



ARRIVAL ORIENTATION PROGRAM

For U.S. Fulbright Finland Scholars and Teachers

January 20-22 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 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!

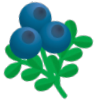
Lämpimästi tervetuloa Suomeen!

Terhi Mölsä

Chief Executive Officer,
Fulbright Finland Foundation

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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!

Kiitos - Thank You!

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

City of Seinäjoki / www.seinajoki.fi

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

Finnish Ministry of Education and Culture / www.okm.fi

Finnish National Agency for Education / www.oph.fi

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

Ministry for Foreign Affairs of Finland / www.um.fi

Research Council of Finland / www.aka.fi

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

University of Helsinki / www.helsinki.fi

DAY 1

Tuesday, January 20th

Welcome, Introduction to the Fulbright Finland Foundation, Education System and Research Collaboration

SOKOS HOTEL PESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

12:00 Meet with the Fulbright Finland Foundation team members in the hotel lobby, transition to the University of Helsinki by taxi

UNIVERSITY OF HELSINKI, TEKLA HULTIN (FABIANINKATU 33)

12:15-13:30 Welcome Remarks; Introductions of Grantees and Foundation Team

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

13:30-13:40 *Tauko* - Break

13:40-14:50 The Fulbright Finland Foundation, Its Global Network, and Your Role as a Grantee (*Module 1*)

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

14:50-15:15 *Tauko* - Break with Refreshments

15:15-16:15 Parallel Panel Discussions for Scholars and Teachers

TEACHERS: TEKLA HULTIN

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:

Petri Lehikoinen, Counsellor of Education, Head of Unit, Finnish National Agency for Education

Mariika Ojala, Head of Basic Education City of Seinäjoki

Pekka Hurskainen, Principal, Upper Secondary School, Viikki Teacher Training School, University of Helsinki

FACILITATOR:

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

15:15 Finland's Dual System of Higher Education and the Role of Universities of Applied Sciences

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

- Finland's dual system of higher education
 - 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
-

15:30-16:15 Governmental Science and Research Policy and Transatlantic Research Collaboration

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

- The role of governmental science and research policy in promoting research and international research cooperation
- Development of the research and innovation system

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

- Current issues in scientific cooperation between Finland and the USA
- Funding for transatlantic research collaboration

FACILITATOR:

Terhi Mölsä, Chief Executive Officer, Fulbright Finland Foundation

16:30-17:00 Bus to Uunisaari

UUNISAARI ISLAND

17:00-19:00 Opportunity to try Sauna and Ice Swim in the Baltic Sea

18:45-20:00 Buffet Dinner

20:15 Bus back to the Hotel



Finnish 101

Kiuas

Hot stones in a sauna

Löyly

Water you throw at the stones in sauna

Saanko heittää lisää löylyä?

Is it okay to throw more water on the stones?

DAY 2

Wednesday, January 21st

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

SOKOS HOTEL PRESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

8:45 Meet with the Fulbright Finland team members in the hotel lobby

FULBRIGHT FINLAND FOUNDATION OFFICE (ARKADIANKATU 7, HELSINKI)

9:00-9:15 *Aamukahvi ja karjalanpiirakka*; Time for Reflections

9:15-9:30 U.S. Embassy Greetings and U.S. Citizen Services (*Module 3*)

Gabriela Arias Villela, Deputy Public Affairs Officer, U.S. Embassy Helsinki
Maarit Monttinen, American Citizen Services Assistant, U.S. Embassy Helsinki

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

- Media Outreach
- Social Media
- Fulbright Finland Events for Spring 2026
 - Virtual Fulbright Forum on Education
 - Mid-term Meeting and Leadership Workshop
 - Fulbright Finland Award Ceremony and Reception
 - Homecoming Alumni Event
- Fulbright Speaker Program

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

Emmi Jelekäinen, Program Manager, Fulbright Finland Foundation

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

Anna-Maria Peltomäki, University Teacher of Finnish as the Second National Language, University of Helsinki; Fulbright Finnish Language and Culture Teaching Assistant 2011-12

RESTAURANT TÖÖLÖ (RUNEBERGINKATU 14-16)

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 Break-Out Sessions for Scholars and Teachers

SCHOLARS: ROOM U3041

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:

- Sini Bask, Senior Lecturer, International Activities Officer, Haaga-Helia University of Applied Sciences; Fulbright Finland Travel Grant for Institutional Partnership Building 2025
- Andrew House, Postdoctoral Researcher, University of Helsinki; Fulbright-EDUFI Fellow 2017-19
- Eeva Kuikka, Postdoctoral Researcher, Tampere University; ASLA-Fulbright Research Grant for a Junior Scholar 2025-26
- Fred Markowitz, Professor, Northern Illinois University; U.S. Core Fulbright Scholar 2021-22

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
- Matti Kastikainen, Specialist in Learning Support, Municipality of Mäntsälä; Fulbright Distinguished Awards in Teaching 2024-25
- Elina Kaverma-Soukko, Handicraft Teacher, Käpylä Comprehensive School; Fulbright Distinguished Awards in Teaching 2018-19
- Sari Ylipulli, Subject Teacher, Jaakko Ilkka Middle School; Fulbright Distinguished Awards in Teaching 2025-26

UNIVERSITY OF HELSINKI, CHRISTINA HALL (FABIANINKATU 33)

