-standing experience in sustainability stems from **a strong nature relationship**. Finland is a strong advocate of democracy, good governance, human rights, equality, and sustainability. Finland contributes to the world and is eager to share its solutions with others to tackle common challenges. Change may seem inconceivable, but only until we act.

*Source: Finland Toolbox, Ministry for Foreign Affairs of Finland*

# Finland's Values and Identity

Reliable Quirky Problem-solving Equal Inclusive



Source: Finland Toolbox,  
Ministry for Foreign Affairs of Finland

Personal Freedom • Digital Innovation • Future Skills



# Pre-Departure Orientation

New York

June 23-24, 2024







**Moi! Hei! Terve!**  
*Hi! Hello!*

**Tervetuloa**  
*Welcome*

**Tervetuloa Suomeen!**  
*Welcome to Finland!*

**Kiitos!**  
*Thank you!*

**Suomi, suomi**  
*Finland, Finnish language*

**Mitä kuuluu?**  
*How are you?*

## Sunday, June 23, 2024

*Arrivals in New York, NY*

Transportation to the hotel independently

Check in to the hotel

## Monday, June 24, 2024

*Pre-departure Orientation, New York, NY*

### Consulate General of Finland, NY

9:00 Welcome!

- ◆ Elina Räsänen, Commercial Counselor, Consulate General of Finland
- ◆ Mark Bladel, Program Officer, U.S. Department of Education
- ◆ Terhi Mölsä, CEO, Fulbright Finland Foundation

9:15 Introductions

Vanessa Jones, Fulbright Leaders for Global Schools Alumna;  
Executive Director, Greater Brunswick Charter School

9:45 Break

10:00 Overview of U.S.-Finnish Relations

Elina Räsänen, Commercial Counselor, Consulate General of Finland

10:30 Introduction to Infrastructure of Happiness  
in Finnish Society

Hanna Heiskanen, Special Adviser, Communications,  
Consulate General of Finland

10:50 Break

11:00 U.S. Educator Alumni Panel:

Reflections of Finland's Three Key Strengths

Panelists:

- ◆ Vanessa Jones, Fulbright Leaders for Global Schools Alumna;  
Executive Director, Greater Brunswick Charter School
- ◆ Christopher King, Fulbright Leaders for Global Schools Alum;  
Assistant Principal, West Bronx Academy for the Future
- ◆ Andrew Malone, Fulbright Leaders for Global Schools Alum;  
Managing Director, Academics, Gradient Learning
- ◆ Sarah Kuhner, Fulbright Teachers for Global Classrooms Alumna;  
Special Education Teacher, Patria Mirabal Middle School

11:50 Closing Words

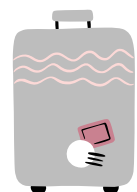
12:15 Lunch

18:00 Departure to the Airport by Bus

22:55 Flight Departs to Helsinki, Finland

### *The Shelburne Sonesta New York*

- ◆ Breakfast coupons distributed
- ◆ Address: 303 Lexington Avenue, New York, NY 10016
- ◆ 212 689 5200
- ◆ 24/7 fitness facilities





# The Capital Region

Helsinki, Porvoo, and Vantaa  
June 25–July 2, 2024

Rock Church in Töölö, Helsinki





## Finnish 101

### Löyly

*The steam that rises from the sauna stove when you throw water on it.*

### Kiuas

*The sauna stove, covered with stones on which water is thrown to produce löyly.*



### Vasta/vihta

*A sauna whisk, typically made from birch tree branches, used in a sauna to stimulate circulation by beating oneself with it. Vasta is used in eastern parts and vihta in western parts of Finland.*



### Mörkky

*A Finnish skittle-throwing game, where the players try to collect 50 points by throwing a wooden mörkky towards 12 numbered pins.*

### Tikkataulu

*Dartboard*

### Kirkkovene

*Church boat, a long, wooden rowing boat for 16-40 people. They were built to carry people to church on Sundays from remote communities.*

## Tuesday, June 25, 2024

*Arrivals in Helsinki, Finland*

- 14:00 Flight Arrives in Helsinki-Vantaa  
Fulbright Finland team will meet you at the airport  
Bus to the Lapland Hotels Bulevardi;  
check in to the hotel
- 18:00 Welcome Dinner at Restaurant Kultá Kitchen

