



# Expression of Interest:

## Join the Una Europa Student Project Incubator as a Mentor!

Are you a PhD researcher looking to share your research experience, expand your network, and contribute to the next generation of academics? Join us as a mentor in the new Una Europa Student Project Incubator!

Una Europa is running an exciting initiative, the Student Project Incubator to support undergraduates and PhD researchers in navigating their research careers. Now, we are searching for passionate mentors like you to help us run the incubator.

We seek PhD researchers to lead interactive sessions in our Theory Tuesday and Teamwork Thursday programs. These sessions are designed to equip the participants with essential and transferable research skills (e.g., academic writing and research ethics) to navigate academia and beyond. This is an opportunity to inspire, connect, and grow alongside fellow PhD researchers and young minds who are still considering joining our Una Europa research community. If you are interested in leading a session, we would love to hear from you.

We welcome PhD researchers from all disciplines and partner universities to apply—no matter your field of expertise, your insights and experiences are valuable. The Incubator will run from 25 March to 15 May 2025, with sessions held weekly. Before the incubator starts, the mentors will meet three times (11, 13, and 18 March, 9-10.30 CET) to get to know each other and co-create the sessions together. Please submit your application by Sun 2 March using the [link](#). More details regarding the timeline, sessions and call for action are provided below.

We look forward to welcoming you to the incubator and working together to support the next generation of researchers. Let's make this a collaborative and impactful experience!

Please note that the Incubator itself is also open for PhD researchers. So if you are not ready to host a session just yet, please apply and join in as a participant. For more information on how to apply for the Incubator as a participant, [please read more on the Una Europa website here](#).

Contact details: Stinne Vognæs at [stinne.vognas@helsinki.fi](mailto:stinne.vognas@helsinki.fi) or Kiira Sarasjärvi [kiira.sarasjarvi@helsinki.fi](mailto:kiira.sarasjarvi@helsinki.fi)

# What is a Student Research Incubator?



## A short overview - Mentors' point of view

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### What's an incubator?

An incubator is a dynamic, hands-on learning environment where ideas grow through collaboration and mentorship—unlike traditional lectures or courses, that focus on structured teaching

### What's involved?

- Get to know your mentors: While the students are getting to know each other, the mentors are designing and co-creating the sessions together. The three planning sessions are held on Tue 11, Thu 13, and Tue 18 March 9-10.30 CET
- Theory Tuesday and Teamwork Thursday: Hosting two 1.5-hour interactive online sessions related to transferable research skills
- Mentorship: Mentoring students 1:1 or in research teams providing feedback and guidance throughout the incubator
- Share your journey: Sharing your experiences, challenges, and strategies as a PhD researcher

### Why get involved?

- Challenge yourself: Enhance your mentoring, leadership and teaching skills in a multidisciplinary inter-university environment
- Build your Community: Expand your professional network within the Una Europa community
- Engage and Experience: Gain experience in hosting engaging and interactive research-focused discussions with your peers
- Shape the future: Share your research knowledge and inspire young minds to pursue their dreams in academia!

### How to get involved?

- Apply before Sun 2 March: Submit your Expression of Interest to become a mentor by Sun 2 March using the following [link](#)
- The application: Include a research bio and a brief outline of your idea for Theory Tuesday and Teamwork Thursday sessions; you can either choose from proposed themes or suggest your own
- Hot tip: Ensure your sessions are interactive, inspiring, and designed for researchers at all levels and academic backgrounds



# Timeline and Themes

## Get-together: Connect with the Mentors (mentors only)

While the participants are forming the research groups, the mentors are meeting parallel to get to know each other and to plan the content for the incubator.

### Key dates

Sun 2 March	Application to become a mentor closes.
Fri 7 March	All applicants will be informed of the outcome of their submission.
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Tue 11 March 9-10.30 CET	Online get-together event. Get to know the fellow mentors and hear more about the upcoming incubator.
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Thu 13 March 9-10.30 CET	The application for students are closed. Let's get an overview of the research groups and review the applications.
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Tue 18 March 9-10.30 CET	Last meeting before the kick-off. Finalising the workshops and teamwork sessions, last minute Q&A sessions.

