



ARRIVAL ORIENTATION PROGRAM

For U.S. Fulbright Scholars and Teachers
#FinnishWelcome

January 21-23 Helsinki, Finland



FULBRIGHT FINLAND
FOUNDATION



Welcome to Fulbright Finland!

Dear Fulbright Awardee,

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

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

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

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

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

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

Lämpimästi tervetuloa Suomeen!

Terhi Mölsä

Chief Executive Officer,
Fulbright Finland Foundation
@TerhiMolsa

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Thank You!

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

City of Turku / www.turku.fi

Embassy of the United States in Helsinki / fi.usembassy.gov

Finnish National Agency for Education / www.oph.fi

Haaga-Helia University of Applied Sciences / www.haaga-helia.fi

Hanken School of Economics / www.hanken.fi

Sibelius Upper Secondary School / www.sibel.edu.hel.fi

University of Helsinki / www.helsinki.fi

DAY 1

Tuesday, January 21st

Welcome, Introduction to the Fulbright Finland Foundation

HOTEL SCANDIC HAKANIEMI (SILTASAARENKATU 14)

12:15 Meet with the Fulbright Finland Foundation Team in the Hotel Lobby

MONIKÄYTTÖTILA (HAKANIEMENRANTA 6)

12:30 Coffee and Pulla

12:45-13:50 Welcome Remarks; Introductions of Grantees and Foundation Team

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

13:50-14:00 Tauko - Break

**14:00-15:00 U.S. Fulbrighters and the Fulbright Program in Finland:
What Everyone Needs to Know (Module 1)**

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

15:00-15:10 Tauko - Break

15:10 Travel to Hotel Korpilampi by Bus; Introduction to the Orientation Program; a Brief Introduction to Finnish Popular Culture through the Eurovision Song Contest

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

Maija Kettunen, Communications Manager, Fulbright Finland Foundation

HOTEL KORPILAMPI (KORPILAMMENTIE 5, ESPOO)

16:10-16:20 Kahvitauko - Coffee Breakx

TEACHERS: ROOM 4

Schools and Teachers in the Finnish Systems

- How to go about visiting Finnish schools
- Communicating and creating social connections with Finns
- Living in Finland

DISCUSSION LEADERS:

- Seda Altunbay, English Teacher, Latokartano Comprehensive School; Study of the U.S. Institute for Secondary School Educators 2023
- Veera Illman, Teacher, Meilahti Comprehensive School; Fulbright Distinguished Awards in Teaching 2023-24
- Jenni Sipola, Classroom Teacher, Lehtikuusi School; Fulbright Distinguished Awards in Teaching 2021-22
- Maria Virokannas, EFL Teacher, International Coordinator, Sibelius Upper Secondary School; Study of the U.S. Institute for Secondary School Educators 2021-22

SCHOLARS: ROOM 5

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:

- Kamilla Karhunmaa, Doctoral Researcher, University of Helsinki; ASLA-Fulbright Pre-Doctoral Research Fellow 2017-18
- Maija Urponen, Entrepreneur and Researcher, Urban Research TA; ASLA-Fulbright Mid-Career Professional Development Grant 2021-22
- Joshua Wilson, Professor and Chair, University of Denver; Fulbright Bicentennial Chair in American Studies 2024-25

17:30-19:00 Opportunity to go to Sauna and Try Ice Swimming (Module 5)

18:30-19:45 Päivällinen - Dinner

Dietary restrictions have been communicated to the restaurant.

19:45 Bus Back to Helsinki

20:30 Arrival to Hakaniemi

Emergency contact: Mirka McIntire +358 44 5535 269



Finnish 101

Moi! Hei!

Hi, hello!

Tervetuloa Suomeen!

Welcome to Finland!

Mitä kuuluu?

How are you?

Minun nimeni on...

My name is...

Hauska tutustua!

Nice to meet you!

Kiuas

Hot stones in a sauna

Lauteet

Sauna benches

Löyly

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

Saanko heittää lisää löylyä?