## Wednesday, June 26, 2024

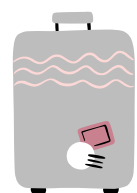
*Introductions, Fulbright Finland Foundation, Orientation, Team Building, Sauna*

### Poukama, Porvoo

- 10:00 Departure from Helsinki to Porvoo by Bus
- 11:00 Program Overview, Curriculum Development Kickoff
  - ◆ Mirka McIntire, Manager, Teacher Exchange and Education Programs, Fulbright Finland Foundation
  - ◆ Tarja Mykrä, Education Consultant, Fulbright Finland Foundation
- 12:15 Buffet Lunch
- 13:15 U.S. Fulbrighters and the Fulbright Program in Finland: What Everyone Needs to Know  
Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation
- 14:15 Coffee Break
- 14:30 Team Building and Finnish Cultural Activities in the Nature  
Opportunity to try church boat rowing and play Finnish summer yard games.
- 16:00 Role of Sauna in Well-Being  
Anna Talasniemi, Doctoral Researcher, University of Jyväskylä; Co-founder of Seurasauna Project; ASLA-Fulbright MCPD 2024-25
- 17:30 Buffet Dinner
- 19:00 Departure to Helsinki by Bus

### Lapland Hotels Bulevardi

- ◆ Breakfast is included
- ◆ Address: Bulevardi 28, Helsinki
- ◆ +358 9 25251111
- ◆ The hotel's own gymroom is open 24/7
- ◆ [bulevardi@laplandhotels.com](mailto:bulevardi@laplandhotels.com)



## Thursday, June 27, 2024

*Education and Know-how, Digital Innovation*

9:15 Meet Fulbright Finland Team in the hotel lobby;  
Travel to Hakaniemi by tram

### Meeting Room Karppi, Haka6

10:00 Finnish Education System in a Nutshell

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

10:45 Global and Sustainability Education in  
Finnish Comprehensive School Curriculum

Jaakko Lindfors, Councillor of Education,  
Finnish National Agency for Education

11:15 Break

11:30 ★ Voices of Fulbright-Hays Fellows:  
Education Innovations from the U.S.

12:00 Buffet Lunch at Restaurant Lasiranta

13:15 Inclusive Digital Education and Innovation  
in Comprehensive Schools

Pasi Silander, Head of SALTO Digital Resource Centre,  
Councillor of Education, Finnish National Agency for Education

13:50 Support in Learning and Student Well-being  
in Finnish Comprehensive Schools

Matti Kastikainen, Special Education Teacher,  
Sompio School, Kerava; Fulbright Distinguished  
Award in Teaching 2024-25

14:20 Break

14:30 Role of KARVI in Evaluating Pre-Primary  
and Basic Education

Salla Venäläinen, Head of Unit,  
Finnish Education Evaluation Center (KARVI)

15:00 Networking at the Fulbright Finland Foundation Office

16:30 Transition to the Hotel by Tram

Dinner on your own



Suomenlinna Fortress Island





## Friday, June 28, 2024

### *Education and Know-how*

8:15 Meet Fulbright Finland Team in the hotel lobby

8:30 Departure to Vantaa by Bus

### **Tiedonjyvä Kindergarten, Vantaa**

9:15 Introduction to Pre-primary Education in Finland Through a Site Visit

- ◆ Essi Isoaho, Day Care Centre Director, Finance and Human Resources
- ◆ Taina Niukkanen, Early Childhood Education Teacher

### **Heureka, The Finnish Science Center**

11:45 Buffet Lunch at Heureka

13:00 Exploring Diverse Learning Environments for STEAM Education: Heureka, The Finnish Science Center

14:45 Departure to Helsinki by Bus

15:30 Helsinki City Sightseeing by Bus

Guide: Maria del Carmen Hänninen, Authorized Guide

17:30 Tour Ends at the Hotel

Dinner on your own

## Saturday, June 29, 2024

### *Education and Know-how*

10:30 Voluntary Cultural Experience: Visiting Kauppatori (local market place)

11:15 Ferry to Suomenlinna

### **Suomenlinna UNESCO World Heritage Site**

12:00 Lesson: 10 000 Years of Finnish History

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

12:45 Lunch at Restaurant Suomenlinna Brewery

13:30 Briefing on Comprehensive School Curriculum Development and Implementation

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

14:30 Guided Tour of Suomenlinna Fortress Island

Tour ends at the Suomenlinna visitor center, where there's a possibility to do souvenir shopping before exploring the island on your own.