# Timeline and Themes



Kick-off

## Kick-off: 25 & 27 March

Official launch of the Una Europa Student Project Incubator. Get to know all the participants, get inspired and share your research experience with your peers and young minds.

Date: Tue 25 & Thu 27 March, 16-17.30 CET

Theme 1

## Theme 1: Research Proposal & Methods 1 & 3 April

Anything can be researched. Get inspired and start thinking like a researcher. Learn how to plan and write strong research proposals and choose the right methods for your study.

Dates: Tue 1 & Thu 3 April, 16-17.30 CET

Theme 2

## Theme 2: Academic Writing & Ethics 8 & 10 April

Improve your academic writing skills, understand research ethics, and explore how AI can support your work.

Dates: Tue 8 & Thu 10 April, 16-17.30 CET

Break

## Easter Break

No sessions between 14 - 20 April.  
Enjoy your Easter Break!



### Theme 3

## Theme 3: Peer Review & Science Communication 22 & 24 April

Get tips on reviewing and giving feedback. Learn how to share your research in a clear and interesting way beyond academia.

Dates: Tue 22 & Thu 24 April, 16-17.30 CET

### Theme 4

## Theme 4: Presentation Skills & TBA 29 April & 2 May

Build confidence in presenting your research and learn how to explain your ideas effectively. On Friday, participants will take on the role of mentors, leading their own mini-workshops and challenges to share their expertise and transferable research skills.

Dates: Tue 29 April & Fri 2 May, 16-17.30 CET

### Showcase

## Final Showcase 6 May

Let's find the winner of the Una Europa Student Project Incubator. Time to celebrate and share what the students have learned during the incubator.

Date: Tue 6 May, 15-17 CET

### Final session

## Evaluation Session 15 May

Give feedback and reflect on what you are taking with you into the next steps of your research journey. Help us to improve the incubator for future participants.

Initial dates: Thu 15 May, 16-17.30 CET



# FAQs

Who is eligible to be a mentor in the Student Project Incubator?

Doctoral researchers (PhDs) currently enrolled at an Una Europa university are welcome to apply as mentors in the upcoming Incubator. PhD researchers can also apply as participants; please see more information how to apply as a participant here: [Una Europa Student Project Incubator 2025](#) | [Una Europa](#)

What if I can't join a session?

To participate in the Incubator, especially as a mentor, it is important that you are available to attend the following sessions. Each mentor must attend all three pre-meeting sessions (Tue 11, Thu 13 & Tue 18 March, 9-10.30 CET) to plan the incubator. Additionally, each mentor will host 2 x 1.5-hour online sessions teaching the participants about transferable research skills. Each mentor is also required to provide mentoring and feedback to the participants throughout the incubator. It is also desirable that the mentors would be available during the incubator kick-off (25 March), final showcase day (6 May) and evaluation session (15 May).

Do I need an idea of the online session when I apply?

You don't need to have a very specific idea of an online session when you apply. However, the application requires you to submit a short 300-word outline of how you would host the online sessions. The mentors will discuss and co-design the incubator once we know how many research teams have applied to the incubator.

Is everything online?

Yes, the whole Incubator programme is delivered online. We encourage local meetups where possible, but all parts of the incubator will be implemented online.

How to apply?

You must submit the application by 2 March 2025, 11.59 pm. The application includes a short research bio with guided questions and a short 300-word outline of an idea of the online sessions you would be hosting as a mentor. Please submit your application via this [link](#).

What is the outcome of the Incubator?

As a mentor, you will guide a team in developing their research proposal by providing feedback, mentoring, and teaching transferable research skills. The incubator is designed to provide you with the tools and structure to effectively mentor and facilitate their learning.

If you have any questions or concerns regarding the incubator, don't hesitate to reach out to the coordinator of this project Stinne Vognæs at [stinne.vognas@helsinki.fi](mailto:stinne.vognas@helsinki.fi). Any questions related what is involved in being an mentor, please contact Kiira Sarasjärvi [kiira.sarasjarvi@helsinki.fi](mailto:kiira.sarasjarvi@helsinki.fi)