EHEDG and Young EFFoST

EYE
Mentorship Programme

Connecting young professionals with experienced advisors

General Outline

The ‘EYE’ (EHEDG & Young EFFoST) Mentorship Programme pairs young professionals from academia or industry with experienced people in food science and technology. The initiative was started by Young EFFoST in cooperation with EHEDG. In the programme, mentees and mentors will meet regularly and work together on several topics according to their needs and preferences. The focus should be on personal development and professional growth. An on-site event will be organised alongside the meetings to deepen the connections and create networking opportunities.

Duration of the programme: 1 year, starting in January.

Mentees

Mentees are highly motivated young professionals working in the food industry or academia, i.e. (prospective) PhD students or early-stage Postdocs.

Through the programme and the regular 1:1 meetings with their mentor, mentees will better understand their desired career path, get input for their personal development, and become more confident in their skillset and role in a professional environment.

The following points apply to mentees accepted for the mentorship program:

- Committed throughout the whole duration of the programme
- Seeking input for their personal and professional development
- Ambition to become a future leader in science or industry
- Willingness to work on oneself
- Desire to broaden their professional network

Mentors

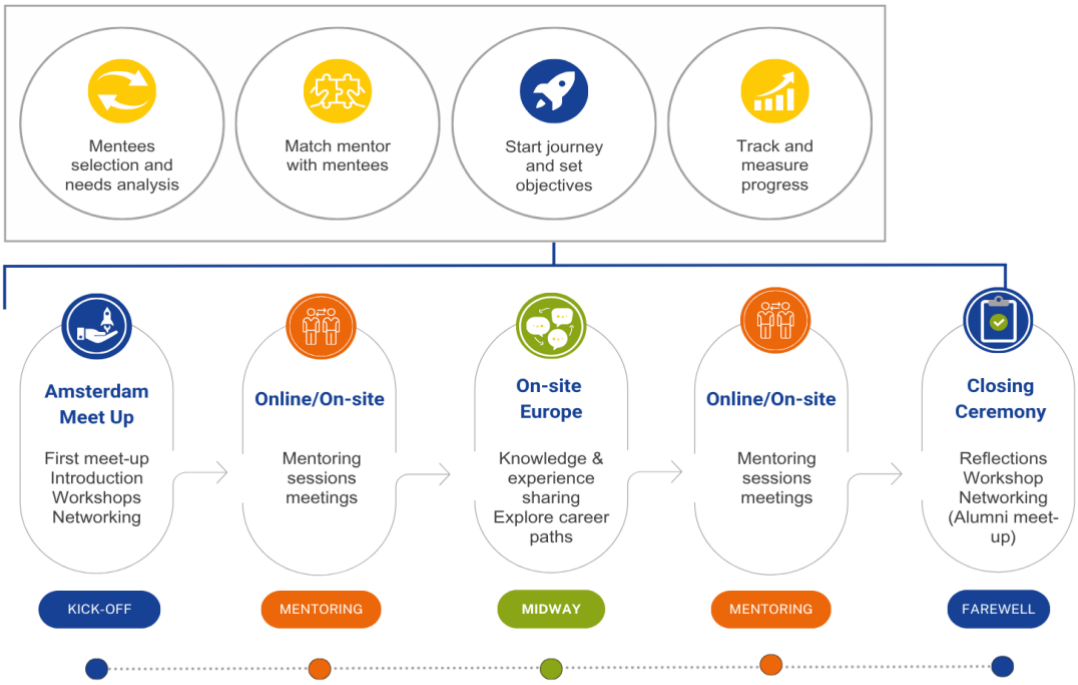
Mentors are professionals from the field of food science and technology (or related) - from academia as well as industry, with at least 5 years of working experience. Prior mentor experience is a plus but not a must.

Through the programme, mentors will get to know talented future professionals, improve their leadership and mentoring skills, and broaden their network.

Apart from the mentioned experience, the following is expected from mentors:

- Share their personal experiences and advise the mentees
- Helping the mentees grow, i.e. by focussing on their personal development
- To obtain an open environment for communication, mentors will act in such a way that a non-formal atmosphere is created

Overview of the Programme



The fourth round of the programme will start with a kick-off event in Amsterdam, followed by separate coaching sessions for mentors and mentees, carried out by specialised professionals.