16:00 Departure with Fulbright Finland Team or Free Time to Continue Explore Suomenlinna

Dinner on your own

## Sunday, June 30, 2024

*Functionality and Well-being*

Visit the museum of your choice with the Museum Card for ideas for curriculum development

Time for reflection, independent curriculum development and personal well-being

## Monday, July 1, 2024

*Future Skills, Digital Literacy and Democracy Skills*

9:30 Meet Fulbright Finland Team in the hotel lobby;  
Walk to Oodi Library

### Helsinki Central Library Oodi

10:00 Workshop for Educators on Digital Literacy:  
“STOP, THINK, CHECK with Future Voters”

Facilitators:

- ◆ Mikko Salo, Founder, Faktabaari (FactBar)
- ◆ Kari Kivinen, Education Outreach Expert, European Union Intellectual Property Office Observatory

12:15 Buffet Lunch at Oodi, 1st floor

13:30 Role of Libraries as Holistic Learning Environments in Finnish Society – Tour of the Oodi Library

Guide: Hanne Calonius, Authorized Guide and Teacher of English

14:30 Education Consultant available for discussing curriculum work

Dinner on your own

Helsinki Central Library Oodi







**Koulu**  
*School*

**Oppilas, opiskelija**  
*Pupil, student*

**Opettaja**  
*Teacher*

**Oppia**  
*To learn*

**Opettaa**  
*To teach*

**Opetussuunnitelma**  
*Curriculum*

## Tuesday, July 2, 2024

*Sustainable Development*

08:30 Meet Fulbright Finland team in the hotel lobby;  
Walk to Finnish Innovation Fund Sitra

### **Finnish Innovation Fund Sitra**

9:00 Workshop at Sitra: Combating Climate Change  
Sari Laine, Leading Specialist, Biodiversity and Everyday Life, Sitra

11:00 Departure to the Hotel by Bus  
Check-out from the hotel

12:00 Departure to Joensuu by Bus  
13:15-14:15 Lunch at ABC Renkomäki, Lahti

16:15-17:00 Break at Juva: Introduction to  
Finnish Design at Marimekko Outlet

19:15 Arrival and Check in at Hotel Lietsu

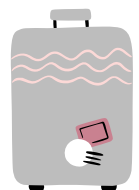
19:50 Meet Fulbright Finland team in the hotel lobby;  
Walk to Rosso

20:00 Dinner at Restaurant Rosso



### **Lietsu Boutique Aparthotel**

- ◆ Breakfast is included
- ◆ Address: Rantakatu 26, Joensuu
- ◆ +358 44 7520 500
- ◆ Gym is open 4-24
- ◆ Washing machines in the room for use at 6-22
- ◆ [info@lietsuhotel.fi](mailto:info@lietsuhotel.fi)



# North Karelia

Joensuu, Koli  
July 2-5, 2024







## Finnish 101

### Mie, sie, hää

*Karelian dialect words for I, me; you (singular); she, he, them (singular). In written Finnish the words are minä; sinä; hän.*

### Lietsu

*Karelian dialect word for being away from home, visiting someone.*

### Yliopisto

*University*



### Karjalanpiirakka

*Karelian pie, a traditional pastry with rye crust and rice porridge filling*

### Pesäpallo

*Finnish version of baseball, Finland's national sport*

## Wednesday, July 3, 2024

### Education and Know-How

10:30 Meet Fulbright Finland team in the hotel lobby;  
Walk to the University of Eastern Finland Campus

### University of Eastern Finland, Joensuu Campus

11:00 Expert Briefing with Q&A: Teacher Education in Finland and Early Years Education

Sari Havu-Nuutinen, Professor, University of Eastern Finland, School of Applied Educational Science and Teacher Education, Philosophical Faculty; ASLA-Fulbright Research Grant for a Senior Scholar 2015-16

Expert Briefing with Q&A: Practicum in Teacher Education

Timo Martikainen, Lecturer, Tulliportti Teacher Training School, Basic Education, University of Eastern Finland Teacher Training School, Philosophical Faculty; Study of the U.S. Institute for Scholars 2016-17