16:30-18:00 Networking Reception in Honor of the Spring 2026 U.S. Fulbright Finland Scholars and Educators and the 80th Anniversary of the Global Fulbright Program

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/Oulun /Turun/

Tampereen... yliopistossa

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

DAY 3

Thursday, January 22nd

Sámi Perspective; Finnish History; Finnish Foreign Policy

SOKOS HOTEL PRESIDENTTI (ETELÄINEN RAUTATIEKATU 4)

09:10 Meet with the Fulbright Finland team members in the hotel lobby

HELSINKI CENTRAL LIBRARY OODI (TÖÖLÖNLAHDENKATU 4)

9:30-9:45 Time for Reflections

9:45-10:05 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

10:05-10:15 Grantee-Alumni Continuum (*Module 4*)

Maija Kettunen, Communications Manager, Fulbright Finland Foundation

10:20-10:50 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

11:00-11:30 Overview of Finnish Foreign Policy and Transatlantic Relations from Finland's Perspective (*Module 5*)

Reetta Härönoja, Director, Unit for North America, Ministry for Foreign Affairs of Finland

FOOD & CO RESTAURANT OODI (1ST FLOOR)

11:45-12:45 *Lounas* - Lunch

12:45-13:15 Walk to the Sibelius Upper Secondary School

13:20-14:00 10,000 Years of Finnish History in 40 Minutes (Module 5)

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

14:00-14:15 Tauko - Break

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

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!

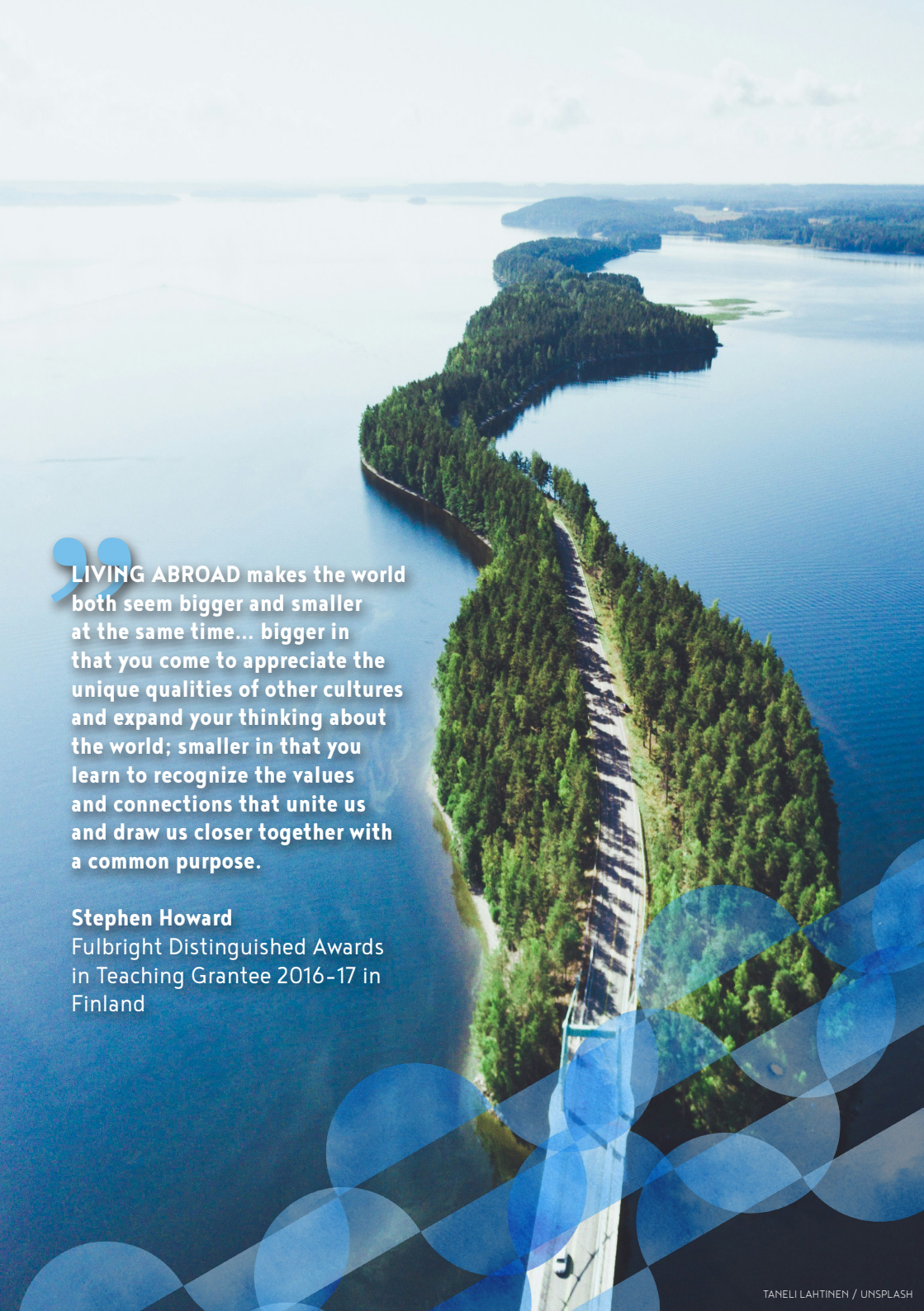
It was nice to meet you!

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**



Find us online

#FulbrightFinland #FinnishWelcome

