

JYU for YOU E01

00:00:00.240 --> 00:00:01.920

[Irfan] Uh, so what sold you on Jyväskylä?

00:00:03.280 --> 00:00:04.840

[Bel] It's the degree programme.

00:00:05.280 --> 00:00:11.169

To actually find a degree programme that, seals the academic,

00:00:11.169 --> 00:00:15.840

uh, journey into two years, is a big thing for me.

00:00:16.120 --> 00:00:18.623

[Irfan] I do love it how  
you're presenting that just as a casual

00:00:18.623 --> 00:00:18.920

remark.

00:00:18.920 --> 00:00:19.120

“Oh, yeah,

00:00:19.120 --> 00:00:22.041

I did a little bit of  
communications work for the

00:00:22.041 --> 00:00:25.080

World Health Organisation during a global

00:00:25.520 --> 00:00:31.960

[Music]

00:00:28.960 --> 00:00:31.960

[Music]

00:00:32.369 --> 00:00:35.478

[Music]

00:00:36.000 --> 00:00:37.920

Welcome to the JYU for YOU podcast!

00:00:37.920 --> 00:00:40.680

My name is Irfan Durmić and I'm your host with the  
most glasnost.

00:00:41.000 --> 00:00:43.040

Today we're joined by a  
a very special person.

00:00:43.040 --> 00:00:45.576

She's one of my colleagues in the team of international

00:00:45.576 --> 00:00:46.800

student ambassadors at JYU,

00:00:47.120 --> 00:00:49.885

she's a student in  
the Digital Marketing and Corporate

00:00:49.885 --> 00:00:53.409

Communication programme at JYU, a unique  
programme in the world,

00:00:53.409 --> 00:00:54.439

as you will soon hear,

00:00:54.720 --> 00:00:57.380

and, also, she recently managed to  
get a very interesting

00:00:57.380 --> 00:01:00.040

internship in Viitasaari, which  
we will talk about today.

00:01:00.280 --> 00:01:03.120

If you're interested in a journey to JYU,  
from our friend Bel,

00:01:03.219 --> 00:01:03.760

stay tuned!

00:01:06.560 --> 00:01:10.480

Cheers! [Bel] All right! [Irfan] Okay. Now “Oletko valmis?”  
as the Finnish colleagues say.

00:01:10.520 --> 00:01:12.000

[Bel] Mä olen valmis.

00:01:12.000 --> 00:01:13.400

[Irfan] Oh, mahtava, mahtava!

00:01:13.400 --> 00:01:17.062

So, I see somebody picked up a little bit of Finnish.

[Bel] Trying to do so.

00:01:17.062 --> 00:01:20.547

[Irfan] So, did you pick up the Finnish, uh, during  
your visits to the

00:01:20.547 --> 00:01:22.320

different locations

this week or...

00:01:22.360 --> 00:01:25.960

[Bel] You can say that and maybe  
a part of “Minun suomea”.

00:01:26.800 --> 00:01:27.920

[Irfan] Oh, really, really?

00:01:28.000 --> 00:01:29.200

[Bel] I learned something from there.

00:01:29.480 --> 00:01:30.560

[Irfan] Well that's good, that's good,

00:01:30.560 --> 00:01:31.600

but have you continued?

00:01:32.240 --> 00:01:34.800

So. so you've only

taken “Minun suomea”, right?

00:01:34.840 --> 00:01:40.000

[Bel] Yes. [Irfan] For the people

listening to us, so, usually, at JYU at at least...

00:01:40.120 --> 00:01:42.920

[Bel] Yes... [Irfan] The starting Finnish language  
class is

00:01:42.920 --> 00:01:45.880

“Minun suomea”, which means... [Bel] My Finnish!

00:01:45.880 --> 00:01:48.040

[Irfan] Oh, I can see that you had a five in my Finnish.

00:01:48.120 --> 00:01:53.040

[Bel] Oh, no.

[Irfan] We're not going to share with people  
what we had in "Minun suomea".

00:01:53.240 --> 00:01:54.280

[Bel] Yes. [Irfan] We, we will... That

00:01:54.280 --> 00:01:56.400

is a state secret, that is a state secret.

00:01:56.840 --> 00:01:59.271

Well, hey Bel, it's wonderful to see how  
you're in a

00:01:59.271 --> 00:01:59.920

cheerful spirit!

00:01:59.920 --> 00:02:02.280

Though, to be fair, working with you so far...

00:02:02.280 --> 00:02:04.600

How long has it been since August?

00:02:05.040 --> 00:02:06.360

[Bel] Six months or so?

00:02:07.080 --> 00:02:09.440

[Irfan] I think it's longer than six

months if it's from August...

00:02:10.080 --> 00:02:11.640

Do we have a mathematician in the room?