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

DAY 2

Wednesday, January 22nd

Citizen and Support Services; City Tour; Finnish Language;
Networking Reception

HOTEL SCANDIC HAKANIEMI (SILTASAARENKATU 14)

8:45 Meet with the Fulbright Finland Foundation Team in the Lobby

FULBRIGHT FINLAND FOUNDATION OFFICE (HAKANIEMENRANTA 6, 6TH FLOOR)

9:00-9:15 Aamukahvi ja *karjalanpiirakka*; Recap

9:15-9:20 Greetings from the U.S. Embassy

Michael Wisner, Vice Consul, Embassy Helsinki

9:20-9:30 U.S. Citizen Services (*Module 3*)

Michael Wisner, 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
- Other citizen services

9:30-10:00 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

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

10:10-10:45 Your Role in Publicity and Outreach (*Module 2*)

- Terhi Mölsä**, Chief Executive Officer, Fulbright Finland Foundation
Maija Kettunen, Communications Manager, Fulbright Finland Foundation
- Social Media
 - Media Outreach
 - Fulbright Finland Events for Spring 2025
 - Capacity Building Workshop
 - Mid-term Meeting
 - Virtual Fulbright Forum on Education Innovation
 - Fulbright Finland Award Ceremony and Reception
 - Fulbright Speaker Program
 - CEO Conversations

10:50-11:00 Inter-Country Travel Grant Program for Host Institutions (*Module 2*)

Tarja Mykrä, Program Specialist, Fulbright Finland Foundation

11:00-11:30 Suomi 101 (*Module 5*)

Tarja Mykrä, Program Specialist, Fulbright Finland Foundation

RESTAURANT JUTTUTUPA (SÄÄSTÖPANKINRANTA 6)

11:45-13:00 *Lounas* - Lunch

13:00-15:00 Helsinki City Sightseeing by Bus

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

15:00 Arrival at the University of Helsinki

15:15-16:15 Panel Discussion: Finnish Education System (K-12): National, Municipal, and School Level (*Module 6*)

- National framework for Finnish K-12 education
- Role of municipalities in organizing education
- Principals' and teachers' role in Finnish schools

PANELISTS:

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

Helena Mikkola, Manager of International Affairs, City of Turku

Pekka Hurskainen, Principal/Upper Secondary School, Viikki teacher Training School of the University of Helsinki

FACILITATOR:

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

16:30-18:00 Networking Reception in Honor of the Spring 2025 U.S. Fulbright Scholars and Educators

Host:

Kaarle Hämeri, Chancellor, University of Helsinki;
Member, Fulbright Finland Foundation Board of Directors

Free evening; 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/Jyväskylän/ Turun/Tampereen... yliopistossa

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

DAY 3

Thursday, January 23rd

Sámi Perspective; Finnish History; Higher Education and Research

HOTEL SCANDIC HAKANIEMI (SILTASAARENKATU 14)

09:00 Meet with the Fulbright Finland Foundation Team in the Lobby

FULBRIGHT FINLAND FOUNDATION OFFICE (HAKANIEMENRANTA 6, 6TH FLOOR)

9:15-9:30 *Aamukahvi*, Time for Reflections

9:30-9:50 Sámi Perspective (*Module 5*)

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

9:55-10:05 Grantee-Alumni Continuum (*Module 4*)

Maija Kettunen, Communications Manager, Fulbright Finland Foundation

10:10-10:50 Adventures in Intercultural Communication and Culture Shock

Sophia Hagolani-Albov, PhD Candidate/Doctoral Researcher in the TreesForDev Project, University of Helsinki; U.S. Fulbright Fellow 2013-14

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

11:00-11:45 Panel Discussion: Finnish System of Higher Education and Research

- Finnish System of Higher Education and Research
- Differences Between Universities and Universities of Applied Sciences
- Internationalization in Finnish Higher Education and Research

PANELISTS:

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

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

FACILITATOR:

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

11:45-12:45 Lounas - Lunch

12:45-13:30 10,000 Years of Finnish History in 40 Minutes

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

13:30-13:50 Tauko - Break

13:50-14:15 Walk to the Sibelius Upper Secondary School

14:15-14:45 Introduction to the School and Performances by Students

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

Musical performance by the students of the Sibelius Upper Secondary School

14:45-15:30 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!

