

How to Build One Community Across Students, Staff and Alumni

Katariina From and Malla Haaparanta,
Häme University of Applied Sciences, HAMK



HAMK goes Rantareitti a community sports and wellness event





HAMK goes Rantareitti

- 6,5 kilometres long beautiful trail along the lakeside
- September 2025
- Over 100 registered participants
- Students, staff, alumni, and their families
- Participants reported stronger feelings of belonging, peer learning, and intergenerational exchange.
- The event will grow and expand to all campuses, Rantareitti 2.0

Alumni Mentoring: What Participants Say

Inspiring
improving educational
informative *lovely* pleased
joyful rewarding
encouraging *amazing*



Alumni Mentoring programme

- For all HAMK students and alumni
- During Spring 2026
- 21 students and 20 alumni
- Inspiration and support for career planning
- Meaningful professional relationships and expanding networks
- New edition in Spring 2027

What participants liked most about the mentoring programme?



“ Building confidence in success and in another person’s future through mentoring. ”



“ I learned a lot about my mentee’s home culture and what it is like to live in Finland as an international resident. ”



“ The connection I built with my alumni mentor gave me a positive outlook on my future career. ”



“ It was great to get to know an experienced professional in the field and gain a different perspective than what you get at school. ”



“ I had enjoyable discussions with the student. The opportunity to help was the most important part for me. ”



“

I had enjoyable discussions with the student. The opportunity to help was the most important part for me.

”



“

I learned a lot about
my mentee's home culture
and what it is like to live
in Finland as an
international resident.

”



“

**It was great to get
to know an experienced
professional in the field and
gain a different perspective
than what you get
at school.**

”



“

**The connection I built
with my alumni mentor
gave me a positive outlook
on my future career.**

”



“

Building confidence
in success and in
another person's future
through mentoring.

”

What participants liked most about the mentoring programme?



“ Building confidence in success and in another person’s future through mentoring. ”



“ I learned a lot about my mentee’s home culture and what it is like to live in Finland as an international resident. ”



“ The connection I built with my alumni mentor gave me a positive outlook on my future career. ”



“ It was great to get to know an experienced professional in the field and gain a different perspective than what you get at school. ”



“ I had enjoyable discussions with the student. The opportunity to help was the most important part for me. ”

“ There were no challenges.
We were able to schedule things
very well, and the meetings were
versatile and useful from the
mentee's point of view. ”



“ The challenging part
was getting the discussion
started, even though it
opened up afterwards. ”



The most challenging aspects of the programme – from the participants' perspective of the programme?

“ The challenging part was
understanding the initial
orientation and finding
suitable guidance areas. ”



“ My own
scheduling
pressures. ”



“ Nothing especially challenging,
but building trust remotely is
always challenging and important
for creating an open and safe
space in the sessions. ”





“

**My own
scheduling
pressures.**

”



“

Nothing especially challenging,
but building trust remotely is
always challenging and important
for creating an open and safe
space in the sessions.

”

“

**The challenging part
was getting the discussion
started, even though it
opened up afterwards.**

”





“

The challenging part was understanding the initial orientation and finding suitable guidance areas.

”

**“ There were no challenges.
We were able to schedule things
very well, and the meetings were
versatile and useful from the
mentee’s point of view. ”**



“ There were no challenges.
We were able to schedule things
very well, and the meetings were
versatile and useful from the
mentee’s point of view. ”



“ The challenging part
was getting the discussion
started, even though it
opened up afterwards. ”



The most challenging aspects of the programme – from the participants’ perspective of the programme?

“ The challenging part was
understanding the initial
orientation and finding
suitable guidance areas. ”



“ My own
scheduling
pressures. ”



“ Nothing especially challenging,
but building trust remotely is
always challenging and important
for creating an open and safe
space in the sessions. ”



Community is built through
shared action.

Thank you!