13:00 Lunch with Alumni at Restaurant Sulo Puisto

Free Time

16:45 Meet Fulbright Finland team in the hotel lobby;  
Walk to the Pohjois-Karjalan Martat Office

17:00 Lesson: Home Economics in Finnish Curriculum and Cuisine of North Karelia;  
Finnish Dinner - Martta Workshop



Martta Workshop

## Thursday, July 4, 2024

*Nature and Sustainable Development*

- 9:50 Meet Fulbright Finland team in the hotel lobby
- 10:00 Departure from Hotel Lietsu by Bus
- 11:00 Arrival at Koli National Park

### **Koli National Park**

- 11:30 Exploration of the Finnish Nature and National Landscape at the Koli National Park  
Guide: Irja Tanskanen
- 13:00 Lunch at Grill It! Koli
- 14:15 Draw Inspiration from the Nature - Small Group Assignments  
Free time
- 16:00 Departure to Kolin Satamaravintola by Bus

### **4th of July Celebration at Kolin Satamaravintola**

Celebrate the 4th of July with your fellow educators while enjoying live music, dinner, and Finnish landscape!

- 17:15 Lesson: Kantele as an Instrument in K-8 Music Education in Finland  
Music Performance by Veila, a co-play kantele group from Joensuu
- 18:00 Dinner
- 20:30 Departure to Joensuu by Bus



Happy 4th of July!



Pesäpallo, the National Sport of Finland



## Friday, July 5, 2024

*Nature and Sustainable Development; Well-being*

Meet the Fulbright Finland team in the hotel hobby;  
walk to Restaurant Local Bistro

12:00 Buffet Lunch at Restaurant Local Bistro

13:00 ★ Voices of Fulbright-Hays Fellows:  
Education Innovations from the U.S.

Walk to the University of Eastern Finland

### University of Eastern Finland

14:00 Expert Briefing and Discussion:  
Innovations: Environment Online (ENO) – A Global  
Network of Schools and Communities for Sustainable  
Development

- ◆ Kaija Saramäki, Chairman of the Board, ENO
- ◆ Tiina Merilä, Teacher, Eno School

ENO Tree Planting Experience in Honor of the  
Partnership of the Fulbright Finland Foundation  
and the UEF

### Bolt Stadion

17:00 Lesson: Finnish P.E. Sports – Introduction to Pesäpallo,  
the National Sport of Finland

Veera Toikka, Pitcher, Joensuun Maila Pesäpallo Team

18:00 Pesäpallo in Action: Joensuun Maila vs. Mailattaret  
Vaasa

Dinner on your own

## Saturday, July 6, 2024

*Functionality and Well-being*

Check out from the hotel

10:00 Departure to Helsinki by Bus

13:00-14:00 Lunch in Kenkävero, Mikkeli

15:30-16:00 Break in Lahti

17:00 Arrival at the Airport

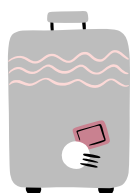
Dinner on your own at the airport

19:20 Flight to Kittilä

Travel to Panorama Hotel Levi by Bus

### **Panorama Hotel Levi**

- ◆ Breakfast is included
- ◆ Address: Tunturitie  
205, Levi
- ◆ +358 16 336 3000
- ◆ Gym is available
- ◆ panorama@  
kassiopeia.fi



# Lapland

Levi, Äkäslompolo, and Rovaniemi  
July 7-10, 2024



Malla Strict Nature Reserve, Saana





#### Laavu

*Lean-to shelter*

#### Poro

*Reindeer*

#### Tunturi

*Fell, a hill high enough that its top is above the tree line and has alpine tundra*

#### Keskiyön aurinko, yötön yö

*Midnight sun, "nightless night", a natural phenomenon that occurs in the summer months, when the Sun remains visible at the local midnight.*

#### Muurinpohjalettu

*Thin pancakes made on open fire on cast iron pancakes*



#### Nokipannukahvi

*"Soot kettle coffee", a campfire coffee*

## Sunday, July 7, 2024

*Nature and Sustainable Development*

Time for Independent Curriculum Development

12:00 Buffet Lunch at the Hotel

Walking as a group from the hotel to laavu

### Panorama laavu

13:45 Introduction to Nature School Concept and Multi-disciplinary Learning in Nature

Kirsi Peräjärvi, Principal, Lahti Steiner School;  
Fulbright Leaders for Global Schools Travel Grant 2023-24

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

★ Voices of Fulbright-Hays Fellows:  
Education Innovations from the U.S.

