



## **Fulbright Finland Foundation Arrival Orientation for U.S. Fulbright Grantees 2022-23**

August 22-25, 2022

Helsinki, Finland

### **Itinerary for U.S. Fulbrighters**

(as of August 19)

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*Please read all the information in this itinerary before the Arrival Orientation. Pay attention to the participation list. If you notice incorrect information, let us know!*

## Contact information

Maija Kettunen +358 (0)44 5535 277 – Logistics and program details

Mirka McIntire +358 (0)44 5535 269 - Emergency contact during the orientation

Heidi Tiainen +358 (0)44 7153 023 - Accommodation and travel reimbursements

If at any point of the orientation you have any questions, please contact your own program coordinator or one of the people mentioned above.

## Accommodation Information

Hotel Scandic Hakaniemi

Siltasaarenkatu 14

00530 Helsinki

hakaniemi@scandichotels.com

+358 968 999 034

## Dress Code

Our program starts at Poukama and we will end it with a relaxing evening of getting to know Finnish customs like sauna and Finnish outdoor games. This evening is family friendly and dress code is casual. We have a saying in Finnish "*Ei ole huonoa säätä, on vain huonoja varusteita*" meaning there is no bad weather, just bad gear. Please make sure you are prepared with weather appropriate clothes so that even if it's raining a bit on Monday, you can still participate in the outdoor activities!

Tuesday starts at the University of Helsinki. In the evening U.S. Fulbright Grantees have been invited to a reception at the U.S. Embassy in Helsinki. For this very special reception dress code is on the formal side of business (absolutely no jeans or casual sweaters!). Please note that we head straight to the U.S. Embassy from the University of Helsinki, and changing into your reception attire will not be possible. Come dressed for the day.

On Wednesday casual clothes and comfortable shoes are recommended, as we will be doing some walking in Suomenlinna. The day will end with an alumni welcome event at the Sibelius Upper Secondary School.

We will spend Thursday at the Metropolia University of Applied Sciences and the dress code is business casual.

## Social Media

The Fulbright Finland Foundation will be posting about the orientation in different social media channels using hashtag [#FinnishWelcome](#). Feel free to pitch in with your posts and photos on social media and remember to use the hashtag!

## Group Photo

A group photo of all the grantees will be taken during the orientation. The Foundation will share the photos taken at the orientation with you after the program.

## Accommodation

Hotel Scandic Hakaniemi is located in the Hakaniemi neighborhood of Helsinki, a few minutes' walk from the Fulbright Finland Foundation office. Check-in starts at 15:00, but luggage can be left at the hotel earlier. The reception desk is open 24/7 so you can check-in at any time after 15:00. If you are staying additional nights at your own expense, please make sure you pay any out-of-pocket costs during check-in or check-out. Please note that the day of your departure, you should remove your luggage from your room by 12:00 noon. You may leave your carry-ons at the luggage storage at the hotel.

Breakfast is served during the week from 6:30-10:00.

## Getting to the Hotel Scandic Hakaniemi

**From the Central Railway Station**, you can take the following public transportation methods to get to the hotel. Metro and tram (*ratikka*) leave from the railway station. Metro station is located underground, and the tram station is in front of the Railway Station.

You can take:

- Tram number 1 towards Arabia.
- Tram number 3 towards Meilahti.
- Tram number 6 towards Arabia.
- Tram number 7 towards Käpylä.
- Tram number 9 towards Pasila.

- Metro towards Mellunmäki or Vuosaari.

Get off at Hakaniemi stop.

If you prefer to walk, the hotel is about 1,5 km (*0.93 miles*) from the railway station.

**From Kamppi**, the main bus station, you can take the following public transportation methods to get to the hotel.

- Tram number 7 towards Käpylä. Get on at Kampintori and get off at Hakaniemi stop.
- Tram number 9 towards Pasila. Get on at Kampintori and get off at Hakaniemi stop.
- Metro towards Vuosaari or Mellunmäki. Get off at Hakaniemi stop.

You can purchase a ticket (select AB zone) to the tram, metro, or bus via HSL (Helsinki public transport) app, from a ticket machine or from the HSL service office. In the center, ticket machines (blue with HSL logo) can usually be found next to tram stations. Buy a ticket before getting on or you might be fined 80 € for traveling without a ticket.

