



ARRIVAL ORIENTATION PROGRAM

For U.S. Fulbright Finland Scholars and Students

August 17-20, 2026 Helsinki, Finland

#FinnishWelcome



FULBRIGHT FINLAND
FOUNDATION



Welcome to Fulbright Finland!

Dear Fulbright Finland 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 2026-27 award, you are joining the community of over 6 400 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

Contents

- 2 Welcome to Fulbright Finland!
- 3 Partners and Sponsors
- 4 Orientation Schedule

Thank You!

The Fulbright Finland Foundation wishes to thank the following partners and sponsors for their invaluable support for the 2026 Orientation Seminar:

ASLA-Fulbright Alumni Association / www.fulbright.fi
Ateneum Art Museum / www.ateneum.fi
Embassy of the United States in Helsinki / fi.usembassy.gov
Finnish Business and Policy Forum EVA / www.eva.fi
Hanken School of Economics / www.hanken.fi
Ministry of Education and Culture / www.okm.fi
Ministry for Foreign Affairs / www.formin.fi
Research Council of Finland / www.aka.fi
Sibelius Upper Secondary School / www.sibel.edu.hel.fi
White & Case / www.whitecase.com

DAY 1

Monday, August 17th

Welcome; Introductions; Fulbright Finland Foundation

SOKOS HOTEL PRESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

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

12:15 **Travel to Hotel Lepolampi 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

HOTEL LEPOLAMPI (KIVILAMMENTIE 1, ESPOO)

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

Terhi Mölsä, Chief Executive Officer, 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 8*)**

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

15:20-15:30 Tauko - Break

15:30-16:00 **Your Role in Publicity and Outreach (*Module 4*)**

Maija Kettunen, Communications Manager, Fulbright Finland Foundation
Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation
Heidi Tiainen, Program and Events Specialist, Fulbright Finland Foundation
Emmi Jelekäinen, Manager, Scholar Programs, Fulbright Finland Foundation

16:00-18:00 Opportunity to go to Sauna, Swim, and Play Finnish Yard Games (Module 9)

Family members have the opportunity to play Finnish yard games (e.g. *Mölkky*) with Pia and Karoliina at 14:05-16:00. Sauna is available from 16:00.

SAUNA GUIDES:

Pia Arola, Executive Assistant, Fulbright Finland Foundation

Mihkel Vaim, Program and Digital Services Specialist, Fulbright Finland Foundation

17:30-19:00 Päivällinen - Dinner

Dietary restrictions have been communicated to the restaurant.

19:00 Bus Back to Helsinki

19:45 Arrival to Sokos Hotel Presidentti



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 18th

Education and Research in Finland; Ateneum Art Museum; Alumni Welcome

SOKOS HOTEL PRESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

9:15 **Meet with the Fulbright Finland Foundation Team in the Lobby;
Walk to the Hanken School of Economics**

HANKEN SCHOOL OF ECONOMICS, A307 (ARKADIANKATU 22)

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

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation
Sofia Stolt, Associate Dean of Pedagogical Development and Language Policy; Director, Centre for Language and Business Communication, Hanken School of Economics

9:45-10:05 **Q&A about Grantee Support Services and Key Contacts During the Fulbright Term (*Modules 3, 5, 7*)**

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

10:05-10:15 *Tauko - Break*

10:15-11:15 **Panel Discussion: Higher Education and International Research Collaboration in Finland (*Module 9*)**

- Finland's dual system of higher education and the difference between a university and a university of applied sciences
- The role of governmental science and research policy in promoting research and international research cooperation
- Development of the research and innovation system
- Current issues in scientific cooperation between Finland and the USA
- Funding for transatlantic research collaboration

PANELISTS:

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

Jukka Tanskanen, Head of Science Policy and International Affairs, Research Council of Finland

FACILITATORS:

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

Petri Koikkalainen, Deputy Executive Director / COO, Fulbright Finland Foundation

11:15–11:30 Walk to Restaurant Töölö

RESTAURANT TÖÖLÖ (RUNEBERGINKATU 14-16)

11:30–12:30 Lounas - Lunch

12:30–13:00 Walk to the Ateneum Art Museum

13:00–14:00 Guided Tour of the Ateneum Art Museum (Module 6)

Visit and tour courtesy of the Ateneum Art Museum.

14:00–14:20 Opportunity to Explore the Exhibitions Independently

Exhibitions at the Ateneum Art Museum:

- Eero Nelimarkka
An exhibition covering the entire career of Eero Nelimarkka (1891–1977) takes a fresh look at the versatile artist and sheds light on his view of the world. Nelimarkka's fascinating life story traces his journey from being the son of a washerwoman in Vaasa to becoming one of Finland's most popular artists, whose career was one of a dedicated artist.
- 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.