Discussion after the briefing by the fire over nokipannukahvit and muurinpohjalettu

15:45 Walk to the Hotel

Dinner on your own

Optional Activity in the Evening:

Midnight Sun Hike to Kätkätunturi (*weather permitting*)

## Monday, July 8, 2024

*Nature and Sustainable Development*

10:00 Departure from hotel to Särkitunturi by bus

### Särkitunturi Fell

11:00 Nature School Experience in Practice -  
Multidisciplinary Learning in Nature

Kirsi Peräjärvi, Principal, Lahti Steiner School;  
Fulbright Leaders for Global Schools Travel Grant 2023-24

Enjoy an educational hike to the top of Särkitunturi fell and a picnic lunch with magnificent view over Pallastunturi fells.

14:30 Departure to Äkäslompola by Bus

### Yllästunturi Fell Visitor Centre Kellokas

15:15 Diverse Learning Environments: Yllästunturi Fell Visitor Centre Kellokas Introduces Visitors to Local Nature and Culture

17:15 Dinner at Navettagalleria

20:00 Departure to the Hotel by Bus

# Tuesday, July 9, 2024

## Functionality and Well-being

- Check out from the hotel
- 9:30 Departure to Rovaniemi by Bus

### Santa's Village, Rovaniemi

- 11:30 Crossing the Arctic Circle
- 11:45 Lunch at Christmas House
- 13:00 Santa Diplomacy - Exporting Happiness at Santa's Village

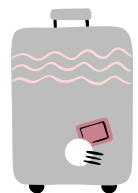
Visit to Roosevelt Cottage - "a symbol of the cooperation of America and Finland, and of the idea that when different nations support each other during challenging times, something beautiful and historic like Santa Claus Village can emerge"

Opportunity to visit Santa Claus' Main Post Office, meet Santa Claus and elves

- 14:45 Departure to the Hotel by Bus
- 15:00 Check-in to the hotel
- 15:45 Optional Walking Tour in Rovaniemi  
Juho Kähkönen, Researcher, University of Lapland; Study of the U.S. Institute for Student Leaders from Europe 2014-15; Fulbright Arctic Initiative Research Award 2024-26
- 16:50 Departure to Kesärafla Sauna  
Focus on well-being: opportunity to swim and relax in a sauna
- 18:00 Dinner at Restaurant Kesärafla
- 20:30 Departure to Hotel

### Scandic Rovaniemi City

- ◆ Breakfast is included
- ◆ Address: Koskikatu 23, Rovaniemi
- ◆ +358 300308472
- ◆ Gym is available
- ◆ rovanemicity@scandichotels.com







## Finnish 101

### Joulupukki

*Santa Claus*

### Joulutonttu

*Christmas Elf*

### Joulu

*Christmas*

### Napapiiri

*The Arctic Circle*

### Revontulet

*Aurora Borealis*



## Wednesday, July 10, 2024

*Functionality and Sustainable Development*

Check out from the hotel

11:30 Meet Fulbright Finland team in the hotel lobby;  
Walk to the Arktikum Science Museum

### Arktikum Science Museum

12:00 Lunch at Arktikum Café

13:30 Diverse Learning Environments: Guided Tour  
of Arktikum, a Science Center and Museum

Experience northern nature, culture,  
and history up close

14:30 Presentation and Discussion:  
Arctic Resilience & Circumpolar Education  
Collaboration

Juho Kähkönen, Researcher, University of Lapland; Study of  
the U.S. Institute for Student Leaders from Europe 2014-15;  
Fulbright Arctic Initiative Research Award 2024-26

15:30 Walk to the Hotel

16:00 Departure to the Airport by Bus

17:55 Flight to Helsinki

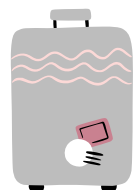
Departure to Hotel Flamingo by Bus

Check in to the Hotel Flamingo

Dinner on your own

### *Sokos Hotel Flamingo*

- ◆ Breakfast is included
- ◆ Address: Tasetie 8, Vantaa
- ◆ +358 20 1234 605
- ◆ Gym is available for extra cost
- ◆ Spa is available for extra cost until 21
- ◆ [flamingo.vantaa@sokoshotels.fi](mailto:flamingo.vantaa@sokoshotels.fi)



