

DREAMING OF DOING RESEARCH?

APPLY FOR HiLIFE RESEARCH TRAINEE SCHOLARSHIPS

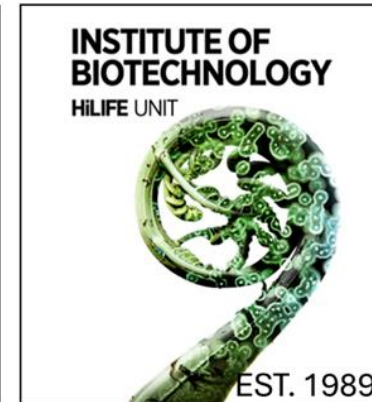
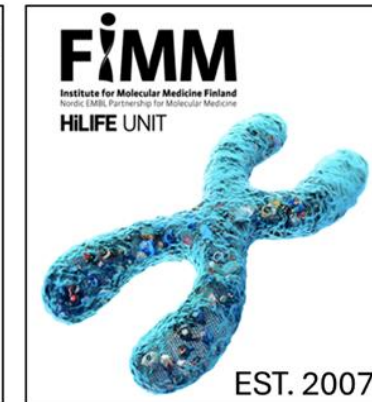


UNIVERSITY OF HELSINKI

MORE INFORMATION



- Research institute independent of the University's faculties
- Established in 2017 to bridge Life Science research over University's units and campuses
- High quality research, **research-based education** and innovation in all LS areas
- collaboration and partnerships across University campuses and disciplines to enhance transfer of new knowledge for the benefit of society



About

- HiLIFE Research Trainees Scholarships aims to open doors for UH students to top-level life science research during undergraduate studies
 - HiLIFE offers the funding to enable talented, research oriented students to carry out an internship on a topic of their interest
- The scholarships are granted once per annum, to be conducted within the following calendar year
 - **2019** first international call: students could apply to any top research institution abroad
 - **2020** first local call in any research group within the University of Helsinki
 - **2021 - 2025** hybrid setting with Scholarships distributed between students having their internships at UH research groups and international research groups
 - **2026** global coverage (including also other Finnish research institutions). The total amount of Scholarships increased (max. 20), while the support reduced to three months.

2026 HiLIFE Trainee Scholarship call

- Call open until **Wednesday Oct 29, 23.59 EET!**
 - Application Info: <https://studies.helsinki.fi/instructions/article/hilife-research-trainee-scholarships>
 - Application submission via E-lomake: <https://elomake.helsinki.fi/lomakkeet/136802/lomake.html>
 - Late and incomplete applications will not be considered. If you saved your form for further modifications, make sure you make final submission!
 - If you just started MSc studies and do not have transcript available, submit your BSc transcript
- Internships either at **research groups in University of Helsinki** or at **another research institution in Finland / abroad**
 - New for 2026: **students applying for Scholarship on internship outside UH must submit an invitation letter from PI.** If you do not provide this documentation, your application will be considered as incomplete.
 - We have provided a couple of supporting documents at the Studies Service instruction page. Feel free to utilize these!
 - Also, remember obtaining a co-supervisor from UH + health insurance (after being granted the scholarship)
- Scholarship provides financial support for three-month internship, to be used during mid-Jan - Dec 2026
 - All Scholarships are worth 1 600 EUR / full working month (regardless of the internship location)
 - Students doing their internship outside UH are responsible for covering the travel costs
- Life science project (health, food, environment)

Eligible applicants

- This call is open to all undergraduate students enrolled to University of Helsinki studying life sciences
 - Erasmus Mundus MSc programme participants also accepted
 - Lic students who have already registered for doctoral studies are not eligible
- Priority given to students who incorporate the internship to their studies
 - BSc or MSc thesis
 - Licentiate thesis (Med., Med. Vet., Dentistry)
 - Practical training

LIFE SCIENCE FACULTIES

Faculty of Agriculture

The Faculty of Agriculture and Forestry is an expert in the responsible use of renewable natural resources both in Finland and worldwide.



