COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
EN: Sauna, Sibelius, and Sisu - facts and stereotypes about Finland **LT:** Sauna, Sibelius ir sisu - faktai ir stereotipai apie Suomiją	

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinating: lect. Taina Mylläri **Other: -**	Faculty of Philology, Institute for the Languages and Cultures of the Baltic, Centre for Scandinavian Studies

Study cycle	Type of the course unit (module)
First	Optional

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Seminars and independent work	Spring semester	English

Requirements for students	
Prerequisites: English (B2 or higher)	**Additional requirements (if any):** –

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5 ECTS	130 hours	32	98

Purpose of the course unit (module): programme competences to be developed		
The course provides an introduction to Finland's history, society, and culture. During the course, students will gain insight into Finland and Finnish culture.		
Learning outcomes of the course unit (module)	**Teaching and learning methods**	**Assessment methods**
Students will become familiar with Finnish culture, economics, history and society.	Through seminars, readings, and multimedia resources, students will deepen their understanding of Finland and of Finnish	Cumulative assessment: 60% participation in seminars, 40% end-of-term presentation.

	identity, values, and traditions.	

Content: breakdown of the topics	Contact hours							Self-study work: time and assignments	
	Lectures	Tutorials	Seminars	Exercises	Laboratory work	Internship/work placement	**Contact hours**	**Self-study hours**	**Assignments**
1. Introduction to Finland: beyond sauna, Sibelius and sisu			2				**2**	**6**	Reading, group work, and discussions
2. Basics about Finland: geography, history, economy, political system	2		6				**8**	**22**	Reading, group work, and discussions
3. Life in Finland: education, society, traditions	2		6				**8**	**22**	Reading, group work, and discussions
4. Finnish culture and arts: architecture, design, film, literature, music	4		8				**12**	**32**	Reading, group work, and discussions
5. End-of-course presentation: “My take on Finland”			2				**2**	**16**	Presentation delivered at the end of the course. Students can work individually or in small groups.
Total: 130	**8**		**24**				**32**	**98**	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Participation in seminars	60%	During the course	Active participation in class. Timely completion and the quality of all assignments.
End-of-course presentation	40%	At the end of the semester	Quality of the content and delivery of the presentation. More detailed set of criteria will be provided by the teacher during the course.
When preparing written assignments and the end-of-course presentation, the principles of academic integrity and ethical work with GenAI apply (see the Vilnius University Faculty of Philology Guidelines for the Use of Generative AI). If GenAI is used in completing assignments, this must be clearly indicated in the text of the work and a declaration of GenAI use needs to be included. When assessing assignments, the teacher has the right to verify, orally and/or in writing, the student's authorship of the submitted work. If the student is unable to explain the content of their submitted work in their own words or answer specific questions about it, the			

work may be considered to have been produced dishonestly, because unethical use of GenAI-generated content or failure to declare the use of GenAI is treated as a breach of academic integrity.

Course literature

Author	Year of publication	Title	Issue of a periodical or volume of a publication	Publishing place and house or web link
Required reading				
Alho, Olli, Hawkins, Hildi & Vallisaari, Päivi (eds.)	1997	Finland: A Cultural Encyclopedia		Helsinki: Finnish Literature Society
Laitinen, Kai	1994	Literature of Finland. An Outline.		Helsinki: Otava.
Meinander, Henrik	2011	A history of Finland		London : C. Hurst & Co.
Pantzar, Katja	2022	Everyday Sisu: Tapping into Finnish Fortitude for a Happier, More Resilient Life		New York: TarcherPerigee Book
Sahlberg, Pasi	2011	Finnish Lessons. What can the world learn from educational change in Finland?		New York: Columbia University.
Valkonen, Markku	1999	Finnish Art over the Centuries		Helsinki: Otava.
		A collection of material prepared by the lecturer		
Supplementary reading				
Pantzar, Katja	2024	Gyvenk kaip suomis : SISU : jų laimės paslaptis		Vilnius: BALTO

Last updated: 19-11-2026