

Individual mentors with a strong working live experience

1. Chairman of the Board

I am an entrepreneur and Chairman of the Board of a developing and growing the company, Fintex-Tetrakem . We are carrying out a generational change in the near future and opening new export projects (Germany, Sweden, Norway).

I hold Bachelor of Business Administration, and I have international experience working in Switzerland, Germany and Sweden. I have been entrepreneur since 2002, exporting to Russia and neighbouring countries.

I can offer experiences and views of a 70-year-old entrepreneur and person who has worked in a managerial position. I wish to encourage and support career plans and dreams!

2. Entrepreneur

I am an entrepreneur, and I offer companies and individuals relocation services, coaching, multicultural coaching and HR services.

I have worked as a manager, a member of the management team in various international companies and as a supervisor for several years.

My educational background includes a university-level triple-accredited Coaching degree, M.BA and BBA, and a degree in human resource management. In addition, I have studied social psychology and group and team coaching.

I want to support international talents in finding employment and integrating in Eastern Finland. Helping people is important and meaningful to me.

I would also like to encourage companies to recruit international talents.

I have plenty of coaching and mentoring experience, experience in recruiting international talents, multicultural competence. I can help with integration to Finnish work culture, practical job search, job search documents, LinkedIn, networking.

3. CEO/Angel Investor/PhD resercher

I am an angel investor and founder who has raised 6 million Euros for spinning off robotics, AI, and biotech companies <https://www.linkedin.com/in/pratsku/>. I hold MSc in biochemistry and I´m a PhD Researcher in Biosensors and bioengineering. I have run 6 EU projects. I have seen first-hand the difficulties faced by young researchers and talents (myself), and how a good mentor can turn it around. I can offer advice in project planning, time management, and networking. Opportunities - what and where to find them? Presenting and social skills.

4. Manufacturing Associate

My current position is Manufacturing associate at FinVector Oy. I work in downstream team which is responsible for purification of drug substance. My key competences are understanding of good manufacturing practises, good laboratory practices etc. I completed my bachelor's degree in Mechanical Engineering from Savonia University of Applied Sciences. I want to be a mentor because I have lived in Kuopio for 8 years and I know this region very well. I might not be able to help people get job but I will certainly be able to guide people to find internships at local companies and guide what to do. I have some Finnish language skills and I can help others who are willing to participate in YKI testi. I can share my knowledge of engineering and pharmaceutical industry.

5. CEO – Entrepreneurs in North Savo

As the CEO of Savon Yrittäjät, I am responsible for the operational and strategic management of the regional organisation of entrepreneurs in North Savo. We are a service organization for approximately 3,000 member companies. I hold a eMBA and Bachelor of Business Administration, Export Training Foundation's export marketing degree and management training. I have studied in Los Angeles for one year, so I can relate to the situation of foreign students in some way.

As an organisation, we monitor the placement of international talents in jobs in Northern Savo and want to promote it through our own communications and influencing.

6. Pharmacist / PhD Researcher

I work as a ward pharmacist at KUH, touring different wards, such as the heart centre, emergency department and intensive care unit. In my work, I increasingly need project work and customer service skills, as well as a development perspective.

I am MSc (Biochemistry), Pharmacist, Industrial Pharmacy Specialist. I am currently studying in the Toxicology and as a doctoral student.

I'm interested in the possibilities of mentoring. I have been a mentor in the Finnish Pharmacy Association's mentoring programme in 2023-24 and have been a mentee myself a couple of years earlier. During my mentoring journey, I have gained insights and support, as well as good networks.

Practical perspective on Finnish working life, support and tips. I want to help combine everyday life with studies/work and achieve the mentee's own goals.

7. Entrepreneurship coach

Development of startups and growth companies, commercialisation of innovations, cooperation with stakeholders and events (Fin & Eng). My strengths include business concept design, creative experimentation, service design, service sales and marketing. I hold Master of Science (Econ.), Innovation management, Entrepreneurship and business competence. I have helped several international students and immigrants in networking. I believe that I would help many people in my role as a mentor. Understanding of regional networks and opportunities.

8. Translator-entrepreneur

I have worked as a translator and proofreader for 25 years, of which 20 years in my own company (limited liability company). I have expertise in working as a translator, in the translation industry and in entrepreneurship. My English language skills are at a native level. I have an MSc from the University of Joensuu, my major was English language and literature. I am an authorized translator in the language pair Finnish-English. I have actively participated in translation courses and courses for entrepreneurs. The tacit knowledge of translation and entrepreneurship can best be transferred through mentoring. I would like to offer tools to recognise your own competence and entrepreneurial skills.