Faculty of Biological and Environmental Sciences

The Faculty of Biological and Environmental Sciences with its neighbouring units forms the largest and most prominent scientific and...



Faculty of Medicine

The mission of the Faculty of Medicine, University of Helsinki, is to conduct high-quality research and provide research-based...



Faculty of Pharmacy

Pharmacy is a multidisciplinary field of science. It specialises in medicinal treatment and studies drugs, medicines and their development



Faculty of Science

The faculty is grounded in the basic science research, applied and complemented by geography and geology. The faculty has a significant...



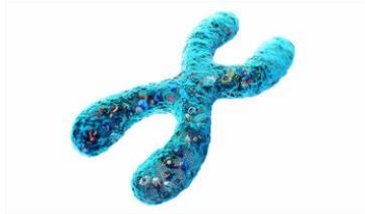
Faculty of veterinary medicine

The Faculty is responsible for the basic education of veterinary surgeons in Finland as well as for research, postgraduate research...



Where to do the research at UH?

Research groups within HiLIFE



Institute for Molecular Medicine Finland

Institute for Molecular Medicine Finland (FIMM) is an international research institute in Helsinki focusing on human genomics and...



Institute of Biotechnology

The mission of the Institute of Biotechnology is to advance fundamental discoveries in biosciences for the benefit of people and the...



Neuroscience Center

The mission of the Neuroscience center is to carry out excellent and multidisciplinary research on the development, normal functions and...

HiLIFE assistant/associate professors

Ld Leonardo de Almeida Souza Assistant Professor Helsinki Institute of Life Science leandro.almeida.souza@helsinki.fi 0204120055	AF Anniina Färkkilä Assistant Professor Department of Genetics and Ophthalmology anniina.farckila@helsinki.fi 0204120055
AG Andreas Ganna Associate Professor Helsinki Institute of Life Science andreas.ganna@helsinki.fi 0204120055	HK Helena Kilpinen-Barrett Assistant Professor Helsinki Institute of Life Science helena.kilpinen@helsinki.fi 0204120055
JS Claudius Kratochwil Associate Professor Helsinki Institute of Life Science claudius.kratochwil@helsinki.fi 0204120055	JL Jette Lengefeld Assistant Professor Institute of Biotechnology jette.lengefeld@helsinki.fi 0204120055
RT Juha Saarikangas Associate Professor Helsinki Institute of Life Science juha.saarikangas@helsinki.fi 0204120055	MS Marjo Saastamoinen Associate Professor Helsinki Institute of Life Science marjo.saastamoinen@helsinki.fi 0204120055
RT Rose Thorogood Associate Professor Helsinki Institute of Life Science rose.thorogood@helsinki.fi 0204120055	NT Nelson Totah Assistant Professor Helsinki Institute of Life Science nelson.totah@helsinki.fi 0204120055
TV Tommi Vatanen Associate Professor Helsinki Institute of Life Science tommi.vatanen@helsinki.fi 0204120055	

Life Science faculties

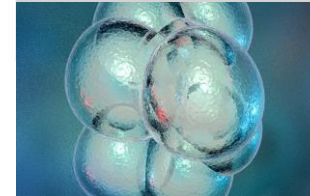
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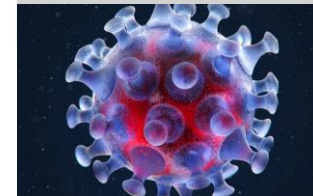
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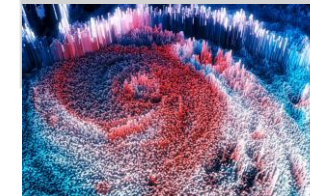
Faculty of Pharmacy

Pharmacy is a multidisciplinary field of science. It specialises in medicinal treatment and studies drugs, medicines and their development