00:02:11.640 --> 00:02:15.920

Oh, wait! [Bel] Oh, wait, you're the  
one!

00:02:15.920 --> 00:02:19.368

[Irfan] See, when you, when you're doing a  
maths degree, you very, very,

00:02:19.368 --> 00:02:20.960

very, rarely see numbers.

00:02:20.960 --> 00:02:22.240

You're mostly seeing letters

00:02:22.240 --> 00:02:24.970

so when I need to do, like, a  
basic calculation I'm, like,

00:02:24.970 --> 00:02:26.600

where's the  
calculator for  $7+2$ ?

00:02:27.320 --> 00:02:29.400

[Bel] Oh, no! That's  
even worse than I am.

00:02:31.320 --> 00:02:33.800

[Irfan] It's it's it's it's a different vibe how  
you get into

00:02:33.800 --> 00:02:34.720

a different profession.

00:02:35.160 --> 00:02:38.989

But, we've been working with each other for a  
little while now and

00:02:38.989 --> 00:02:42.413

I always know you  
as somebody who's very cheerful, and very

00:02:42.413 --> 00:02:44.560

driven regardless of the situation.

00:02:45.200 --> 00:02:45.880

[Bel] Oh, thank you.

00:02:45.880 --> 00:02:47.240

I appreciate that my friend.

00:02:47.560 --> 00:02:50.541

[Irfan] Hey, I appreciate the fact that you bring  
that energy to us

00:02:50.541 --> 00:02:50.840  
today.

00:02:51.080 --> 00:02:52.520  
So, how has life been?

00:02:52.600 --> 00:02:53.360  
How's life treating you?

00:02:53.480 --> 00:02:54.920  
[Bel] Life has been good.

00:02:55.040 --> 00:02:59.577  
And I can say that with all of  
my heart right now cuz I just

00:02:59.577 --> 00:03:03.760  
came from,  
as you can hear, my husky voice so...  
Not the dog!

00:03:04.080 --> 00:03:07.240  
So, I'm cracking jokes like an aunt, so,

00:03:07.640 --> 00:03:10.640

anyway... [Irfan] I see the cold medicine is having a good impact on your mood.

00:03:11.160 --> 00:03:12.240

[Bel] Yes, I think so.

00:03:12.520 --> 00:03:16.680

So, yeah, I've been better for the past weeks or so...

00:03:17.040 --> 00:03:17.360

Yeah,

00:03:17.360 --> 00:03:22.452

but, you know, it's not hard to not get a sickness in a cold

00:03:22.452 --> 00:03:23.120

country

00:03:23.640 --> 00:03:25.360

if we can talk about weather right now.

00:03:25.680 --> 00:03:28.045

[Irfan] I mean, we're in a closed space, but sure we can

00:03:28.045 --> 00:03:29.360

touch a little bit on the weather.

00:03:29.360 --> 00:03:30.480

What's the weather

like today?

00:03:31.800 --> 00:03:33.080

[Bel] As usual “lumi”.

00:03:33.800 --> 00:03:34.960

There's snow outside,

00:03:35.080 --> 00:03:35.760

it's grey,

00:03:35.760 --> 00:03:36.440

it's blue,

00:03:36.440 --> 00:03:40.760

it's yeah basically...

Filtered with grey and blue...

00:03:41.280 --> 00:03:42.160

And it's dark,

00:03:43.000 --> 00:03:44.720

but I'm kind of excited for spring

you know.

00:03:44.960 --> 00:03:45.240

[Irfan] Oh, yeah,

00:03:45.240 --> 00:03:46.360

no no no same, same!

00:03:46.400 --> 00:03:48.440

I was actually talking to my brother  
yesterday

00:03:48.440 --> 00:03:51.417

how, how exciting it gets to  
experience the change from,

00:03:51.417 --> 00:03:54.665

you know, the greyness and the darkness to, oh,

00:03:54.665 --> 00:03:56.560

now we have sunshine till 9:00 p.m.

00:03:57.320 --> 00:04:00.160

[Bel] Oh, yeah. [Irfan] Which, I think, I think it's a worthwhile  
tradeoff. I don't know about you...

00:04:00.400 --> 00:04:01.760

[Bel] I like it! I like it!

00:04:02.040 --> 00:04:05.338

I like it cuz I get  
more time to spend by the lake and

00:04:05.338 --> 00:04:07.520

by the harbour which is very, very, nice

00:04:07.520 --> 00:04:09.640

if they've seen it in our TikTok videos.

00:04:09.960 --> 00:04:14.040

I really like the, the sceneries here  
in Jyväskylä,

00:04:14.480 --> 00:04:16.960

but why are we talking about  
Jyväskylä again?

00:04:17.680 --> 00:04:20.000

[Irfan] Well, because we do study at  
the University of Jyväskylä!