# South- West Coast

Fiskars Village and Mariehamn  
July 11-15, 2024



## Thursday, July 11, 2024

### *Education and Functionality*

#### **Flamingo Meeting Room Iibis**

9:00 Facilitated Reflection Time

Tarja Mykrä, Education Consultant, Fulbright Finland Foundation

★ **Voices of Fulbright-Hays Fellows: Education Innovations from the U.S.**

Check out and pick up luggage

10:30 Departure to Fiskars Village by Bus

#### **Fiskars Village**

12:00 Lunch and Learn: Arts and Crafts in Finnish K-8/9 Education at Restaurant Kuparipaja, Masuuni Room

Emmi Jelekäinen, Program Manager, Fulbright Finland Foundation

14:00 Lesson in Arts and Crafts: Glass Blowing

Glass Studio Bianco Blu

◆ 14:00-15:30 Group 1

◆ 15:30-17:00 Group 2

Opportunity to enjoy nature and Finnish arts and crafts.

17:00 Departure to Turku by Bus

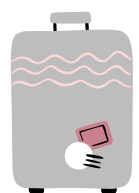
19:15 Arrival in Turku and check-in at the hotel

Check-in to a Hotel Sea Port in Turku

19:45 Dinner at the Hotel Sea Port

### ***Hotel Seaport***

- ◆ Breakfast is included
- ◆ Address: Toinen Poikkikatu 4, Turku
- ◆ +358 2 283 3000
- ◆ [seaport@hotelseaport.fi](mailto:seaport@hotelseaport.fi)



## Friday, July 12, 2024

### *Education and Know-how*

- 7:30 Check out from the hotel
- 7:30 Departure to the Turku Port
- 8:45 Viking Glory Ferry to Mariehamn, Åland Islands
- 10:00 Expert Briefing and Discussion: Preparing Teachers for Linguistic and Cultural Diversity in Finland  
Tuija Niemi, Vice Principal/Basic Education; Turku Teacher Training School and Turku International School; Fulbright Leaders for Global Schools Travel Grant 2023-24  
  
★ Voices of Fulbright-Hays Fellows: Education Innovations from the U.S.
- 12:00 Buffet Lunch on the Ferry
- 14:10 Ferry Arrives at the Port of Mariehamn; Bus to Park Alandia Hotel  
Check in to the hotel
- 15:30 Time for Independent Curriculum Development and Exploring Mariehamn
- 18:00 Dinner at Park Alandia Hotel

## Saturday, July 13, 2024

### *Education and Functionality*

- 9:45 Departure to Kastelholm Castle by Bus

#### **Kastelholm Castle**

- 10:30 History Lesson and Guided Tour: Kastelholm Castle  
Inspiration for curriculum: Experience the history of Kastelholm castle, a landmark of medieval Åland through stories of nobles, sieges, fires, and famous political scuffles.
- 11:45 Lunch at Restaurant Smakby
- 13:00 Jan Karlsgården Open Air Museum  
Explore Åland traditions and farm life on the island during the 19th century.
- 14:15 Departure to Eckerö by Bus

#### **Eckerö**

- 15:00 Opportunity to Explore Diversity and History of the Archipelago in Eckerö
- 17:00 Departure from Eckerö to Mariehamn by Bus  
Dinner on your own



Mariehamn

### **Park Alandia Hotel**

- ◆ Breakfast is included
- ◆ Address: Norra Esplanadgatan 3, Mariehamn
- ◆ +358 18 14130
- ◆ info@parkalandia.com







## Sunday, July 14, 2024

### *Education and Functionality*

9:30 Fulbright Finland team will meet you in the hotel lobby;  
Walk to Åland Maritime Museum

### **Åland Maritime Museum and Museum Ship Pommern**

10:00 Diverse Learning Environments: Åland Maritime  
Museum and Museum Ship Pommern

Inspiration for curriculum: Introduction to Åland's  
maritime heritage and long sailing ship tradition  
through a site visit and guided tour.

