



# ARRIVAL ORIENTATION PROGRAM

For U.S. Fulbright Scholars and Students

August 18-21, 2025 Helsinki, Finland

#FinnishWelcome



FULBRIGHT FINLAND  
FOUNDATION



# Welcome to Fulbright Finland!

**Dear Fulbright Awardee,**

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

With your 2025-26 award, you are joining the community of over 6 300 Fulbright Finland Foundation grantees and alumni since the inception of our programs in 1949.

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

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

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

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

*Lämpimästi tervetuloa Suomeen!*

**Terhi Mölsä**

Chief Executive Officer,  
Fulbright Finland Foundation  
@TerhiMolsa

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- 15 Fulbright Finland Foundation Team

## Thank You!

The Fulbright Finland Foundation wishes to thank the following partners and sponsors for their invaluable support for the 2025 Orientation Seminar:

ASLA-Fulbright Alumni Association / [www.fulbright.fi](http://www.fulbright.fi)  
Ateneum Art Museum / [www.ateneum.fi](http://www.ateneum.fi)  
City of Helsinki / [www.hel.fi](http://www.hel.fi)  
Embassy of the United States in Helsinki / [fi.usembassy.gov](http://fi.usembassy.gov)  
Finnish Business and Policy Forum EVA / [www.eva.fi](http://www.eva.fi)  
Haaga-Helia University of Applied Sciences / [www.haaga-helia.fi](http://www.haaga-helia.fi)  
Hanken School of Economics / [www.hanken.fi](http://www.hanken.fi)  
Ministry of Education and Culture / [www.okm.fi](http://www.okm.fi)  
Ministry for Foreign Affairs / [www.formin.fi](http://www.formin.fi)  
Sibelius Upper Secondary School / [www.sibel.edu.hel.fi](http://www.sibel.edu.hel.fi)  
White & Case / [www.whitecase.com](http://www.whitecase.com)

# DAY 1

## Monday, August 18th

Welcome; Introductions; Fulbright Finland Foundation

### HOTEL SCANDIC PARK (MANNERHEIMINTIE 46)

**12:10 Meet with the Fulbright Finland Foundation Team in the Hotel Lobby**

**12:15 Travel to Hotel Korpilampi by Bus; Briefing About the Orientation Program And Everyone's Rights (*Jokaisenoikeudet*)**

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

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

### HOTEL KORPILAMPI (KORPILAMMENTIE 5, ESPOO)

**13:00-13:45 Welcome Remarks; Introductions of Grantees and the Foundation Team**

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

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

*13:45-14:05 Kahvitauko - Coffee Break*

**14:05-15:20 The Fulbright Finland Foundation, Its Global Network, and Your Role as a Grantee (*Module 1*)**

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

*15:20-15:30 Tauko - Break*

**15:30-15:55 Grantee Support Services and Key Contacts During the Fulbright Term (*Module 3*)**

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

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

**16:00-16:30 Your Role in Publicity and Outreach (*Module 2*)**

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

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

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

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## 16:30-19:00 Opportunity to go to Sauna, Swim, and Play Finnish Yard Games (Module 5)

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Family members have the opportunity to play Finnish yard games (e.g. *Mölkky*) with Pia and Tarja at 15:20-17:00. Sauna is available for family members from 16:00.

SAUNA GUIDES:

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

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

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## 18:30-20:00 Päivällinen - Dinner

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*Dietary restrictions have been communicated to the restaurant.*

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## 20:00 Bus Back to Helsinki

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## 20:45 Arrival to Hotel Scandic Park

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## Finnish 101

### Moi! Hei!

*Hi, hello!*

### Tervetuloa Suomeen!

*Welcome to Finland!*

### Mitä kuuluu?

*How are you?*

### Minun nimeni on...

*My name is...*

### Hauska tutustua!

*Nice to meet you!*

### Kiuas

*Hot stones in a sauna*

### Lauteet

*Sauna benches*

### Löyly

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

### Saanko heittää lisää löylyä?

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

# DAY 2

## Tuesday, August 19th

Education and Research in Finland; Networking Reception

### HOTEL SCANDIC PARK (MANNERHEIMINTIE 46)

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

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

**9:30-9:45**      **Refreshments, Recap and Tips for the Day; Welcome Remarks**

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

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**9:45-10:45**      **Panel Discussion: Finnish System of Higher Education and Research  
(Module 7)**

