

Become a mentor for international students

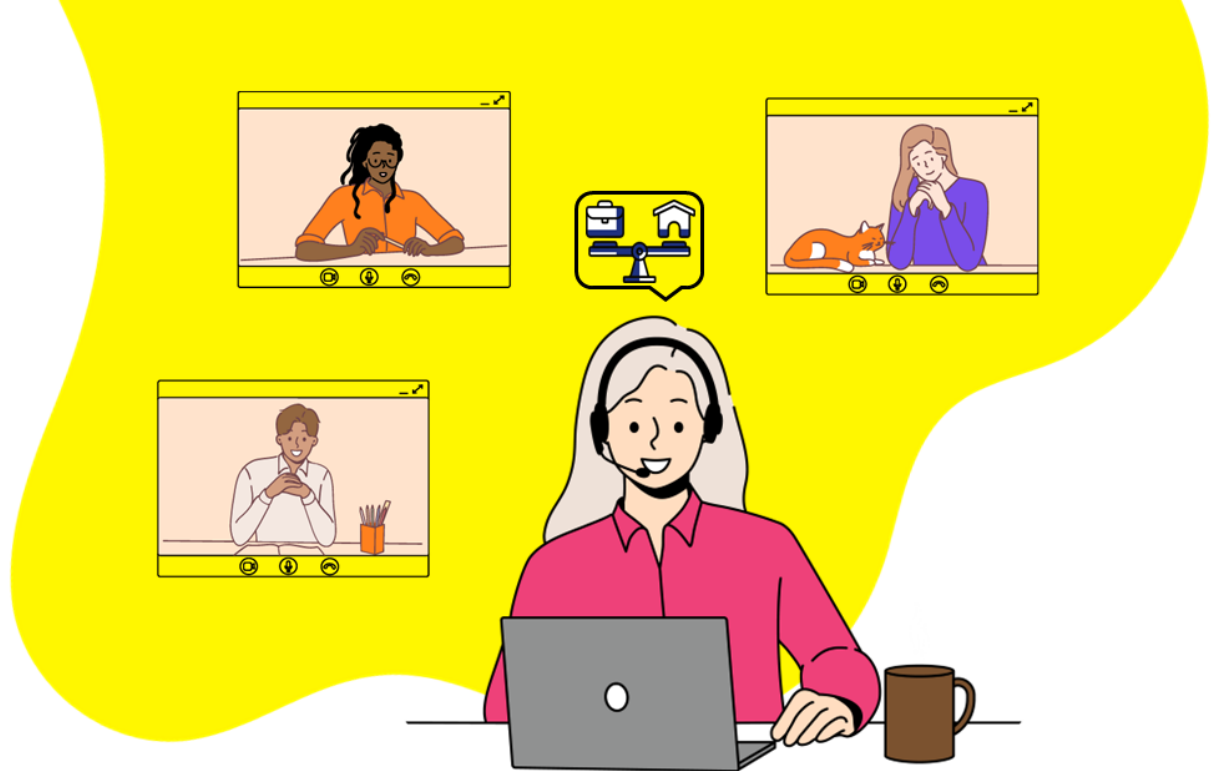
The success of Eastern Finland's business life depends on the availability of skilled labour. We can only succeed with diverse expertise and innovations. International students have significant competence potential that we do not yet know how to utilise enough.

Instead of letting international talent leave, we must offer them opportunities for employment and building a life in Eastern Finland. To solve the problem, we need your help, working life professional. Share your experience with future talents and become a mentor!

"We want to increase the number of international employees in the future. The mentoring programme was an excellent way to start promoting it."

**HRD Business Partner Eeva Tuomi,
Mondi Kuopio**





Mentoring provides the mentor and employer organisation with

- employer visibility
- an opportunity to get to know the skills of international students
- new perspectives and innovative ideas
- up-to-date information on fields of education and the future workforce
- the opportunity to network and get to know different cultures
- development of coaching and interaction skills

Further information



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Spring 2026 mentoring programme schedule

Mentor training online in Finnish on Monday 10.11.2025 at 12–14 and in English on Tuesday 11.11.2025 at 14–16 (these trainings will be recorded)

Programme kick-off event in Kuopio Tuesday 18.11.2025 and in Joensuu Thursday 20.11.2025 at 14–17 (try to be present as here you will meet your mentoring group!)

Meetings with your small group (December 2025–May 2026). You can agree with your mentor group whether you will hold face-to-face or remote meetings (4–6 meetings recommended)

Online interim meeting on Mon 23.2.2026 at 14–16

Closing event at campuses on Thursday 7.5.2026 at 14–17