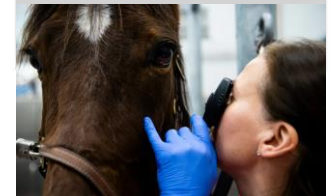
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Faculty of veterinary medicine

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Past Trainees conducted versatile range of research within HiLIFE

Institute of Biotechnology

- Mitochondrial morphology
- SARS-CoV-2 neutralization
- Parkinson's disease study on rats

#Brendan Battersby lab
#Ilona Rissanen lab
#Juha Huiskonen lab
#Merja Voutilainen lab

Neuroscience Center

- Mental illnesses study and treatment
 - Therapeutics
- Biochemical neurodegeneration
- Neurodegenerative diseases

#Eero Castren lab
#Coralie Di Scala lab
#Palva lab (Satu Palva's group)
#Jari Koistinaho lab

Institute for Molecular Medicine Finland

- Cancer precision medicine and functional drug testing

#Olli Kallioniemi lab
(Vilja Pietiäinen)

HiLIFE Tenure Track Professors groups

- Immunotherapy development
- Cichlid fish mating choices
- Landscape of fear (bird species)

#Anniina Färkkilä lab
#Claudius Kratochwil lab
#Rose Thorogood lab

Past Trainees conducted versatile range of research in UH Faculties

Science

- Mathematical and statistical modelling
 - cancer evolution
 - seal future population

#Jarno Vanhatalo lab

Biological & Environmental science

- tRNA modifications in mouse organs
- Soil sciences - virome
- Plant biology - role of lignin in trees
- Moss mites & habitat
- Elephant-human conflicts
- Urban planning & population health

#Mar Cabeza lab

#Peter Sarin lab

#Kurt Fagerstedt lab

#Minna Välranta lab

#Minna Poranen & Hanna Oksanen labs

#Sustainable Urban Systems group

Agriculture & Forestry

- Human health and nutrition
- Soil sciences - methane cycling

#Anne-Maria Pajari lab

#Mari Pihlatie lab

Veterinary Medicine

- Marine mammal research

Past Trainees conducted versatile range of research in UH Faculties

Pharmacy

- Neurotrophic factor (MANF)
- Gut microbiome

Medicine

- Tumor genomics - leiomyomas
- Psychiatric disorders - sleep
- Stem cells and puberty
- Ovarian cancer
- Precision medicine, therapy

#Taneli Raivio lab
#Tiina Paunio lab
#Pia Vahteristo lab
#Kirmo Wartiovaara lab
#Liisa Kauppi lab

Pharmacy

- Neurotrophic factor (MANF)
- Gut microbiome

#Mikko Airavaara lab



**Groups operating in
Biological Stations, e.g.
Lammi, Tvärminne**



**Collaborations with
industries as part of the
research project, e.g.
UPM, Korkeasaari**

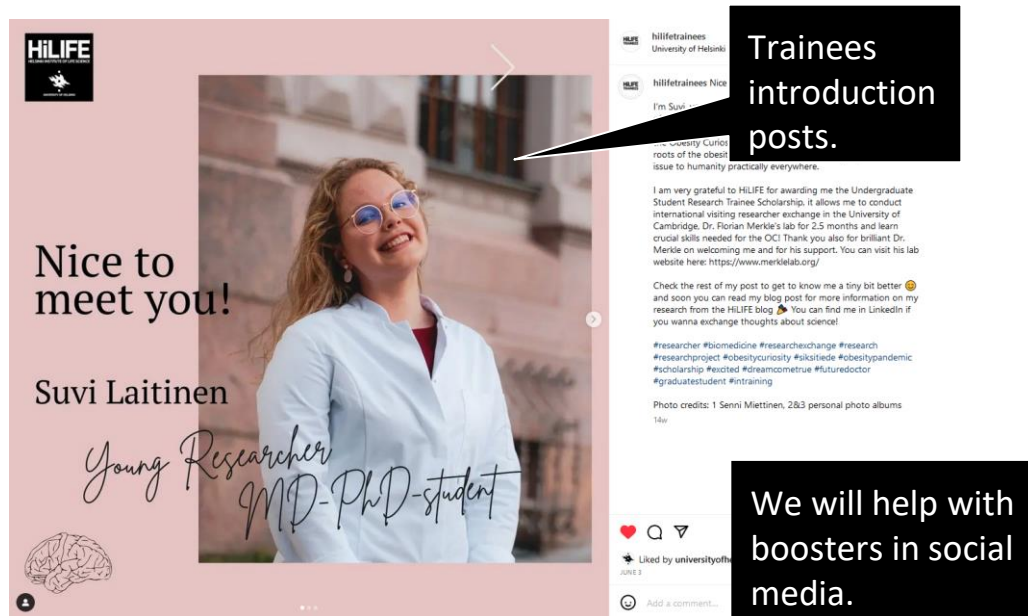
Note: main affiliation at
UH (group / supervisor)