14:20 Meet the group at the Ateneum main entrance; walk to the University of Helsinki Main Building

14:45-16:00 Break-out Sessions for Scholars and Students (Modules 7 & 9)

SCHOLARS: ROOM F3004

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:

John Broussard, Professor, SUNY - Empire State University;
2016-17 Fulbright-Hanken Distinguished Chair in Business and Economics;
2025-26 Friends of Fulbright Finland Alumni Enrichment Award

William Doyle, Mid-Career Professional Development Program 2015-16

Elizabeth Peterson, Associate Professor, University of Jyväskylä;
2000-01 Fulbright U.S. Graduate Student Program

Shelley Stephenson, Associate Consultant for Comprehensive
Internationalization, CoreCollaborative International; Senior Advisor,
Fulbright Finland Foundation; 2026-27 Fulbright Specialist

Juho Rousu, Director, Helsinki Institute for Information Technology HIIT;
2025-26 ASLA-Fulbright Research Grant for a Senior Scholar

FACILITATOR:

Emmi Jelekäinen, Program Manager, Fulbright Finland Foundation

STUDENTS: ROOM F3006

Student Life in Finland

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

DISCUSSION LEADERS:

Ariana Blair, 2025-26 Fulbright-Tampere University Graduate Award

Laya Bommireddy, 2025-26 Fulbright-University of Turku Graduate Award

Emily Boyett, 2025-26 Fulbright-University of Helsinki Graduate Award

Dana Caldwell, 2025-26 Fulbright-University of Jyväskylä Graduate Award

Jenna Fazio, 2024-25 Fulbright-LUT University Graduate Award;
2025-26 Fulbright U.S. Student Program Renewal

FACILITATOR:

Karoliina Kokko, Senior Program Manager, Fulbright Finland Foundation

16:00-16:15 Walk to the Sibelius Upper Secondary School

16:30-18:00 Alumni Welcome Event - *Tervetulo-tilaisuus (Module 5)*

Welcome by the hosts of the event **Seda Altunbay**, Chair and **Kristina Leppälä**, Vice-chair, ASLA-Fulbright Alumni Association

Welcome by **Minna Juntunen**, Vice Principal, 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.



Finnish 101

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 19th

Fulbright Finland Seminars and Activities; Foreign Policy and Economy;
U.S. Embassy Reception

SOKOS HOTEL PRESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

9:40 Meet with the Fulbright Finland Foundation Team in the Lobby; Walk to White & Case

Morning coffee and lunch courtesy of White & Case.

WHITE & CASE (ALEKSANTERINKATU 44)

10:00-10:20 Welcome Remarks; *Aamukahvi* - Morning Coffee

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

10:20-10:25 Greetings from the U.S. Embassy

Holly Zardus, Public Affairs Officer, U.S. Embassy Helsinki

10:25-10:40 U.S. Citizen Services

Lauren Higgins, Vice Consul, U.S. Embassy Helsinki

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



Finnish 101

Hyvää huomenta!

Good morning!

Yksi kahvi/tee, kiitos

One coffee/tea, thank you

Lounas

Lunch

Missä on vessa?

Where is the toilet?

10:40-10:50 Grantee-Alumni Continuum

Maija Kettunen, Communications Manager, Fulbright Finland Foundation

10:50-11:00 *Tauko - Break*

11:00-11:30 Overview of Finnish Foreign Policy and Current Transatlantic Security Environment from Finland's Perspective (*Module 9*)

Janne Jokinen, Expert, Unit for North America, Ministry for Foreign Affairs of Finland

11:30-12:00 Fulbright Finland Seminars and Activities in 2026-27

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 Awards Ceremony and Reception (May)
- Others

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

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.



13:00-13:30 5 Trends in the Economy of Finland (Module 9)

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

13:30-13:35 *Tauko - Break*

13:35-14:05 Suomi 101 (Module 6)