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

PANELISTS:

**Charlotta Collén**, Director for Research and International Affairs, Hanken School of Economics

**Erja Heikkinen**, Director, Science Policy Group, Finnish Ministry of Education and Culture

**Teemu Kokko**, President and CEO, Haaga-Helia University of Applied Sciences

FACILITATOR:

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

**10:45-11:00**      *Tauko* – Break

**SCHOLARS: ROOM A409**

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

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

**DISCUSSION LEADERS:**

**Lari Launonen**, Postdoctoral Researcher, University of Helsinki;

2024-25 ASLA-Fulbright Research Grant for a Junior Scholar

**Elizabeth Peterson**, Associate Professor, University of Jyväskylä;

2000-21 Fulbright U.S. Graduate Student Program

**Pirjo Kristiina Virtanen**, Professor, University of Helsinki;

2024-25 ASLA-Fulbright Research Grant for a Senior Scholar

**FACILITATOR:**

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

**STUDENTS: ROOM A408**

**Student Life in Finland**

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

**DISCUSSION LEADERS:**

**Jenna Fazio**, 2024-25 Fulbright-LUT University Graduate Award;

2025-26 Fulbright U.S. Student Program Renewal

**Megan Thiede**, 2024-25 Fulbright-Tampere University Graduate Award;

2025-26 Fulbright U.S. Student Program Renewal

**William Clinton Welsh**, 2018-19 Fulbright U.S. Graduate Student Program

**FACILITATOR:**

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

## RESTAURANT TÖÖLÖ (RUNEBERGINKATU 14-16)

**12:10-13:20 Verkostoitumislounas - Networking Lunch**

**13:20-13:30 Walk to the Fulbright Finland Foundation office**

## FULBRIGHT FINLAND FOUNDATION OFFICE, ROOM SH3-4 (ARKADIANKATU 7)

**13:30-13:35 Greetings from the U.S. Embassy**

**Danielle Harms**, Public Affairs Officer, U.S. Embassy Helsinki

**13:35-13:50 U.S. Citizen Services (Module 3)**

**Michael Wisner**, Vice Consul, U.S. Embassy Helsinki

**Joanna Lagerstam**, American Citizen Services Assistant, U.S. Embassy Helsinki

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



This event brings together partners and friends of the Fulbright Finland Foundation to kick off the new academic year.

Wine and light refreshments will be served.

*Dinner arrangements on your own.*

**Yliopisto**

*University*

**Tiedekunta**

*Department (in a university)*

**Opiskelija**

*Student*

**Tutkija**

*Scholar, researcher*

**Stipendiaatti**

*Grantee*

**Olen Fulbright-stipendiaatti Helsingin/Oulun/  
Jyväskylän/Turun/Tampereen/Vaasan... yliopistossa**

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

# DAY 3

## Wednesday, August 20th

Cross-Cultural Communication; Foreign Policy; Ateneum Art Museum

### HOTEL SCANDIC PARK (MANNERHEIMINTIE 46)

**8:50** Meet with the Fulbright Finland Foundation Team in the Lobby; Travel to White & Case by Tram

### WHITE & CASE (ALEKSANTERINKATU 44)

**9:15-9:30** Welcome Remarks; *Aamukahvi* - Morning Coffee

**Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation  
**Sten Olsson**, Partner, White & Case; Member, Fulbright Finland Foundation Board of Directors; 2000-01 ASLA-Fulbright Graduate Grant

**9:30-9:40** Travel During Your Fulbright Term (*Module 3*)

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

**9:40-9:50** Inter-Country Travel Grant Program for Host Institutions (*Module 2*)

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



White & Case is a global law firm with offices in 31 countries worldwide. Their Helsinki office is located in *Väinämöisenlinna*, one of the best-known Jugend-style buildings in Helsinki.

The outer walls of the building feature faces of trolls and characters of Kalevala, the national epic of the Finns and Karelians.