00:04:20.000 --> 00:04:23.445

That is a meaningful thing, though,  
I feel like nowadays you

00:04:23.445 --> 00:04:27.121

spend a little bit less  
time in Jyväskylä. [Bel] But, still in

00:04:27.121 --> 00:04:28.040

Central Finland!

00:04:28.040 --> 00:04:31.539

So, I'm kind of moving up  
a little north to "Viitasaari", where

00:04:31.539 --> 00:04:33.200

I'm doing my internship now,

00:04:33.920 --> 00:04:36.240

um props to, and hello, to "Witas Oy"!

00:04:36.240 --> 00:04:39.280

So, hello to my supervisors over  
there.

00:04:40.120 --> 00:04:42.849

Um, yeah, I've been doing my  
internship for quite a while now

00:04:42.849 --> 00:04:44.120

and it's ending this month.

00:04:44.800 --> 00:04:48.510

Uh, I've been working with such amazing Finnish people, and

00:04:48.510 --> 00:04:50.400

learning new words each day,

00:04:50.400 --> 00:04:53.512

but don't ask me what are those words right

now cuz I'm,

00:04:53.512 --> 00:04:55.640

like, my brain is dead since

I got sick

00:04:55.920 --> 00:05:01.196

so yeah. Um, the workplace has

been nice and I've got featured in

00:05:01.196 --> 00:05:04.600

some of the newspapers here in Finland.

00:05:04.720 --> 00:05:07.611

[Irfan] I mean, you've become a little bit of a local  
celebrity! So, you

00:05:07.611 --> 00:05:09.600

immediately started us

off from the middle,

00:05:10.000 --> 00:05:12.040

but let's, let's

backtrack a little bit.

00:05:12.040 --> 00:05:14.240

First of all,

let's get a little bit now into your  
studies:

00:05:14.600 --> 00:05:17.120

so, here's always a little test...

00:05:17.480 --> 00:05:19.080

What is the name of your studies in  
Finnish?

00:05:20.200 --> 00:05:24.680

[Bel] “Mä opiskelen digitaalista markkinointia yritysviestintää.”

00:05:25.160 --> 00:05:28.295

[Irfan] I'm not even gonna attempt to  
repeat that again uh, but what

00:05:28.295 --> 00:05:31.335

does that translate to in English?

[Bel] Digital marketing and corporate

00:05:31.335 --> 00:05:32.000

communication.

00:05:32.760 --> 00:05:34.320

[Irfan] And, this is your second year?

00:05:34.640 --> 00:05:37.880

[Bel] Yes, on my second year, and thesis year!

00:05:38.640 --> 00:05:39.600

[Irfan] So, how's the thesis going?

00:05:40.920 --> 00:05:43.120

[Bel] I think we can opt that for another conversation.

00:05:43.240 --> 00:05:45.600

[Irfan] Yeah, we can leave the thesis for the end.

00:05:45.600 --> 00:05:46.920

We can leave the thesis for the end.

00:05:47.440 --> 00:05:49.795

Uh, now the question is, is it going to be the end of our lives or

00:05:49.795 --> 00:05:50.880

the end of this conversation.

00:05:50.880 --> 00:05:53.600

We, we can decide on that a little bit later,

00:05:53.920 --> 00:05:55.360

but how have the studies been going?

00:05:55.840 --> 00:05:56.480

[Bel] Good, good!

00:05:57.200 --> 00:06:01.723

Um, I like the fact that there are major subjects or, we call it

00:06:01.723 --> 00:06:06.098

compulsory courses and there are also optional courses or

00:06:06.098 --> 00:06:06.840

electives.

00:06:07.200 --> 00:06:09.720

You get to get the best of both worlds.

00:06:09.720 --> 00:06:13.670

So like me, I've been practising  
digital marketing and media for

00:06:13.670 --> 00:06:15.920

the longest time, in the Philippines,

00:06:15.920 --> 00:06:22.097

and to actually find a degree programme  
that seals the academic,

00:06:22.097 --> 00:06:26.680

uh, journey into two years is a  
big thing for me.

00:06:26.920 --> 00:06:29.720

And, of course, I also  
want to teach back home, so, that's why

00:06:29.720 --> 00:06:32.200

getting a master's degree is really  
important for me.

00:06:32.400 --> 00:06:34.973

[Irfan] So, can you elaborate a little bit on your  
experiences

00:06:34.973 --> 00:06:37.342

from the Philippines? Because  
I know you've done, you know,

00:06:37.342 --> 00:06:38.160

marketing and media,

00:06:38.160 --> 00:06:40.080

you've been in that world for  
over a decade.

00:06:40.080 --> 00:06:40.400

[Bel] Yeah.

00:06:40.680 --> 00:06:42.040

[Irfan] Uh, can you elaborate  
a little bit on that?