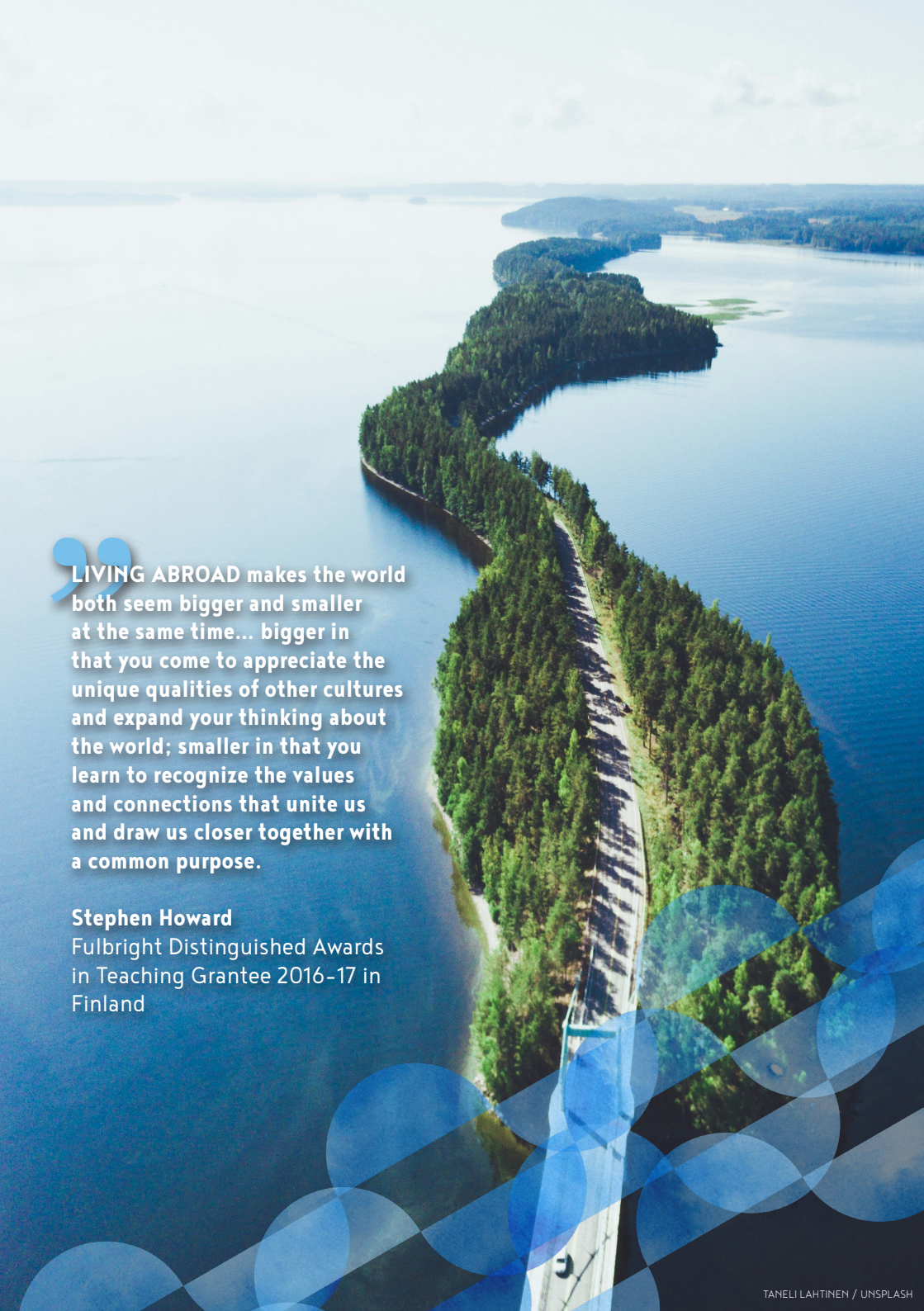
It was nice to meet you!