Other Finnish institutions / abroad: the choice is yours!



There are many creative ways to communicate about your science

HiLIFE Trainees Social Media – short teasers



HiLIFE Trainees Blog – opportunity for self-expression and communicating your research

Another pressing concern that looms over Baltic ringed seals is climate change. These seals heavily rely on sea ice for their survival. They construct lairs on thick and stable sea ice, where they overwinter, give birth, and raise their pups. Sea ice also serves as a crucial resting and molting platform for them. However, as climate change accelerates, the loss of sea ice becomes an imminent threat to their habitat.

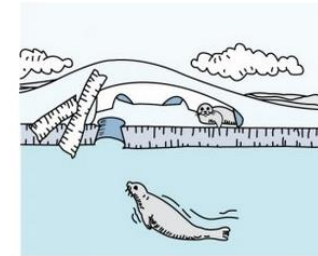
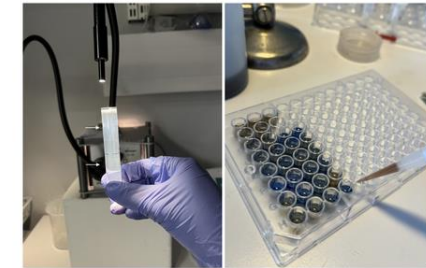


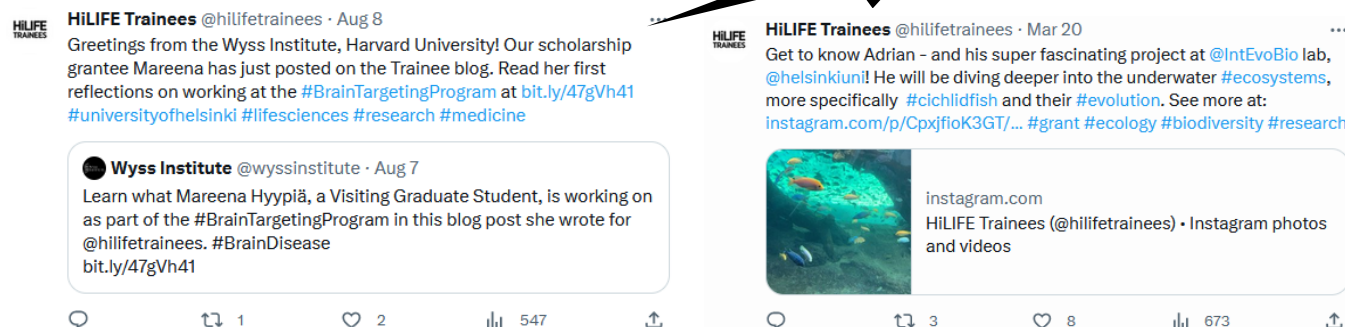
Illustration of a ringed seal pupping lair. The lair provides shelter to newborn pups from harsh winter weather, predators and even pathogens. Loss of sea ice and reduced snowfall due to climate change are likely to have significant negative effects on pup survival.
Image credit: Robert Barnes, UNEP/GRID-Arendal.