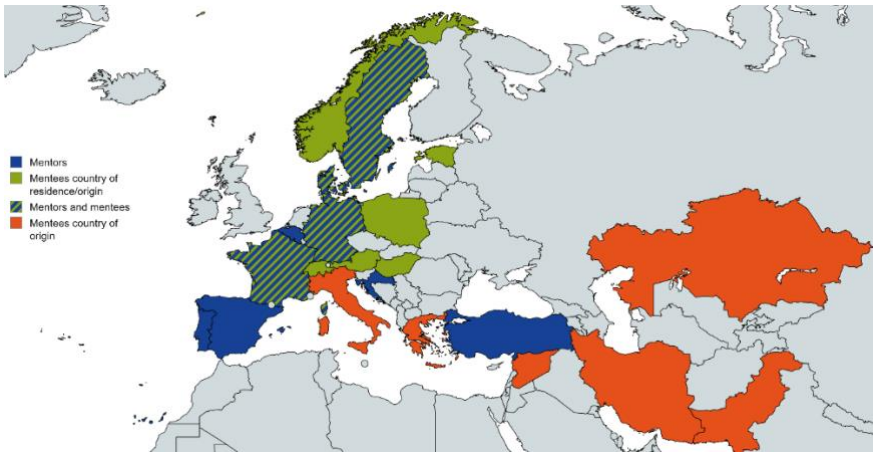
A midway event will occur on-site in Europe. There will be workshops for mentors and mentees, networking opportunities, as well as inspiring keynotes from the field of food science and technology, and beyond. Mentees will be eligible for a travel grant for attending the midway event.

Mentors and mentees will regularly meet online in 1:1 sessions, depending on an individual agreement. Mentors are encouraged to invite mentees once to experience their working environment. It is recommended to schedule 2-3 meetings before the midway event. Mentors and mentees can individually select topics for these 1:1 sessions. However, to facilitate this process, the organisers will provide non-binding conversation guides. Mentors and mentees will set individual goals at the first meeting and evaluate the progress together throughout the year.

The programme will conclude with a dedicated closing session, where mentors and mentees will have the opportunity to reflect on their collaboration and exchange experiences. Further details will be announced in due course.

1st Round of the Mentorship Programme

The first round of the EYE Mentorship Programme began in November 2023 at the EFFoST conference in Valencia, Spain. More than 80 applications were received in this round from all over the world. 12 mentor and mentees pairs were created with mentors from 9 different countries and mentees from 12 different countries.



Map with the countries of residence/origin of mentors & mentees of the 1st round



Impressions of the Midway event 2024

2nd Round of the Mentorship Programme

The second round of the EYE Mentorship Programme began in November 2025 at the EFFoST conference in Bruges, Belgium. Eight mentor and mentee pairs were created using the LIFO method to ensure the best match based on personal and professional dynamics. The programme was launched in collaboration with EFFoST and continues to support young scientists and professionals in their personal and career development.



Impressions of the Midway event 2025

3rd Round of the Mentorship Programme

The third round of the EYE Mentorship Programme launched in January 2026, bringing together nine new mentor–mentee pairs. The programme started with a joint event for Round 2 and Round 3 participants, where they shared experiences and expectations. Participants also visited Intralox and Commercial Food Sanitation (CFS) to learn more about industry practices and took part in a workshop on effective communication and the LIFO matching method. Round 3 focused on learning, sharing knowledge and building professional connections throughout the mentoring journey.



Impressions of the Kick-off & Midway event 2026

Application Procedure

If you are interested in becoming a mentee:

Please complete the registration form here:



Registration includes personal information, professional and personal interests and you are required to upload your CV.

Suitable candidates will be selected based on the above-mentioned criteria. The deadline for the application is 1 December 2026, and notifications of participation will be sent out by 12 December 2026.

If you are interested in becoming a mentor, please contact us at YoungEffost@effost.org.