



Virginia Tech RSAP Summer 2024

Helsinki | Hämeenlinna | Oslo | Horten

Each year, Solstice partners with a select number of universities to create one-of-a-kind, fully customizable study experiences around the world. With careful guidance from Solstice's team of American and international educators, Virginia Tech RSAP students will gain invaluable insight into the engineering advancements of northern Europe while journeying through Finland and Norway.

Solstice provides three core services: (1) assistance in developing your program itinerary; (2) comprehensive pre-departure support; and (3) facilitation of all logistical provisions (e.g., domestic and international airfare, buses, hotel accommodations, restaurant recommendations and bookings, activity planning, and Solstice program leaders).

Please note that while the spirit of the below schedule will remain unchanged, certain aspects — in consultation with VT faculty leaders — are subject to be updated. Company and university visits are typically scheduled one to five months prior to the program start date. As a result, our proposal may include a few placeholders for unspecified visits. Each will be specified in the months leading up to May 2024, and this process will be completed in close collaboration with Virginia Tech faculty leaders. Solstice maintains a strong track record of providing engaging and impactful visits to local firms, multinational corporations, local educational institutions, and more. As always, please contact us anytime if you have questions, requests, or suggestions during the program planning and implementation process.

Our team looks forward to welcoming Virginia Tech RSAP to Finland and Norway in 2024!

May 12 - May 18: Helsinki | Designing the Future

Day 1 | Sunday, May 12 (*Washington, DC to Helsinki*)

All Day Fly from Washington, DC to Helsinki, Finland

Day 2 | Monday, May 13 (*Helsinki*)

Afternoon Arrive in Helsinki and transfer to Klaus K Hotel
While traveling into Helsinki, engage in an orientation session to understand and conceptualize the journey ahead and share program goals and expectations amongst your fellow travelers.

7:00 PM Welcome to Helsinki! Enjoy traditional Nordic cuisine during a group welcome dinner at Ravintola Sunn Restaurant
Encircled by natural harbors, Helsinki is Finland's leading seaport and has been nicknamed the "white city of the north" due to the refined light granite used to construct many of its buildings and infrastructure systems.



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Day 3 | Tuesday, May 14 (*Espoo and Helsinki*)

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| 8:20 AM | Depart hotel |
| 9:00 AM | Visit Aalto University for an engineering-focused lecture, a tour of the Aalto Ice and Wave Tank, and cultural exchange activities with local engineering students |
| 12:00 PM | Group lunch with local students on campus |
| 3:00 PM | Embark on a walking tour of central Helsinki <i>Take in some of central Helsinki's most iconic landmarks, including the Senate Square, Helsinki Cathedral, Temppeliaukio Church, Market Square, and Uspenski Cathedral.</i> |
| Evening | Small group dinners and free time to explore |

Day 4 | Wednesday, May 15 (*Day Trip to Hyvinkää and Hämeenlinna*)

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| 8:00 AM | Depart hotel via coach bus and travel to Hyvinkää (~50 minutes) |
| 9:00 AM | Attend a behind-the-scenes tour of the Kone Elevator factory <i>Founded in Finland in 1910, Kone specializes in elevators, escalators and automatic building doors and operates in over 60 countries around the world.</i> |
| 11:30 AM | Group lunch at the Kone company cafeteria, Restaurant One |
| 2:00 PM | Visit the nearby Kone R&D Center |
| 3:30 PM | Depart Hyvinkää and travel to Hämeenlinna (~30 minutes) |
| 4:00 PM | Explore Hämeenlinna, considered the oldest inland town in Finland, and discover the medieval Häme Castle during a guided tour |
| 6:00 PM | Return to Helsinki by bus with arrival at approximately 7:00 PM |
| 7:00 PM | Small group dinners and free time to explore |

Day 5 | Thursday, May 16 (*Helsinki*)

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| 9:20 AM | Depart hotel |
| 10:00 AM | Company visit to a Finnish civil engineering firm such as Skanska, NCC or YIT |
| 12:00 PM | Free time for small group lunches on your own |
| 2:00 PM | Company visit to the Helsinki offices of UPM <i>A paper and forest product manufacturing company headquartered in Helsinki with manufacturing operations in 12 countries, UPM produces a variety of sustainable wood and pulp products including wood-based biofuels and biochemicals.</i> |
| Evening | Small group dinners on your own and free time in Helsinki <ul style="list-style-type: none">● Recommended dinner for the evening: sample authentic Lappish cuisine at Lappi Ravintola! |



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Day 6 | Friday, May 17 (*Vantaa and Helsinki*)

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| 8:45 AM | Depart hotel |
| 9:30 AM | Company visit to Suunto's offices and factory in Vantaa <i>Founded in 1936, Suunto is a Finnish manufacturer of precision instruments, compasses, dive computers and sports watches.</i> |
| 12:00 PM | Visit Fazer to learn about Finnish food engineering |
| 1:00 PM | Small group lunches on your own at the Fazer Visitor's Center |
| 2:45 PM | Board the ferry to Suomenlinna and enjoy a guided walking tour <i>The Suomenlinna Sea Fortress is a UNESCO World Heritage Site situated across an eight-island archipelago. Constructed as a maritime base during the Swedish occupation and later seized by Russian forces during the Russo- Swedish war, the area was eventually reclaimed by the Finnish government in 1918.</i> |
| 6:00 PM | Enjoy free time for group dinners on your own on the island before taking the ferry back to Helsinki |

Day 7 | Saturday, May 18 (*Helsinki*)