The extent to which the loss of sea ice will impact seal populations remains uncertain. Predicting the future dynamics of seal populations in the face of climate change requires sophisticated mathematical and statistical models that can account for various ecological variables and complex interactions.

The *B. cereus* bacteriophage that I have isolated has similar properties with the *Finnlakeviridae* representative virus called FLIP (Flavobacterium-infecting phage). These characteristics include isolation from a boreal environment, icosahedral capsid morphology, and an inner lipid membrane. However, this virus infects a gram-positive bacterium while the host of FLIP is gram-negative. The similarities make my virus extremely intriguing, since they suggest a possibility that BCIP-1 could be evolutionarily close to FLIP.



Light scattering zones indicate the migration of the virus in a sucrose gradient during rate-zonal virus purification. These zones are documented and collected, and the protein concentration of the purified virus is determined using the Bradford assay.



Style is free! Funky illustrations on theory, more formal approach to lab work, or even a video works for the purpose.



HiLIFE EDU and The Science Basement will help you to get started

- You are expected to contribute to media outreach prior, during and after the internship by:
 - Publishing a self-introduction at [HiLIFE Trainees Instagram account](#)
 - Writing two blog posts for the [HiLIFE Trainee blog](#)
- We will introduce you to science communication by three 2 hour workshops organized in collaboration with the Science Basement. The workshops are organized in early 2026.
 - **Workshop 1:** Creative science writing
 - **Workshop 2:** How to prepare for a (podcast) interview
 - **Workshop 3:** Communicating science through social media
- If the communication part of the programme feels challenging, we can spar together on the posts and peer reviewers will be assigned for each HiLIFE Trainee Scholarship recipient

How does it work in practice?



**Internships outside UH: position already agreed by 29.10. (invitation letter from PI)*

Application submission (1.10. - 29.10.)



Attachments (all in English)

- **CV** (max. 2 pg.)
- Most recent **transcript of studies**
- **Motivation letter (1 pg.):**
 - Describe your motivation to do research and how the internship would benefit your future career
 - Tell us about the research topic that particularly interests you and define an outstanding question in that field
 - Elaborate on your previous research experience (if any) and practical skills acquired

*Additionally, for internships outside UH, upload the **invitation letter to PI** on the relevant field (mandatory).*

For internships within UH, you can mention research groups you are considering, to an open field specified the form.

Form is scheduled: publicity starts 1.10.2025 6:51 and ends 29.10.2025 23:59
Applications for HiLIFE Research Trainee Scholarships 2026



HiLIFE
HELSINKI INSTITUTE OF LIFE SCIENCE



UNIVERSITY OF HELSINKI

APPLY FOR HiLIFE RESEARCH TRAINEE SCHOLARSHIP

Do you dream of working one day as a scientist? Wait no longer!
HiLIFE Research Trainee Scholarships provide exciting opportunities to follow your scientific curiosity.
Read the full description of HiLIFE Research Trainee Scholarships at University of Helsinki Studies-site: <https://studies.helsinki.fi/instructions/article/hilife-research-trainee-scholarships>.

The application period ends on Wednesday 29.10.2025 by 23.59 EET. Please make sure you submit the completed form on time.

The online application can be saved as a draft. If you wish to interrupt filling in the form and continue later, scroll to the bottom, check the box and provide an email address to receive a link to your incomplete application. Note that when you wish to submit the final version, **do not check the box for partial submission anymore.** In case multiple applications are received from one applicant, the last full submission is considered. Incomplete applications will not be processed.

More information on the HiLIFE Research Trainee Scholarships can be requested from hilife-edu@helsinki.fi.

Explore the unknown with HiLIFE Research Trainee Scholarship!