**Tickets are not sold on the vehicles.**



*HSL Ticket Machine*

## Departure from Helsinki

On Thursday after the awarding of the certificates, you may continue networking, tour, and learn more about the [Helsinki XR Center](#) at Metropolia UAS. We recommend reserving tickets back to your Finnish home town no earlier than 17:00. You will need time to go back to the hotel to collect your luggage as there is no possibility to have it with you during the orientation day. The tram takes about 20 minutes from Metropolia to the hotel.

## Navigating in Helsinki

You can find the map with the Orientation locations from the last page of the itinerary or online from Google Maps: <https://bit.ly/3Nx4A4w>



For navigating with public transportation in Helsinki, we recommend using <https://reittiopas.hsl.fi/>.

You will receive one HSL day ticket and one single ticket to be used during the program. The day ticket is for Tuesday evening and Wednesday morning, and the single ticket is for returning from Metropolia UAS to the city center.

### **Monday, August 22**

At 11:30 our bus to Porvoo departs from in front of the Scandic Hotel Hakaniemi (Siltasaarencatu 14).

If you stay in the hotel, please store your luggage there and check-in later after our program is over for the day, unless the room is already available for you.

Be ready to meet the Foundation staff in the hotel lobby at 11:15.

At Poukama we start with introductions followed by lunch. Please note that the lunch starts at 13:15, so eat a big breakfast! The lunch is followed by orientation sessions, after which the evening continues with sauna and a possibility to swim in the Baltic Sea.

All grantees, who are interested, will have an opportunity to try [church boat rowing](#) in Poukama. We have reserved two boats, both of them can fit 14 people. Space permitting, some family members may be able to join this activity.

The evening concludes with a dinner. **Please remember to bring your bathing suit and other necessities for sauna with you.** There are towels ready at the sauna.

Family members are welcome to join the orientation sessions or enjoy some Finnish yard games and summer activities.

### **NOTICE!**

**Swimming is at your own risk. The Fulbright Finland Foundation and Poukama are not responsible for any accidents or injuries!**



## **Tuesday, August 23**

If you stay in the hotel, then Fulbright Finland Foundation team members will meet you at the lobby at 9:15 to escort you to the University of Helsinki.

If you are not staying in the hotel, then please come to the University of Helsinki (Siltavuorenpenger 5 A) by 9:40 on your own or be at the hotel lobby by 9:15. You can get to the university by foot, tram, or bus.

Please remember that Tuesday's dress code for the U.S. Embassy Reception is business (absolutely no jeans or casual sweaters!). Based on our experience, it is easiest if you wear the same clothes all day (that's what we do). Also, you need to bring along a valid **photo I.D. to the U.S. Embassy**. American passport is preferred.

**Remember that you are not allowed to take any:** large bags, memory sticks, computers, and cameras past the embassy security, so travel light that day. We are not able to store any additional items during the day.

While in the Embassy, your phone's Bluetooth and Wi-Fi must be turned off.

## **After the program:**

Departure from the U.S. Embassy is by foot and public transport (remember to use the HSL day ticket provided for you!)

Dinner arrangements on your own.

Best way to get back to the center after the reception is either by walking (2 *km/1.2 miles*) or by taking a tram. To get to the city center by tram:

- take tram number 3 from Kaivopuisto towards Meilahti. Get off at Rautatieasema/Central Railway Station.

### **Wednesday, August 24**

On Wednesday, please wear comfortable shoes as there will be a lot of walking.

If you are staying in the hotel, the Fulbright Finland Foundation team members will meet you at the Scandic Hakaniemi hotel lobby at 9:30 and we will take a tram to Kauppatori. If you are not staying in the hotel, you can either meet us at the hotel at 9:30, or meet us at Kauppatori by the two-headed eagle statue (Tsarina's Stone) by 9:45.

From Kauppatori we will take a ferry to Suomenlinna Fortress Island. The ferry ride takes 15 minutes one way, and your HSL ticket is valid for the ferry (use the same day ticket you activated on Tuesday evening after the reception). At Suomenlinna we will have a guided tour and lunch, after which you will have some free time before the ferry leaves back to Kauppatori at 13:40.

From Kauppatori we walk as a group to the Sibelius Upper Secondary School, it's approximately a 15-20-minute walk.