12:00 Walk to the Park Alandia Hotel

12:30 Lunch and Learn: Transversal Competencies  
in Finnish Basic Education Curriculum

Tuija Niemi, Vice Principal/Basic Education; Turku Teacher Training  
School and Turku International School; Fulbright Leaders for Global  
Schools Travel Grant 2023-24

★ Voices of Fulbright-Hays Fellows: Education  
Innovations from the U.S.

Free time and dinner on your own

## Monday, July 15, 2024

### *Education*

Morning free or time for independent curriculum  
development; lunch on your own

13:00 Departure to the Mariehamn Port by Bus

14:25 Ferry to Turku

15:30 Facilitated Reflection and Curriculum Development

★ Voices of Fulbright-Hays Fellows: Education  
Innovations from the U.S.

17:30 Dinner on the Ferry

20:00 Ferry Arrives at the Port of Turku;  
Bus to Hotel Hamburger Börs

Check in to the hotel

### **Scandie Hamburger Börs**

- ◆ Breakfast is included
- ◆ Address: Kauppiaskatu 6, Turku
- ◆ +358 300 308 420
- ◆ Gym is available
- ◆ [hamburgerbors@scandichotels.com](mailto:hamburgerbors@scandichotels.com)





# Turku

July 16-17, 2024



Turku Cathedral





**Föri**

*A cable ferry running across the River Aura*

**Tori**

*A market place*

**Joki**

*River*

**Piispanmunkki**

*A jelly filled and glazed doughnut*

**Ravintola**

*Restaurant*

## Tuesday, July 16, 2024

### *Education and Know-how*

- 10:50 Meet Fulbright Finland team in the hotel lobby
- 11:00 Historical Turku by Foot  
Karoliina Kokko, Senior Program Manager,  
Fulbright Finland Foundation
- 12:00 Lunch & Learn: Advocacy School for Youth  
Joanna Slama, South West Finland Advocacy School Alumna
- 13:30 Departure to Humak, Harjattula Campus by Bus

### **Humak University of Applied Sciences**

- 14:15 Expert Briefing and Discussion: Role of Community Educators in Finnish Schools
  - ◆ Jarmo Röksä, Communications Manager, Humak University of Applied Sciences
  - ◆ Aarni Lehto, Humak Alumnus, Project Specialist in Street and School Youth Work, YMCA Turku
- 15:30 Opportunity to enjoy a scenic nature walk or relax at the beach
- 17:30 Departure to the Hotel by Bus  
Dinner on your own

## Wednesday, July 17, 2024

### *Functionality*

- 10:15 Exploration of Public Transportation of Turku:  
Travel to Turku Castle by Föli

### **Turku Castle**

- 11:00 History Lesson and Tour: Everyday Life and Festivities at Turku Castle
- 12:15 Buffet Lunch at Duke John's Cellar  
Reflection time and independent curriculum work
- 18:00 Dinner at Restaurant Blanko

# Tampere

July 18, 2024



Tammerkoski, Tampere





#### Moro!

Hi!

#### Manse

Nickname for Tampere, known as the “Manchester of the North” because of its past as a center of Finnish industry.

#### Maaailman saunapääkaupunki

Sauna Capital of the World. Tampere has the most public saunas in the world and has officially been declared as the “Sauna Capital of the World”.

#### Mustamakkara

Blood sausage (lit. black sausage) traditionally eaten with lingonberry jam. It's a local speciality in Tampere.

#### Muumit

The Moomins, the central characters in a series of stories by Finnish writer and illustrator Tove Jansson

#### Jääkiekko

Ice hockey

## Thursday, July 18, 2024

Equity, Inclusion, and Well-being

Check out from the hotel

8:45 Meet Fulbright Finland team in the hotel lobby; departure to Tampere by Bus

#### Rauhaniemi Folk Spa by Lake Näsijärvi

11:30 Focus on Well-being: Sauna and Swimming at Rauhaniemi Folk Spa

13:30 Departure to Restaurant Telakka by Bus

14:00 Lunch at Restaurant Telakka

15:00 Walk to Moomin Museum

#### Moomin Museum

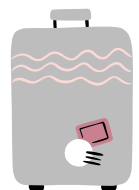
15:15 Diverse Learning Environments:  
Guided Tour “The Story of the Moomin Books”  
- Finnish Fairytales as Source of Happiness