Personal data

Student number *

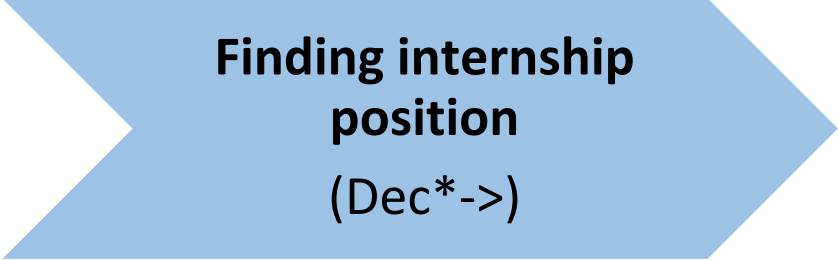
Last name *



Interview and selection

(Nov - Dec)

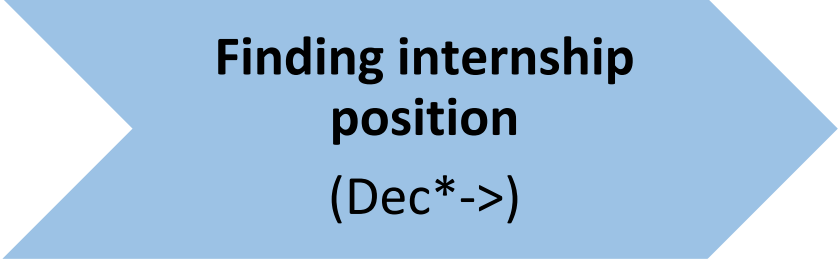
- Your application will be evaluated by a selection committee composed of HiLIFE EDU working group members
- Criteria
 - Grades and progress of your studies
 - CV (e.g. prior research experience and other merits)
 - **Motivation Letter**
- Shortlisted applicants are invited to a video interview during 14. – 23.11.2025
 - You will be asked more specific questions about your background, motivation, research interests and plans



**Finding internship
position**
(Dec*->)

For selected students

- The HiLIFE Research Trainee Scholarships will provide **financial support**.
 - Contacting the group and securing the position by signing a traineeship agreement is your responsibility and a prerequisite for getting the grant.
-
- **Internship within UH**
 - Students are expected to make enquiries independently after the Scholarships have been awarded
 - HiLIFE provides supportive documentation describing the scholarship and clarifying roles and responsibilities during the intership. We recommend these to be handed over to research groups
 - Our support will be paid as salary, thus HR will make a contract between you and the UH research group. It is important to communicate to us prior to contracting if you will already be employed by UH



**Finding internship
position**
(Dec*->)

For selected students

- **Internship outside UH**

- Since we already requested an invitation letter from PI at the application stage, this period can be used to sort out the internship practicalities
 - Kindly remember that the most accurate information on study matters can be obtained from UH student/career services. Usually the destination institutions also have departments helping with visa and other arrival matters, along with embassies
 - If heading outside Finland, remember to start any administrative processes early (at least 1-2 months prior to the internship start date)!
 - Monthly grant payments will be set up by HR through internal commission (no employment contract made at UH)

Info session and communication workshops (Dec - Feb)

Info session:

- Mandatory participation
- Getting to know all selected trainees
- Reviewing practicalities regarding the internship

Communication workshops:

- Mandatory participation
- In collaboration with the Science Basement
- **Workshop 1:** Creative science writing (live)
- **Workshop 2:** How to prepare for a (podcast) interview (Zoom)
- **Workshop 3:** Communicating science through social media (Zoom)

HiLIFE TRAINEES

HiLIFE Trainees @hilifetrainees · Apr 6, 2020
Meet the new batch of #HiLIFEtrainees! These young talents are about to start their research careers under the guidance of seasoned scientists. Read more about the aspirations of our young professionals! bit.ly/2V4DQPH #vilkicampus #wearehelsinki #lifesciences





Internship and sharing experiences

(mid-Jan till Dec)

Your responsibilities:

- **To host group:** fulfilling your work duties responsibly as agreed
- **To study programme:** fulfilling the criteria related to your studies (credits for internship period, thesis work) and staying on track with the studies
- **To HiLIFE:** contributing to the programs outreach (participating in the workshops; Instagram self-introduction, two blogs/vlogs)
- **To yourself:** making most out of the experience by being proactive, but also bravely voicing out any challenges and questions when you come across those!