9. Pharmacist / Open university student

I am conducting supplementary studies at the Department of Pharmacy, University of Eastern Finland. I graduated as pharmacist in Vietnam and did the master at the university of Eastern Finland. I have applied for the professional rights i.e practice license for pharmacist in Finland from Valvira. I would like to help new students to boost their integration process and to get a whole view about life and work in Finland. Finnish learning skills and tools to integrate to Finnish society.

10. CEO / Member of the Board / Entrepreneur

Active player at in the society of Business Mentors and Board Partners in Eastern Finland. Member of the Board / Tecwill Oy Advisor / Greenled Oy, Entrepreneur / Primagency Oy. Civil Engineer, Commercial Postgraduate Training of Engineers, Upper Middle Management Training Package /Nokia Telecommunications, Sales strategies, From Expert to Mentor /Business Mentors, Chamber of Commerce. I believe that my long experience in working abroad and several training, coaching and mentoring tasks over the past 10 years will enable me to help mentees develop their intellectual capital. I can also encourage to take steps to your own bath as an entrepreneur. Topics of my own interest; Multiculturalism in Finnish working life, typical operating models of different personalities in working life, challenges and possible solutions / situation management, the importance of project management skills in working life, modern B2B sales methods.

11. PhD Researcher in History Department UEF

Research and Doctoral Thesis Writing, Presentations all over the world. I would like to learn and share my experience. Educational life experience as a researcher.

12. PhD Researcher, Technical Physics

I'm a Doctoral Researcher at the UEF exploring imaging methods for diagnosing osteoarthritis. During my master's, I overcame pandemic challenges, dove into research, and supported peers. Now, I'm exploring career options while learning Finnish.

I completed my Bachelor's degree in Nigeria, finishing in South Africa, and pursued an international Master's Degree in Medical Physics at the University of Eastern Finland starting in 2020. I've been conducting doctoral research in Technical Physics

My experience as a Student Ambassador and Tutor for the Medical Physics Program and the YUFE initiative assisted recruitment programs, helping new international students settle in, deepened my passion for supporting others in their academic lives.

I can share my skills in research, problem-solving, and adapting to new environments as an international student. I can offer advice on overcoming cultural challenges, like adjusting to Finland's weather and thriving in diverse academic settings.

13. Business Development Manager, Postdoctoral Researcher

I have two jobs: postdoctoral researcher at the department of Physics and Mathematics at UEF and Business Development Manager at Photonics Finland.

Doctor of Philosophy, Doctoral Program in Science, Technology and Computing. Master in graphical engineering, computer science, human vision, optics and colour in informatics and media technology.

I support the vision about retaining talent. I want to share my experiences so others can learn something from them. I want to bring back joy to learning and science, maybe with this program we can reduce worries & have room for enjoying studies.

I worked at UEF and at two companies in Joensuu so I can share working life experiences: what skills are needed, how to become part of the community, how to progress in career etc.

14. Entrepreneur, Media Producer

I have been working as a light entrepreneur at pohjois savon TE-Live with the title of media producer (project manager).

At the moment, I am onto learning Finnish and am about to launch my own business in Kuopio to shift to full- entrepreneur.

I have graduated from Savonia UAS-Bachelor of Business Administration- International business

To help other students the key elements of integrating in working and living in Finland. Key to using personal branding, networking and storytelling skills

15. Early-stage researcher

I'm currently an early-stage researcher in the Department of Physics and Mathematics, focusing my research on nanomaterials for photonics applications. I have broad experience in physics, material science, and research funding.

Graduated from Lomonosov Moscow State University, working in Finland, and boasting international research experience in France, Italy, and Japan. Collaboration, grant writing, and interdisciplinary skills are key strength in my research endeavors.

I'm eager to share my expertise with others and provide motivational insights. Additionally, I aim to enhance my communication and problem-solving skills, expand my own knowledge, and learn new things.

Building on my positive experience with mentees in the previous round, I'm eager to continue my mentoring journey. I look forward to sharing my work-life experiences, along with my knowledge in time management, networking, and work-related skills.

16. Podcaster | Digital Marketing Specialist

At the international House Kuopio, my main tasks are: communication (podcasts, livestreaming of IHK, videos production, Management of YouTube page (Navigaattori), assisting customer is making CV, cover letters, and job applications. I have completed masters degree program in photonics from the University of Eastern Finland (Joensuu campus) (2016 - 2018).

I believe in youth, that they have potential, and great ideas. But due to numerous life challenges, it can become very difficult in realizing their ideas. I as mentor will act as a bridge and a relay to help the youth achieve what they dream of. I am a great teacher, a motivator, I have good knowledge in entrepreneurship, I am openminded, I am an initiative person. I can speak good English (and poor Finnish).

