



## Helen Osieja

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Helen Osieja is a teaching and learning consultant who has worked in international education for nearly 20 years.

Dr. Osieja is Mexican by birth. She studied International Relations and specialized in International Law at the Universidad Iberoamericana of Mexico City, where she also taught English and World History at a local high school.

In 1994 Helen Osieja was invited by the Ruhr Universität in Bochum, Germany, to become a lecturer of Latin American Studies. After she married, Mrs. Osieja moved to Baden-Württemberg where she taught languages and International Relations at several German colleges, as well as at the University of Maryland University College, campus Schwäbisch Gmünd.

Mrs. Osieja obtained the degree of Doctor of International Relations at the American University of London in 2005. In 2006 she published her doctoral dissertation Economic Sanctions: The Case of the US Embargo against Cuba in the United States.

Dr. Osieja moved to Sweden in 2008, and three years later she obtained the degree of Master of Science in Education. She published her M SC thesis Indigenous Educational Policies in Yucatan and Swedish Lapland: From Social Exclusion to Integration in the United States in 2011. She now teaches international trade and languages at the Folkuniversitetet