



**mentorship
programme**

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 November each year at the EFFoST Conference.

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

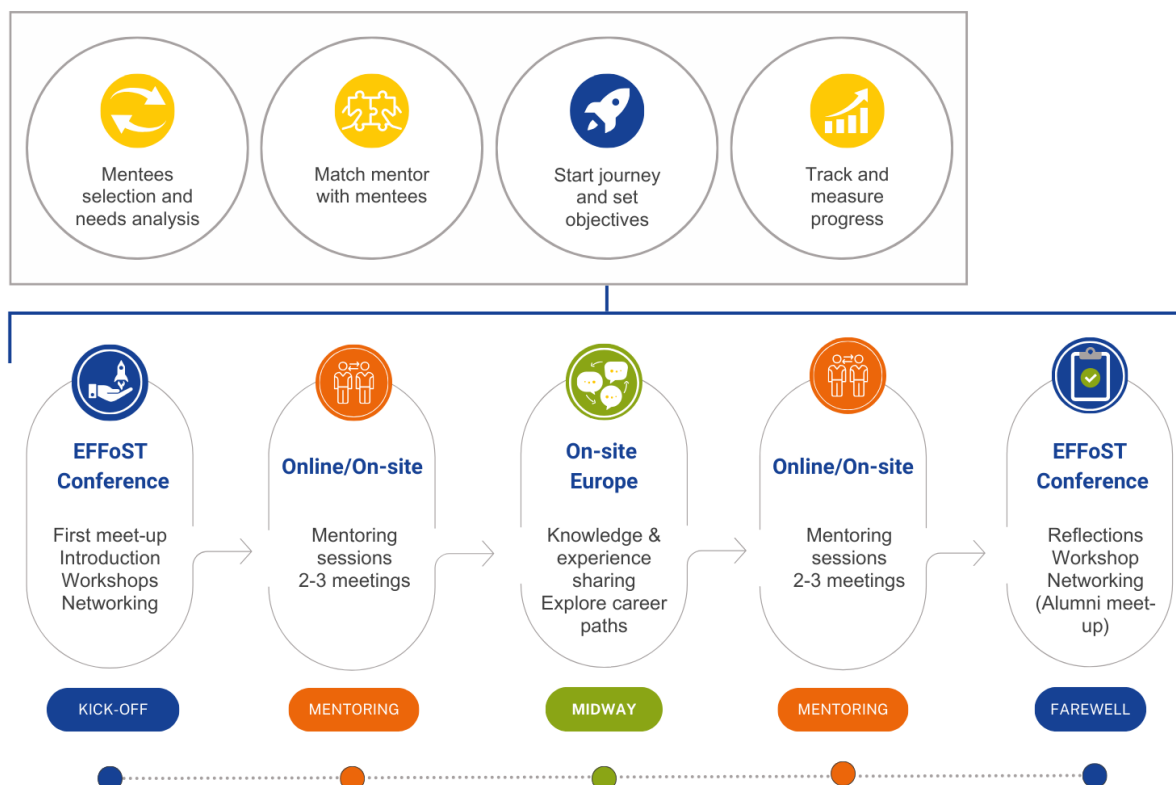
Mentors are professionals from the field of food science and technology (or related) - from academia as well as industry, with at least 5 years of working experience. Prior mentor experience is a plus but not a must.

Through the program, 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 programme will start with a kick-off event within the frame of the 2023 EFFoST International Conference in Valencia, Spain, 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 be finalised with a closing event in the frame of the EFFoST International Conference 2024. Mentors and mentees will share their experiences with the next generation at the Young EFFoST day during the conference. This will also be the kick-off event for the upcoming mentorship programme, thus an excellent opportunity for further networking.

Application procedure

If you are interested in becoming a **mentee**:

Please complete the registration form here:

Register now



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 18 October, 2023, and notifications of participation will be sent out by October 2023.

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