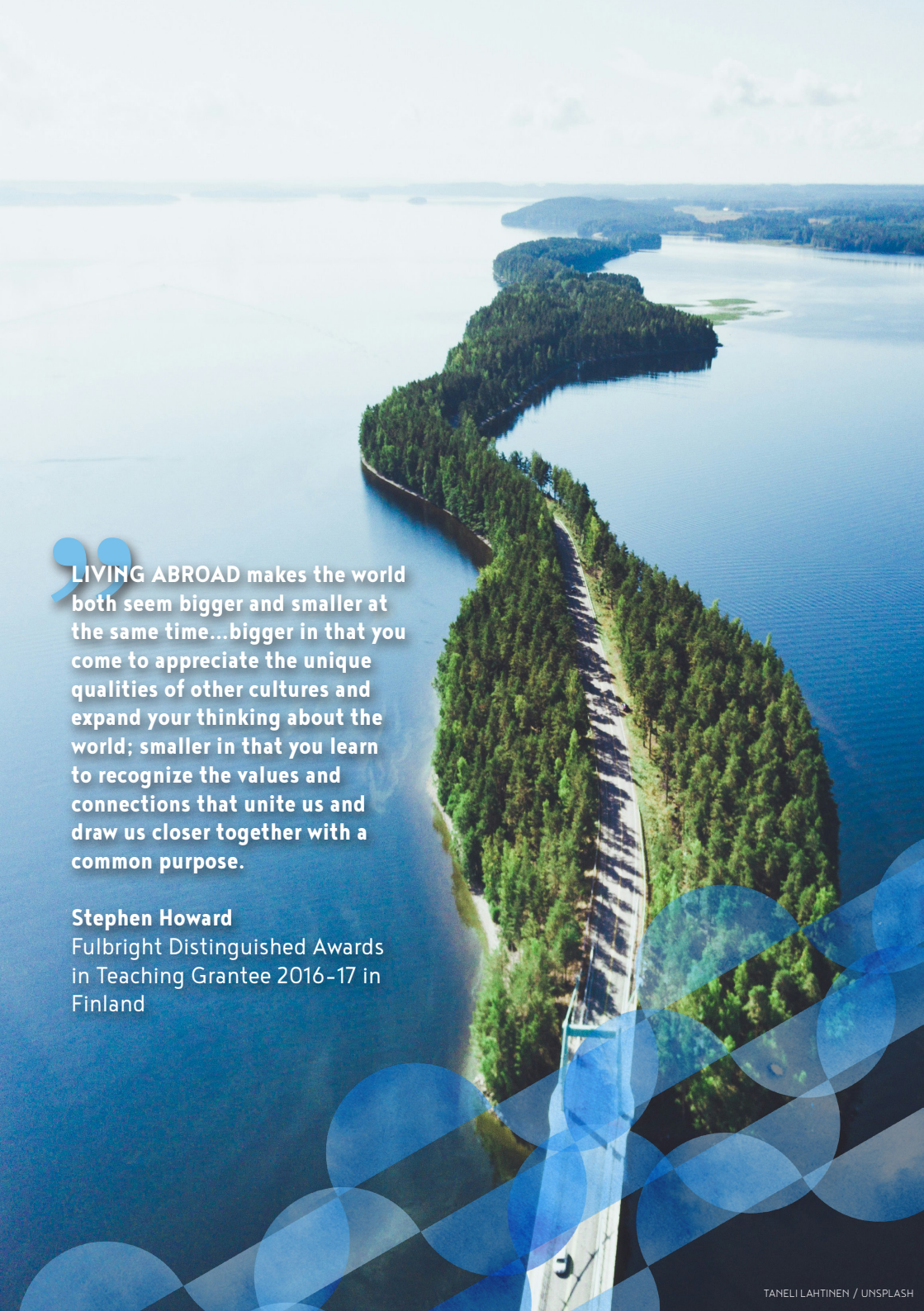
Alma Komulainen, 2025-26 Fulbright Finnish Language and Culture Teaching Assistant (FLTA)

14:05-14:45 Break, walk to the Senate Square; Bus departs to the U.S. Embassy

U.S. EMBASSY RESIDENCE (ITÄINEN PUISTOTIE 14)

15:30-17:00 Reception in Honor of the U.S.-Finnish Exchanges and the 80th Anniversary of the Global Fulbright Program

Departure from the Embassy and dinner arrangements on your own.

An aerial photograph of a narrow, winding road that cuts through a dense green forest on a peninsula. The peninsula is surrounded by a vast, calm blue lake. In the distance, more forested land and islands are visible under a bright sky with some clouds. The road has a white dashed line down the center and a solid white line on the edge. The overall scene is peaceful and scenic.

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 20th

City Tour; History; Cross-Cultural Communication

SOKOS HOTEL PRESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

9:50 Meet with the Fulbright Finland Foundation Team in the Lobby

10:00-12:00 Helsinki City Tour by Bus

Guide: **Maria del Carmen Hänninen**, Authorized Guide

HELSINKI CENTRAL LIBRARY OODI, 1ST FLOOR (TÖÖLÖNLAHDENKATU 4)

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

HELSINKI CENTRAL LIBRARY OODI, KUUTIO, 2ND FLOOR

13:05-13:25 Sámi Perspective (Module 6)

Kristiina Jomppanen, Finnish, German, and North Sámi Language Teacher, Inari Community College; University of Lapland; 2017-18 Fulbright Finnish Language and Culture Teaching Assistant (FLTA)

13:25-13:30 Tauko - Break

13:30-14:10 10,000 Years of Finnish History in 40 Minutes (Module 9)

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

14:10-14:15 Tauko - Break

14:15-14:45 Adventures in Cross-Cultural Communication (Module 6 & 9)

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

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



PHOTO: CAMILLA BLOOM / camillabloom.com



Finnish 101

Oli mukava tavata!

It was nice to meet you!

Moi moi! Hei hei!

Bye!

Nähdään taas!

See you again!

Find us online

#FulbrightFinland #FinnishWelcome