So, why should you consider this?

- Rare opportunity that empowers you to follow your own curiosity and study the unknown
- Invest your time in what matters to you
- Practical experience (analytical, communication, teamwork and technical skills)
- Boost your CV
- Build a network for the future
- Test out and clarify career options
- Incorporate as part of your studies
- Learn more ways of communicating about your science

A successful internship will open doors for you in the future!

Questions?

- hilife-edu@helsinki.fi
 - Please write "HiLIFE research trainee scholarship application" in the subject field
- Get inspired by our past Trainees:
<https://blogs.helsinki.fi/hilife-trainees/>
- ...and follow us on social media:
 - [@hilifetrainees](#) (X)
 - [@hilifetrainees.bsky.social](#) (Bluesky)
 - [hilifetrainees](#) (Instagram)

“Explore the unknown with HiLIFE Research Trainee Scholarship!”



Frequently asked questions (FAQ)

- **Q1: Can I apply again, if I have already received the HiLIFE Research Trainee Scholarship?**
 - **A:** We have limited number of scholarships available each year, thus, we would prefer to offer the opportunity to those applicants, who have not already received the scholarship. You are welcome to apply, but please acknowledge that it is likely for us to prioritize the applicants who have not received the support before.
- **Q2: Can I apply for this scholarship if I want to extend my stay at a research group?**
 - **A:** The scholarship is mainly intended for students who are starting a new internship and not extending an existing one. You can still submit your application, but priority will be given to students starting a new research project.
- **Q3: Do I have to conduct the internship within one time period?**
 - **A:** Yes, the 3 months internship cannot be split into multiple instances with breaks in between. If you are under extraordinary conditions restricting you from having the internship in one go in full time, we can consider exchanging part of the internship to part-time work. This has to be approved by the selected research group. If any special request, make sure to indicate these in your application. Full-time and -length internships are preferred.
- **Q4: I want to try out different types of research. Can I split the internship for conducting research on two groups instead of one?**
 - **A:** We highly recommend selecting just one group for the 3 months internship period, as it will give you a more in-depth view of the research topic. Also, this is often preferred by the research groups. However, if the types of research you wish to conduct are offered within the same research group/lab, and both PIs are agreeing on the arrangement, this option can be considered. Please state in your application how you would make such an arrangement work.

Frequently asked questions (FAQ)

- **Q5: What if I have 1-2 courses overlapping my internship period? Am I unable to apply for the scholarship?**
 - **A:** Often minimal overlaps of a few hours here and there can be agreed with the research group. More important is to think about the quality of delivered research work, your trainee experience and study performance, if you have multiple commitments at the same time.
- **Q6: Can I apply to this scholarship if I have already completed (or I am in the process of completing) my MSc/Lic thesis?**
 - **A:** No, the scholarship cannot be used to carry out research after you have completed your MSc/Lic thesis. Also note, that the scholarship should not delay the completion of your degree.
- **Q7: Can this scholarship be used for conducting internships at a start-up or other industry-based organization?**
 - **A:** Although we would like to see the scholarship opportunities expanding to life science start-ups in the future, at the moment the scholarship is only offered to be used within academia. If a research group is involved in company collaboration, this can be incorporated into the internship, however, the contracting and other official arrangements have to be made through the research group.
- **Q8: Do you provide support for work continuation at the research group after the internship has ended?**
 - **A:** We cannot guarantee that the research group would provide employment opportunities afterwards, nor do we have a grant for that purpose. However, performing well in the research and actively networking with the research group has provided further opportunities for some of our scholarship recipients. Our tip is to be active and demonstrate that you would be interested in continuing the research.