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## 9:50-10:15 Fulbright Seminars and Activities in Finland in 2025-26 (Module 2)

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

- American Voices Seminar (October)
- Annual Thanksgiving Events (November)
- Fulbright Forum: Education (Spring)
- Mid-term Meeting (March)
- Fulbright Finland Foundation Award Ceremony and Reception (May)
- Others

10:15-10:25 *Tauko* – Break

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## 10:25-10:55 Adventures in Cross-Cultural Communication (Module 5)

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**Emma Mulhern**, Research Scientist, VTT Technical Research Centre of Finland; 2021-22 Fulbright-LUT University Graduate Award Grantee

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## 11:00-11:30 Overview of Finnish Foreign Policy and Current Transatlantic Security Environment from Finland's Perspective (Module 5)

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**Marko Mäntylä**, Senior Adviser, Unit for North America, Ministry for Foreign Affairs of Finland

11:30-12:30 *Lounas* – Lunch

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## 12:30-12:45 Grantee-Alumni Continuum (Module 4)

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

12:45-13:00 Walk to the Ateneum Art Museum



**Hyvää huomenta!**

*Good morning!*

**Yksi kahvi/tee, kiitos**

*One coffee/tea, thank you*

**Lounas**

*Lunch*

**Missä on vessa?**

*Where is the toilet?*

**13:15-14:15 Guided Tour at the Ateneum Art Museum (Module 5)**

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*Visit and tour courtesy of Ateneum Art Museum.*

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**14:15-15:00 Opportunity to Explore the Exhibitions Independently**

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Exhibitions at Ateneum Art Museum:

- Crossing Borders  
*For the first time, works by women artists who studied and worked in Germany in the 19th century are brought together in one exhibition. At the time, women had to choose between a career and a family, and they did not yet have the right to vote. The artists featured in Crossing Borders paved the way for the next generation of artists.*
- Collection: A Question of Time  
*Our collection exhibition A Question of Time reflects on the major questions of our time through art. The exhibition also offers fresh perspectives into Finland's oldest and most extensive art collection and how it was built.*

**15:00 Meet the group at the Ateneum main entrance; walk to the Sibelius Upper Secondary School**

SIBELIUS UPPER SECONDARY SCHOOL (LIISANKATU 13)

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**15:25-15:45 Sámi Perspective (Module 6)**

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**Kristiina Jomppanen**, Finnish, German, and North Sámi Language Teacher, Inari Community College; Project Manager, University of Lapland; 2017-18 Finnish Language and Culture Teaching Assistant

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**15:45-16:15 Suomi 101 (Module 5)**

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**Anna-Maria Peltomäki**, University Teacher, University of Helsinki; 2011-12 Finnish Language and Culture Teaching Assistant

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**16:30-18:00 Alumni Welcome Event - Tervetuloilaisuus (Module 4)**