Moi moi! Hei hei!

Bye!

Nähdään taas!

See you again!



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



Fulbright Finland Foundation Team:

1st row (left-right):

Heidi Tiainen, Program and Events Coordinator

Karoliina Kokko, Senior Program Manager

Maija Kettunen, Communications Manager

Saara Martikainen, Program Coordinator

2nd (left-right):

Pia Arola, Executive Assistant

Mirka McIntire, Manager, Teacher Exchange and Education Programs

Emmi Jelekäinen, Program Manager

3rd row (left-right):

Terhi Mölsä, Chief Executive Officer

Tarja Mykrä, Program Specialist

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

Mihkel Vaim, Coordinator

GRANTEES

U.S. Grantees

in Finland 2024-25

FULBRIGHT DISTINGUISHED CHAIRS PROGRAM

Goodwin, Julie

Fulbright-Saastamoinen Foundation
Distinguished Chair in Health Sciences
Yale University, CT
University of Eastern Finland, Kuopio
2 months, Flex grant for academic years
2023-25

Hackney, Anthony

Fulbright-Saastamoinen Foundation
Distinguished Chair in Health Sciences
University of North Carolina at Chapel
Hill, NC
University of Eastern Finland, Kuopio
2 months, Flex grant for academic years
2023-25

Hou, Su-I

Fulbright-Saastamoinen Foundation
Distinguished Chair in Health Sciences
University of Central Florida, FL
University of Eastern Finland, Kuopio
2 months, Flex grant for academic years
2024-26

Lunney, Glynn

Fulbright-Hanken Distinguished Chair
in Business and Economics
Texas A&M University, TX
Hanken School of Economics, Helsinki
3 months, beginning March 2025

Wang, Gang

Fulbright-Hanken Distinguished Chair
in Business and Economics
Florida State University, FL
Hanken School of Economics, Helsinki
3 months, beginning August 2024

Wilson, Joshua

Fulbright Bicentennial Chair in
American Studies
University of Denver, CO
University of Helsinki
9 months, beginning August 2024

CORE FULBRIGHT U.S. SCHOLAR PROGRAM

Bultman, Thomas

Fulbright-University of Turku Scholar
Award
Hope College, MI
University of Turku
5,5 months, beginning January 2025

Elder, Kate

Fulbright-VTT Award in Science,
Technology and Innovation
Lawrence Livermore National
Laboratory, CA
VTT Technical Research Centre of
Finland, Espoo
6 months, beginning August 2024

Euskirchen, Eugénie

Seeking Solutions for Global
Challenges Award
University of Alaska Fairbanks, AK
University of Lapland, Rovaniemi;
University of Eastern Finland, Joensuu;
University of Helsinki
6 months, beginning August 2024

Fowler, Amy

Fulbright-University of Turku Scholar
Award
George Mason University, VA
University of Turku
6 months, beginning July 2024

Hayes, Jarrod

Fulbright Iceland-National Science
Foundation Arctic Security Award to
Iceland and Finland
University of Massachusetts, Lowell, MA
University of Turku
3 months, beginning January 2025

Ho, Chun-Hsing

Fulbright-Tampere University Scholar
Award
University of Nebraska - Lincoln, NE
Tampere University
6 months, beginning January 2025

Kim, Daekwan

Fulbright-University of Vaasa Scholar
Award
State University, FL
University of Vaasa
4 months, beginning September 2024

Lin, Xiaomao

Fulbright-Saastamoinen Foundation
Grant in Health and Environmental
Sciences
Kansas State University, KS
University of Eastern Finland, Kuopio
8 months, beginning August 2024

Marttinen, Risto

George Mason University, VA
University of the Arts Helsinki
5 months, beginning January 2025

McClintock, Madison

Mid-Career Professional Development
Program
Self-Employed
Craft Museum of Finland, Jyväskylä
5 months, beginning January 2025