17. Scientist

I analyse metabolites in biological samples to uncover biomarkers, study metabolic pathways, and support research in fields like medicine and food technology. Key competences include data analysis, chromatography, mass spec, bioinformatics. I hold a PhD in Nutritional Sciences from UEF. I want to be a mentor to share my expertise, inspire the next generation of scientists, and help others navigate challenges. CV writing, grant writing, scientific communication skills

18. Sales Director

Leading a global sales team and over 25 dealers to scale the sales of an innovative AgriTech solution. This involves customer onboarding, deep understanding of the solution, adaptation, and crucially, driving behavioral change. I hold a Mechatronics Engineering degree from Staffordshire University, UK, and have over 20 years of experience in sales and international business development over the past 22 years; lived in 7 different countries, gaining diverse global insight. I want to become a mentor to share the knowledge and experience I've gained over two decades. I believe in giving back by helping others grow, navigate challenges, and achieve their potential, while continuing to learn and create a lasting impact. How to build your business/startup from scratch, how to connect with others, how to not sell but build a relationship, how to be resilient, how to appreciate the people and build the right network, how to negotiate in a tough situation, how to be kind to others

19. Key Account Manager

I am a Key Account Manager. Skills that are needed: communication, negotiation, identifying customer needs, proactivity, visuality, teamwork, brand building, product & services knowledge, IT,marketing,

problem solving, self management, ambition. I have graduated in Business College, Bachelor in Business, Master in Business, Master in Community Educator. I have recently become familiar with the mentoring of internationals through my thesis.

I want to help students and offer them perspectives on professional development and growth, help networking. For International students, mentoring can promote their inclusion and belonging in our society, help them networking and find a job.

I want to encourage my mentees to go towards their dreams and promote their self-knowledge skills. I want to share my story of professional growth and development to offer them new perspectives of working life and career path.

20. Tacit Enabler

I'm a PhD student in School of Computing and have 32 years experience in educating adults in computing skills native Finns, emigrants and refugees.

The key competencies are listening, empathy, patience, friendliness and caretaking.

I like to foster and integrate people in the circumstances they live and will live. With new people I also have the opportunity to develop myself

Collaboration work with different nationalities, dialogue, can improve listening skills, understanding different cultures and nuances.

I have knowledge about the enterprises in Kuopio as well as in the countryside

21. Doctoral researcher in Health Sciences

I am a doctoral researcher in health sciences. My research is epidemiological, is very multi-discipline, and requires knowledge from various backgrounds. Previously, I was involved in clinical research working with patients with eating disorders. I am a certified project manager and English/Science teacher, having worked in both capacities between completing my BSc and MSc studies. I have lived & worked in many countries and understand the challenges of moving to and working in new countries/cultures. My own career has also involved lots of changes, and I'd be happy to share my experiences with others to help them on their path. I can provide guidance with hard research skills (reading, conducting and analysing research, publishing, conferencing etc.) as well as professional soft skills (planning, time management, choosing paths, understanding motivations etc.)

Employer organisations

22. Medisize Inc.

We are a contract manufacturer of medical dosing devices and health technology. We are part of the international Molex Group and have offices in 11 different countries. We are one of the largest industrial employers in North Karelia. More information: <https://www.phillipsmedisize.com/>.

Phillips-Medisize wants to participate in the mentoring program to strengthen collaboration with future professionals, foster innovation, and support student development in healthcare technology.

Join us if you are interested on operating in international business, continuous improvement and development, and understanding of the special requirements of medical technology.

23. Officepro Finland

<https://officepro.fi/>

We supply companies and communities with e.g. office technology solutions, related maintenance and technical services, printing environment analysis, optimization and management services, presentation technology products, office furniture, office consumables and ergonomics products.

We want to promote the vitality of the Eastern Finland region as our customers are here. We want to cooperate with different educational institutions.

In general, present the activities of the company, if possible, offer the topic of the thesis, e.g. Power BI, etc. development for our company.

24. Mondi Kuopio

<https://www.mondigroup.com/>

Mondi Kuopio produces cardboard, from birch fibre. Cardboard is primarily used in packaging that requires moisture resistance and strength, such as fruit and vegetable boxes. Our factory is located in Sorsasalo, Kuopio and employs approximately 240 people.

Mentoring would allow us to support international expertise in the region and at the same time gain positive employer visibility, and possibly find potential employees for ourselves. I work in HR and in addition to getting to know the company, I could share my own thoughts, for example. related to job search skills and Finnish work culture.

We would be interested in mentoring students from the fields of International Business, Entrepreneurship and Marketing; Forestry; Information Processing and Information Technology; Environmental Health, Law and Technology.

