



UNIVERSITY OF HELSINKI

HELSINKIUNI INTERNATIONAL TALENT PROGRAMME

Talent programme for the international students at University of Helsinki

20.9.2022, 16-17

Information session on the 2022-23 round

Anna Storgårds
careerservices@helsinki.fi

HITP – what is it?

- A **group mentoring programme** bringing together international students with organizations and companies
- HITP aims at giving international students information about a certain field in Finland. What are the latest trends? How do you enter this field? Which skills and competencies are required?
- Mentors share valuable knowledge from their field of work and help the mentees build a professional local network.
- HITP was launched with project funding in 2020, runs annually by career services
- HITP 1: 110 mentees, 11 degree programmes, 12 organisations
HITP 2: 72 mentees, 14 degree programmes, 9 organizations
HITP 3: 18 degree programmes, 9 organizations
- Size of the mentoring groups: 5-10 mentees
- Duration: 6 months (end of Nov – mid May)
- Student application period: **22.9.22–6.10.22**
Both 1st and 2nd year students are welcome to apply. HITP alumni can apply again





- Is **not** a traineeship programme or a direct path to recruitment
- Some mentors assign small-scale tasks
- Attendance is expected in all HITP events
- The mentor groups decide how they meet; in hybrid format- live- remote
- The mentees are offered a career workshop and informal get-togethers
- *"The more you invest, the more you gain"*

Mentee feedback

- "HITP allowed me to focus on jobhunting and get advice when needed – it also gave me lots of hope which was very important"

- "Thank you for giving me new perspectives on the job market and job hunting, I feel this has helped me realise more of my own potential but also open my eyes to other job possibilities"
- "I genuinely enjoyed it. We had several remote sessions about the organization, their projects, their careers, and working in Finland. It was particularly interesting as most of their projects include Data Science and then at the same time some internationals work there"



Mentees

**WHAT
DO
YOU
EXPECT**



- Field-specific information; trends, challenges, future
- Understanding and developing necessary field specific skills
- Learning about company/organization projects, structure
- Ideas for thesis
- Learn how to apply academic skills in practice
- Professional development
- Diversity, multiculturalism, inclusion

Mentees

**WHAT
DO
YOU
EXPECT**



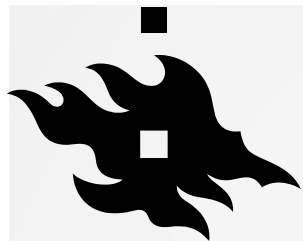
- Networking possibilities
- How to find a job, internship opportunities (in English)
- CV, cover letter, interview
- What do employers/recruiters look for in non-
- Finnish applicants?
- Finnish work culture
- Work-life balance
- Learning from other mentees

Mentors

- Providing the students with an opportunity to get to know the organization and sector in question
- Discussing relevant topics, finding new ways of seeing things (for both parties)
- Exploring ways to collaborate (thesis, internships)
- Broadening expertise in the organization
- Showing students that they have many options to use their skills in working life
- Encouraging students to take ownership of their actions and knowledge, and use it to make a change in society
- Sharing knowledge
- Getting to know international young talents in Helsinki
- Looking for new talent
- Discussing topics such as diversity and inclusion

**WHAT
DO
YOU
EXPECT**





EARNING 1 CREDIT FROM HITP – STUDENT INSTRUCTIONS



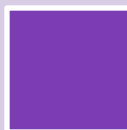
Check with your programme first if HITP can be included in your degree.



If you can include HITP in your degree, you can earn 1 ECTS by completing the following requirements:



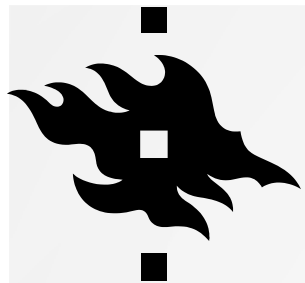
Attend HITP events: Introduction to HITP mentoring, kick-off event, the career workshop, mentoring meetings and closing event.



Write a reflective diary after each meeting.

What did we talk about today? What topics did we cover? What did I learn? Which questions do I have now about the topic we covered? How can I answer them and learn more?

Length of the diary: 0,5 – 1 page, A4. The diary texts can be collected in one document



- Read through the Mentoring Workbook and the HITP Supplement Guide.
- Choose 4 exercises from the Workbook and complete them during the programme. Career Services recommend the following if you have difficulties choosing:
 - P 17, timeline
 - P 21, swot analysis
 - P 36, networks
 - P 48, reflecting
- Send the reflective diaries and the completed 4 exercises to careerservices@helsinki.fi after the closing event.
- You will receive a certificate from career services. Take this certificate to your degree programme to claim the credit point. (CS cannot issue ects)

Application processing 2022-23

| Schedule | Task and content | Responsibility |
|-------------|---|---------------------|
| 22.9 - 6.10 | Student application period | CS* |
| 7.10-14.10 | Application processing | CS |
| By 31.10 | Acceptance letters to mentees | CS |
| | | * Career Services |
| By 17.11 | Mentors contact their group to agree on 1st meeting, in connection to the kick-off on 24.11 | Mentor organization |

HITP Schedule 2022-23

| Date | Time | Event | Participants | Mode of event, Organizer |
|---------|----------|-------------------------------|--------------|--------------------------|
| 17.11 | 16-17 | Mentees' introduction to HITP | Mentees | CS* |
| 24.11 | 16-17 | Kick-off | Everybody | CS |
| | 17-18 | First group meeting | Everybody | Mentor |
| Dec-May | | 3-5 Group meetings | Everybody | Groups |
| 8.12 | 16-17:30 | Career Workshop | Mentees | CS |
| 18.5.23 | 14-15 | Closing | Everybody | CS |
| | 15-16 | Last group meeting | Everybody | Groups |

*CS= Career Services

Informal meet-ups: Timetable tbc



How to Apply

Follow the instructions on the web page:

<https://blogs.helsinki.fi/international-talent-programme/how-to-apply/>

JOIN THE HITP NETWORK!