Newmark Engberg, Julianne

Fulbright-Tampere University Scholar
Award
University of New Mexico, NM
Tampere University
10 months, beginning August 2024

Shortridge, Julie

Fulbright-University of Oulu Scholar
Award
Virginia Polytechnic Institute and
State University, VA
University of Oulu
9 months, beginning August 2024

FULBRIGHT-HAYS DOCTORAL DISSERTATION RESEARCH ABROAD

Slavutskiy, Ilya

Rutgers, The State University of New Jersey, NJ
National Library of Finland, Helsinki
2 months, beginning March 2025

FULBRIGHT GLOBAL SCHOLAR AWARD

Hill, TL

Temple University, PA
University of Vaasa
2.5 months, Flex grant for academic year 2024–25

FULBRIGHT U.S. STUDENT PROGRAM

U.S. Student Program grantees will be in Finland for 1 academic year

Asmus, Ava

Fulbright–LUT University Graduate Award
Graduate of Hope College, MI
LUT University, Lappeenranta

Conroy, Paul

Fulbright–University of Helsinki Graduate Award
Graduate of the United States Military Academy at West Point, NY
University of Helsinki

Fazio, Jenna

Fulbright–LUT University Graduate Award
Graduate of Villanova University, PA
LUT University, Lappeenranta

Greene, Andrew

Fulbright–University of Turku Graduate Award
Graduate of Duke University, NC
University of Turku

Moje, Katelyn

Fulbright–LUT University Graduate Award
Graduate of Iowa State University, IA
LUT University, Lappeenranta

Nguyen, Anh

Fulbright–Aalto University Graduate Award
Graduate of the University of New Hampshire, NH
Aalto University, Espoo

Rod, Lauren

Fulbright–LUT University Graduate Award
Graduate of Boise State University, ID
LUT University, Lappeenranta

Schirmacher, Natalie

Fulbright–Tampere University Graduate Award
Graduate of Villanova University, PA
Tampere University

Thiede, Megan

Fulbright–Tampere University Graduate Award
Graduate of the University of Colorado Boulder, CO
Tampere University

FULBRIGHT U.S. STUDENT PROGRAM RENEWALS

Friel, Chase

Fulbright–University of Turku Graduate Award 2023–24
Graduate of North Park University, IL
University of Turku
9 months, beginning August 2024

FULBRIGHT DISTINGUISHED AWARDS IN TEACHING RESEARCH PROGRAM

Barnett, David

Royal Oak High School, MI
University of Helsinki
4 months, beginning January 2025

Bartkowski, Ann

Everett Middle School, CA
University of Turku
5 months, beginning January 2025

Hull, Samantha

Ephrata Senior High School, PA
University of Jyväskylä
5 months, beginning January 2025

Vaa, Kitten

Highland Terrace Elementary, WA
University of Helsinki
3 months, beginning January 2025

FULBRIGHT SPECIALIST PROGRAM

Andonian, Lynne

San Jose State University, CA
JAMK University of Applied Sciences, Jyväskylä
2 weeks, beginning September 2024

Brush, Jennifer

Brush Development Company, OH
Suomen MuistiMontessori ry, Espoo
2 weeks, beginning September 2024

Leavengood, Scott

Oregon State University, OR
University of Helsinki
4 weeks, beginning October 2024

Pullins, Ellen

University of Toledo, OH
University of Eastern Finland, Kuopio
2 weeks, beginning September 2024

Salles, Felipe

University of Massachusetts Amherst, MA
Metropolia University of Applied Sciences, Helsinki; UMO Helsinki
2 weeks, beginning October 2024

Simpson, Amber

Binghamton University, NY
University of Eastern Finland, Joensuu
4 weeks, beginning April 2025

Stiegmann, Regan

Rocky Vista University, CO
University of Helsinki
3 weeks, beginning April 2025

Williams, Holly

Clemson University, SC
Tampere University
2 weeks, beginning May 2025



**FULBRIGHT FINLAND
FOUNDATION**



Find us online

#FulbrightFinland #FinnishWelcome