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| All Day | Free time to explore Helsinki and optional laundromat trip <i>Recommended optional activities: Explore Seurasaari Island, an outdoor museum and wildlife haven, ride rollercoasters at the Linnanmäki, a non-profit amusement park supporting Finnish youth welfare, or spend time exploring the city on your own. For students wishing to do laundry, our Program Leader will organize an optional trip to a nearby laundromat.</i> |
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May 19 - May 25: Oslo | Sustainability in Scandinavia

Day 8 | Sunday, May 19 (*Helsinki to Oslo*)

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| 8:30 AM | Hotel check-out |
| 9:00 AM | Depart hotel for airport; fly from Helsinki to Oslo (~1 hour 30 minutes) |
| 1:00 PM | Transfer to K7 Hotel for check-in (faculty at Clarion Collection Hotel Bastion) |
| 3:00 PM | Embark on a walking tour of central Oslo <i>Take in some of central Oslo's most iconic landmarks, including the Royal Palace, Norwegian Parliament, Karl Johans Street and the Aker Brygge waterfront area before visiting Oslo City Hall.</i> |
| 6:00 PM | Welcome to Oslo! Enjoy a group dinner at Jarmann Gastropub <i>Oslo was awarded the prestigious title of European Green Capital in 2019 and is currently listed as one of the world's top five most sustainable cities. With an ambitious goal of reducing 95% of greenhouse gas emissions by 2030, the city is celebrated for its abundant urban green spaces, high quality of life, and strong eco-consciousness.</i> |



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Day 9 | Monday, May 20 (Oslo)

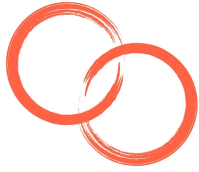
- 9:00 AM** Explore Akershus Fortress, built in the 1290's, to learn about Norway's pre-modern history and rise to independence from Sweden in 1814
- 10:30 AM** Discover the stunningly modern beauty of the Oslo Opera House
Built on the edge of a fjord, this spectacular structure won the European Prize for Contemporary Architecture in 2009. A climb up the unique sloping roof reveals panoramic views of Oslo.
- 12:00 PM** Small group lunches on your own along our route
- 2:00 PM** Meet with engineers at No Isolation, a local tech start-up
Founded in 2015, No Isolation is a young Norwegian company that aims to reduce social isolation for vulnerable students and seniors with the help of technology.
- 5:00 PM** Small group dinners on your own in the trendy Grünerløkka district

Day 10 | Tuesday, May 21 (Oslo and Vormsund)

- 9:00 AM** Depart hotel
- 9:30 AM** Visit Oslo Metropolitan University for cultural exchange activities
Learn about engineering education in Norway, then tour the engineering labs and makerspace facilities with local students
- 12:00 PM** Enjoy lunch with local university student peers
- 1:30 PM** Depart Oslo and travel to Vormsund by private bus
- 2:30 PM** Visit the Cambi-designed Romerike Biogas Plant
This government-funded waste management center processes up to 50,000 tons of household food and industrial waste per year, producing the biofertilizer and biogas that fuel Oslo's farms and transportation systems. Consider wearing a mask as this interesting plant produces an unpleasantly strong stench!
- 4:00 PM** Depart plant and return to our Oslo hotel to shower and change
- 7:00 PM** Free time for small group dinners on your own

Day 11 | Wednesday, May 22 (Oslo and Horten)

- 9:30 AM** Company visit to a local Oslo engineering firm
- 11:30 AM** Group lunch at a nearby restaurant
- 1:00 PM** Depart Oslo on private coach bus to Horten, Norway (~1 hour)
Located approximately 60 miles south of Oslo on Norway's sunny southeastern coast, this shoreside town was once a base for the Royal Norwegian Navy in the 18th and 19th centuries. Its long history can be seen reflected in an array of Viking burial mounds and other local cultural relics from the Stone Age and Viking Period.



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- 2:00 PM** Company visit to the manufacturing and R&D lab facilities of Zimmer and Peacock
Headquartered in Horten with offices in the US and the UK, Zimmer and Peacock specializes in the development and manufacturing of electrochemical sensors and biosensors for a variety of uses in the healthcare, agricultural and consumer electronics industries.
- 5:00 PM** Stroll through the Borre Mounds of Borre National Park, a cemetery dating back to the Viking era and earlier
- Evening** Return to Oslo and enjoy free time for small group dinners on your own

Day 12 | Thursday, May 23 (Day Trip to Hønefoss)

- 7:30 AM** Depart Oslo for Hønefoss (~1 hour)
- 9:00 AM** Company visit to Norsk Titanium
Headquartered in Hønefoss, Norsk Titanium is a global leader in structural additive manufacturing in the aerospace industry.
- 11:00 AM** Depart Norsk Titanium for the Kistefos Museum
Built on the site of an old wood pulp mill, Kistefos is an award-winning museum and sculpture park.
- 11:30 AM** Enjoy a group lunch at the Kistefos Museum, followed by free time to explore
- 1:30 PM** Depart Kistefos for Oslo
- 2:45 PM** Company visit to Pixotope
An innovative Norwegian software company working in the broadcasting, sports and esports industries, Pixotope helps blend the virtual and real worlds by offering extended reality, augmented reality and virtual production solutions for major companies, including the NFL and League of Legends.
- Evening** Free time to explore Oslo

Day 13 | Friday, May 24 (Oslo)

- All Day** Optional activities and free time to explore Oslo
Recommended optional activities: discover several of Oslo's most prized national museums, embark on a boat tour of the fjords, or relax in the University Botanical Garden.
- 6:40 PM** Meet in hotel lobby and depart for restaurant on foot
- 7:00 PM** Enjoy a festive farewell dinner and reflection with your peers and program leaders at Engebret Café, Oslo's oldest continuously operating restaurant!

Day 14 | Saturday, May 25 (Oslo to Washington, DC)

- All Day** Fly back to the United States