### **After the program:**

From Sibelius Upper Secondary School, it is 1,2 km (*0.7 miles*) walk to the Hotel Scandic Hakaniemi. You can also take a bus or a tram back to the hotel (the day ticket may still be valid)

Dinner arrangements are on your own.

### **Thursday, August 25**

If you are staying in the hotel and are departing Helsinki in the evening, remember to check out from the hotel in the morning before the Fulbright Finland Foundation staff comes to meet you.

Dress code for the day is business casual.



Fulbright Finland Foundation team members will meet you at the hotel at 8:45 for the guided tour of Helsinki.

If you are not staying in the hotel, come to the Hotel Scandic Hakaniemi by 8:45.

We will start the day with a guided tour of Helsinki sponsored by the City of Helsinki. The tour will finish at Metropolia University of Applied Sciences, where we will have orientation sessions and you will be awarded your certificates. After that, you may continue networking, tour, and learn more about the [Helsinki XR Center](#) at Metropolia UAS.

### **Getting Back to the Hotel**

Best ways to get from the Metropolia University of Applied Sciences to hotel are by:

- Tram number 1 from Arabiankatu tram stop towards Eira. Get off at Kallion Virastotalo stop.
- Tram number 6 from Arabiankatu tram stop towards Eiranranta. Get off at Hakaniemi stop.
- Buses 71 and 55 towards Rautatientori. Get off at Hakaniemi stop.

### **After the Orientation**

Please send your travel reimbursement claim, including your travel tickets and bank account information, to the Fulbright Finland Foundation by **Monday, September 5** (Please note that no reimbursement can be made after this date!) by filling in this SurveyMonkey: <https://www.surveymonkey.com/r/Reimbursements>

Please note that reimbursements are paid out on September 7 for those grantees who have participated in the whole orientation program. Also, please note that reimbursements are paid only for grantees who live outside of Helsinki Area (*Helsinki, Vantaa, and Espoo*). The Foundation does not reimburse local travel (*trams, buses etc.*) and family members' transportation costs.



Find the locations also on Google Maps!



<https://bit.ly/3Nx4A4w>

or





## Participation List

			22-Aug	23-Aug	23-Aug	24-Aug	24-Aug	25-Aug	25-Aug
First name	Last name	Hotel Scandic Hakaniemi	Poukama, Porvoo	University of Helsinki	Embassy Reception	Lunch and tour at Suomenlinna	Sibelius Upper Secondary School	Helsinki City Tour by Bus	Metropolia UAS
Craig	Crossley	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Allen	Malony	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
David	Witwer	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Samuel	Abrams	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jeffrey	Anker	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
David	Duncombe	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Maureen	Mascha	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Susanna	Monseau	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Anita	Wagner	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hui	Yang	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Qinhong	Hu	No	Yes	Yes	Yes	No	No	Yes	Yes
Michael	Putman	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Peter	Bobkowski	No	Yes	No	Yes	No	No	No	No
Matthew	Mazzotta	No	Yes	No	Yes	Yes	Yes	No	No
Claire	Agee	Yes, shared	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Erica	West		Yes	Yes	Yes	Yes	Yes	Yes	Yes
Peter	Amicucci	Yes, shared	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Casey	Paulson		Yes	Yes	Yes	Yes	Yes	Yes	Yes
Abigail	Smiles	Yes, shared	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Stephanie	Davidson-Mendez		Yes	Yes	Yes	Yes	Yes	Yes	Yes
Neetika	Rastogi	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Timothy	Sowa	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Irina	Wang	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Nicholas	Zdroy	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Joseph	Zinno	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Laura	Abrams	Yes	No	No	Yes	No	No	No	No
Norbert	Hofmann	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sebastian	Hofmann	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sujin	Lim	No	Yes	No	Yes	Yes	Yes	No	No
Penelope	Lusk	Yes	Yes	No	No	Yes	No	No	No
Patrick	Miller	No	Yes	No	No	No	No	No	No
Marc	Monseau	Yes	No	No	Yes	Yes	No	Yes	Yes
Mira	Witwer	No	Yes	No	No	Yes	Yes	Yes	Yes
Michael	Zinno	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
TOTAL		21	32	26	31	30	28	28	27