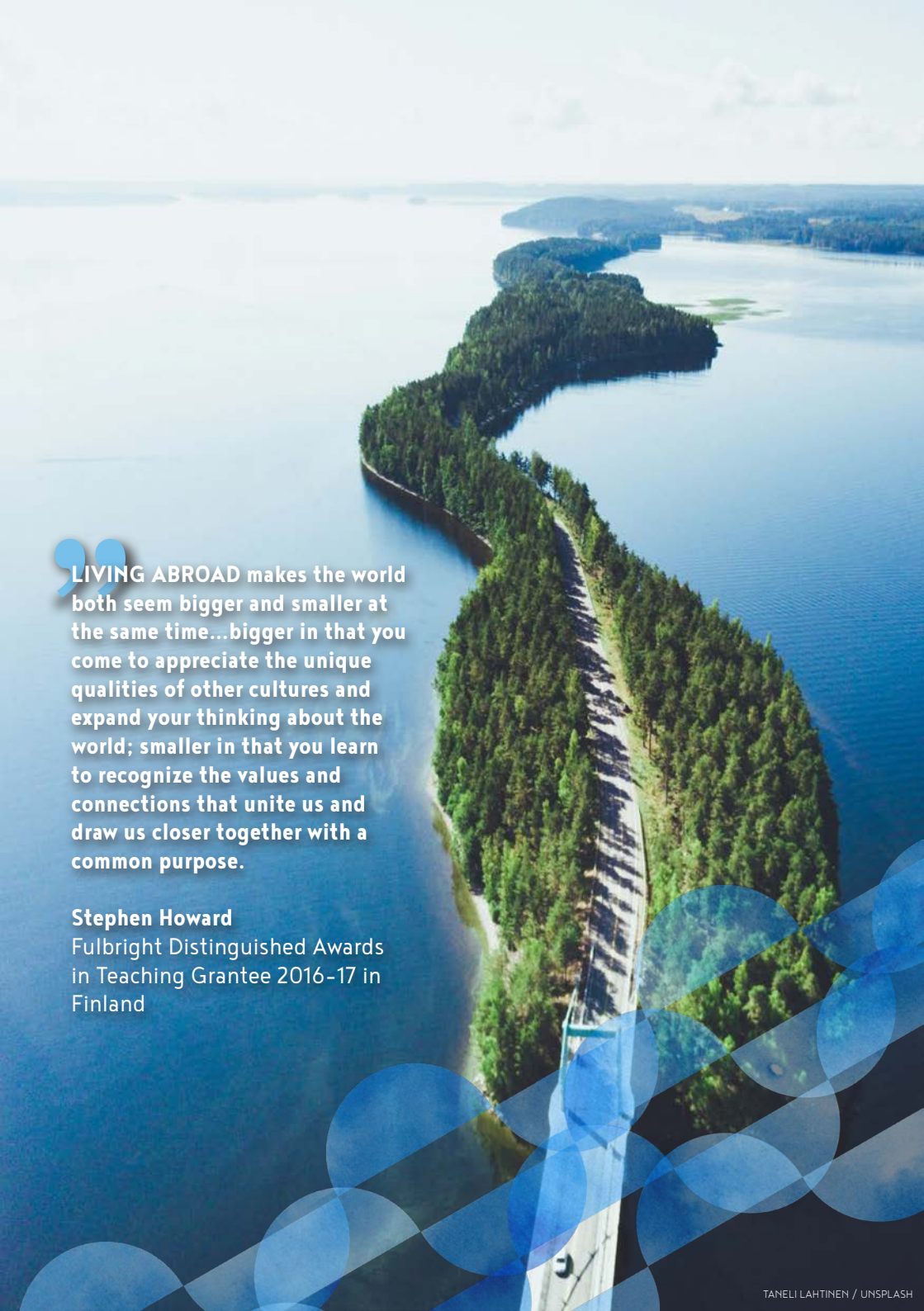
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Welcome by the hosts of the event **Maija Urponen**, President and **Seda Altunbay**, Vice-president, ASLA-Fulbright Alumni Association

Welcome by **Milla Rantanen**, Acting Rector, Sibelius Upper Secondary School

Musical performances by students of the Sibelius Upper Secondary School

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



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

**Stephen Howard**

Fulbright Distinguished Awards  
in Teaching Grantee 2016-17 in  
Finland

# DAY 4

## Thursday, August 21st

City Tour; Economy; History

HOTEL SCANDIC PARK (MANNERHEIMINTIE 44)

**9:00** Meet with the Fulbright Finland Foundation Team in the Lobby

**9:15-11:15** Helsinki City Sightseeing Sponsored by the City of Helsinki

Guide: **Kasper Mårtenson**

**11:15-11:45** Arrival at the Foundation office; opportunity to take your luggage to the office; break and transition to the lunch venue

BISTRO MANU (ETELÄINEN RAUTATIEKATU 4)

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

FULBRIGHT FINLAND FOUNDATION OFFICE, ROOM SH3-4 (ARKADIAKATU 7)

**13:15-13:45** 5 Trends in the Economy of Finland (*Module 5*)

**Ilkka Haavisto**, Head of Research, Finnish Business and Policy Forum EVA

**13:50-14:30** 10,000 Years of Finnish History in 40 Minutes (*Module 5*)

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

**14:35-15:15** Wrap-up Discussion and Evaluations, Awarding of the Certificates, and Announcing the Winner of #FinnishWelcome Contest

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



## Finnish 101

**Oli mukava tavata!**

*It was nice to meet you!*

**Moi moi! Hei hei!**

*Bye!*

**Nähdään taas!**

*See you again!*



### **Fulbright Finland Foundation Team:**

1st row (left-right):

**Heidi Tiainen**, Program and Events Coordinator

**Karoliina Kokko**, Senior Program Manager

**Mihkel Vaim**, Coordinator

**Emmi Jelekäinen**, Program Manager

**Tarja Mykrä**, Program Specialist

2nd row (left-right):

**Terhi Mölsä**, Chief Executive Officer

**Maija Kettunen**, Communications Manager

**Saara Martikainen**, Program Coordinator

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

**Pia Arola**, Executive Assistant

*Not in the photo:* **Maximilian Fleischer**, Project Assistant

## Find us online

**#FulbrightFinland #FinnishWelcome**