25. Redkik Inc.

<https://redkik.com/>

Redkik was born as a result of collaboration of innovators from the USA and Nordics, with the mission to transform and improve the insurance industry for all parties within logistics and transportation. Redkik Oy has built a service that allows individual cargo shipments to be insured quickly and safely. It frees entrepreneurs from annual fees, and thus, insurance corresponds to real need. If necessary, insurance can be available on the same day. www.redkik.com

We are offering pleasant and inspiring mentoring based on our own working life experiences. We can offer wide experience in international business and financial management, accounting, financial transactions, mergers and acquisitions.

Our team member has acted as an advisor and trainer in the work community and is eager to share practical experience.

26. Charles River Discovery Research Services Finland

<https://jobs.criver.com/en-gb/about-us/>

Charles River plays an integral role in the preclinical discovery and development of new therapies and treatments for central nervous system and peripheral nervous system diseases. Focusing on neurology and psychiatry, our Finland site's *in vivo* pharmacology capabilities include imaging, behavioral testing, efficacy testing, histology and immunohistochemical analysis.

Charles River Research Services Finland is truly an international workplace and many of our workers have an international background. We can offer career advice from professional and expat perspectives. In mentoring we can offer guidance on different career possibilities, job search, job applications, how to prepare for interviews, etc...

27. Hydroline Inc.

<https://hydroline.fi/>

Hydroline is Finland's leading company specializing in the design, manufacture and lifecycle services of hydraulic cylinders. Founded in 1962, the company serves the world's leading machine and equipment manufacturers in a wide range of industries, including mining, forestry and agriculture.

Cooperation with international students and local educational institutions is important for our entire company. We want to promote students' knowledge of Finnish working life and offer them the opportunity to network with local employers.

We offer mentoring to students who are interested in industrial sales and marketing, international supply chain management, and factory production and product design.

28. Normet Group Inc.

www.normet.com

Normet is a world-leading, innovative technology company. We define the future of underground operations in mining, tunnelling, and civil engineering projects, helping our partners increase safety, sustainability, and productivity throughout the lifecycle of their projects.

Normet operates in more than 30 countries and employs 1.800 people, and our net sales in 2023 were 484MEUR.

Normet is actively recruiting, and we have long experience in work counselling and coaching. Mentoring is an interesting opportunity to interact with international talents. New contacts and

discussions with the students will help us in our HR work. We need more foreign employees for Normet!

We can advise international students about Finnish work life culture and employers' expectations.

29. Ravintolamestarit Inc.

We are a Kuopio-based restaurant company founded in 1997. We have eight business units and employ around 70 restaurant professionals throughout the year.

<https://ravintolamestarit.net/yritys/vastuullisuus/>

Throughout our existence, we have regularly employed and offered internships to international students. We see that a multicultural work environment is an asset to everyone.

We can extensively share information about the tourism and restaurant industry in Finland, job search and working in the industry, and responsibility in the industry. In addition, our partner Erkka can share information about entrepreneurship in Finland.

30. Business Joensuu

Business Joensuu operates in the Joensuu region and Central Karelia – in 9 municipalities, 125,000 inhabitants and 7,500 companies. We offer services for start-ups, growth, internationalisation, investments and relocation of companies, as well as facilities and event services for the Science Park.

In the mentoring programme, we are able to strongly support students who are interested in and planning entrepreneurship and establishing a business in the Joensuu region.

This mentoring group is for individuals who are

* genuinely interested in entrepreneurship and establishing a business in the Joensuu region

* towards the end of their studies, when starting a business or at least planning a business idea is topical

* living at the Joensuu area

31. Savonia University of Applied Sciences

We want to find new experts for Savonia and present Savonia as a potential employer or partner in RDI projects, for example. We also want to raise awareness of Savonia's role in continuous learning.

Savonia's immensely Savonia has immensely diverse expertise diverse in different areas of teaching, RDI and administrative services. We can arrange visits, presentations, acquaintances, lectures, workshops etc. for our mentees.

32. kood/Sisu Code School

Our school aims to collaborate with other local projects and educational institutions. Talent Hub Eastern Finland Mentoring programme is a good opportunity to do so. We hope this will also give us positive visibility and an opportunity to inform about the working-life opportunities brought by the Code School.

By joining to our mentoring team you will learn more about our company's operations and the content of the training programme, the working methods and methods used in the IT industry, networking and self-branding, productization of your knowledge, and selling of one's own expertise to employers.

33. The North Savo wellbeing services

<https://pshyvinvointialue.fi/web/en/the-mission-of-the-wellbeing-services-county>

We want to offer mentoring to our organisation's employees with an international background, primarily those who have found employment through international recruitment. We are also open to mentor Bachelor of health care (Registered Nurse) and Master of Public Health students. We want to give them the opportunity to discuss issues related to integration, new work, studies and the field with their peers. In addition, we want to offer them perspectives on Finnish working life, society, culture and language.