17:15 Departure to Helsinki by Bus

19:15 Arrival in Helsinki; check-in to Hotel Scandic Paasi  
Dinner on your own

### Scandic Paasi

- ◆ Breakfast is included
- ◆ Address: Paasivuorenkatu 5 B, Helsinki
- ◆ +358 300 308 409
- ◆ Gym is available
- ◆ paasi@scandichotels.com



# Reflections

Helsinki  
July 19-20, 2024

Road Crossing Lake Päijänne





**Nähdään taas!**  
*See you again!*

**Tervetuloa takaisin!**  
*Welcome back!*

**Hei hei, moi moi!**  
*Bye!*

**Oli mukava tavata!**  
*It was nice to meet you!*

**Alumni**  
*Alumnus / Alumna*

## Friday, July 19

### *Education and Know-how*

9:00 Meet Fulbright Finland team in the hotel lobby;  
departure to the U.S. Embassy by bus

### **Embassy of the United States**

10:30 Welcome Remarks

10:40 Briefing on U.S. Department of State Priorities in  
Finland Followed by Q&A

Gabriela Arias Villela, Deputy Public Affairs Officer, U.S. Embassy;  
Member of the Fulbright Finland Foundation Board of Directors

11:15 Warm Welcome to the Alumni Community:  
Grantee-Alumni Continuum

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

11:25 Alumni Reflections: The Impact of Fulbright  
Educator Exchanges

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

11:35 Reflection of Takeaways by U.S. Fulbright-Hays Fellow

11:45 Award Ceremony

Walk to Restaurant Ursula

12:30 Lunch at Restaurant Ursula

13:45 Departure to Hakaniemi by tram

### **Fulbright Finland Foundation Office**

14:30 Reflecting on the Impact of the Fulbright-Hays Seminar

Tarja Mykrä, Education Consultant, Fulbright Finland Foundation

16:00 Break

17:30 Farewell Dinner at Restaurant Meripaviljonki

## Saturday, July 20, 2024

### *Departures from Helsinki*

Check out from the hotel

12:00 Meet the Fulbright Finland team in the hotel lobby

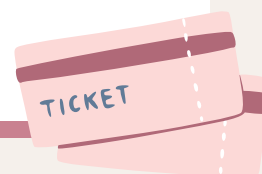
12:15 Lunch at Memphis Hakaniemi

14:15 Departure to Helsinki-Vantaa Airport by Bus

# Important Information

## Notes:

- ♦ All participants are expected to stay with the Seminar for the entirety of the program.
- ♦ Traveling outside Finland during free time is not allowed.
- ♦ Accommodation is arranged and covered by the Foundation. Any upgrades or extras must be paid for by the participants. This includes any services, food, or beverages ordered.
- ♦ Most meals are provided throughout the program. Meals are fixed menu or there will be a few options to choose from. Dietary restrictions have been communicated to the restaurants.
- ♦ Water is offered with meals. Alcoholic beverages are not included.
- ♦ There is no tipping culture in Finland.



## Fulbright Finland Foundation Team

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## In Case of an Emergency

### Central Emergency number: 112

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

### U.S. Embassy in Helsinki

Tel: +358 9 616 250

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

## WhatsApp Community

Join the WhatsApp community to discuss, share photos, and get updates during the Fulbright-Hays seminar.



# Thank You



The Fulbright Finland Foundation wishes to thank all the alumni, hosts, and speakers for sharing their time and expertise during the Fulbright-Hays Seminar. The Foundation also expresses its sincere gratitude to the following institutions for their invaluable support for the program:

**City of Vantaa**

**Consulate General of Finland in New York**

**ENO Schoolnet Association**

**Faktabaari FactBar**

**Finnish National Agency for Education**

**Haukilahti School**

**HUMAK University of Applied Sciences,  
Harjattula Campus**

**Lahti Rudolf Steiner School**

**The Finnish Education Evaluation Centre (FINEEC)**

**The Finnish Innovation Fund Sitra**

**The Regional Council of Southwest Finland**

**Tiedonjyvä Kindergarten, Tikkurila**

**Turku University Teacher Training School  
and Turku International School**

**University of Eastern Finland, School of Applied  
Educational Science and Teacher Education**

**University of Lapland**

**U.S. Department of Education**

**U.S. Embassy Helsinki**

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Porvoo Old Town



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