00:06:42.280 --> 00:06:42.680

[Bel] Okay!

00:06:42.680 --> 00:06:46.794

So, the first time I worked,  
I worked as a TV reporter for the

00:06:46.794 --> 00:06:50.775

Philippine Channel, government  
channels, and I was covering

00:06:50.775 --> 00:06:51.239

sports.

00:06:51.760 --> 00:06:52.400

[Irfan] Oh, interesting!

00:06:52.440 --> 00:06:52.960

[Bel] Yeah,

00:06:53.080 --> 00:06:54.080

you didn't know that!

00:06:55.280 --> 00:06:56.920

And then I did radio for some time,

00:06:56.920 --> 00:06:57.840

I was a DJ

00:06:58.360 --> 00:07:02.880

so, hence the voice, not the

Husky one.

00:07:03.320 --> 00:07:06.671

And, then, I did some uh, event coordination, project

00:07:06.671 --> 00:07:07.440

management

00:07:07.840 --> 00:07:13.100

and, then, my most  
recent big job would be the World Health

00:07:13.100 --> 00:07:14.280

Organisation.

00:07:14.480 --> 00:07:17.660

So, I was a communications  
consultant there during the

00:07:17.660 --> 00:07:18.720

Covid-19 response,

00:07:19.200 --> 00:07:21.240

and it was stressful!

00:07:22.160 --> 00:07:24.511

[Irfan] I do love it how you're  
presenting that just as a casual

00:07:24.511 --> 00:07:24.800

remark.

00:07:24.800 --> 00:07:25.080

“Oh, yeah,

00:07:25.080 --> 00:07:27.981

I did a little bit of communications work for the

00:07:27.981 --> 00:07:31.000

World Health Organisation during a global pandemic.”

00:07:31.000 --> 00:07:31.480

[Bel] Yeah,

00:07:31.480 --> 00:07:32.560

and it was stressful!

00:07:33.040 --> 00:07:33.680

[Irfan] Oh, really?

00:07:33.960 --> 00:07:35.440

[Bel] It wasn't healthy at all,

00:07:35.440 --> 00:07:41.195

but yeah, I mean, I learned  
a lot from that experience because

00:07:41.195 --> 00:07:42.840

it went both ways.

00:07:42.840 --> 00:07:46.498

Like, I was doing digital  
marketing, like creating the

00:07:46.498 --> 00:07:49.750

message for the people,  
translating it to local

00:07:49.750 --> 00:07:50.360

language.

00:07:50.640 --> 00:07:53.920

At the same time, we  
are listening to the people,

00:07:53.920 --> 00:07:57.160

so there is some analysis  
working on, like... How do they

00:07:57.160 --> 00:07:59.800

behave? Can communication change  
behaviour?

00:08:00.040 --> 00:08:05.167

Can we improve the health  
system just by doing social media

00:08:05.167 --> 00:08:05.680

cards?

00:08:05.840 --> 00:08:09.547

So this is something that I do  
every day during that time and

00:08:09.547 --> 00:08:11.880

getting the feedback at the same  
time.

00:08:11.880 --> 00:08:16.560

So we get to analyse the whole  
scenario.

00:08:16.560 --> 00:08:21.378

in the Philippines. It was a  
bit, I would say stressful again

00:08:21.378 --> 00:08:26.118

because you eat, I would say you  
would eat it for breakfast,

00:08:26.118 --> 00:08:27.440

lunch and dinner.

00:08:27.680 --> 00:08:29.880

And it's the news item.

00:08:29.880 --> 00:08:35.049

It's, it's everywhere and there's  
always quarantine, protocols,

00:08:35.049 --> 00:08:35.800

etcetera.

00:08:36.040 --> 00:08:40.055

So you can't really move much,  
but you're stuck in your room

00:08:40.055 --> 00:08:41.240

doing the reports.

00:08:41.560 --> 00:08:44.200

So it kind of sucked the soul  
out of me.

00:08:45.640 --> 00:08:50.484

I wasn't this cheerful during  
that time, but like I said, I

00:08:50.484 --> 00:08:55.571

learned a lot and that really  
opened my mind into venturing to

00:08:55.571 --> 00:08:58.720

other adventures like going to  
Europe.

00:08:58.720 --> 00:09:02.015

[Irfan] Okay, so I know that a lot of  
people have the tendency to say

00:09:02.015 --> 00:09:05.420

that their entire, the entire  
purpose of their education is to

00:09:05.420 --> 00:09:08.826

get a job as soon as possible  
and get a, you know, get a plethora of

00:09:08.826 --> 00:09:09.759

work experiences.

00:09:10.320 --> 00:09:11.560

You've already done that.

00:09:11.960 --> 00:09:14.754

So now we're, we're still not  
there where you've come to Jyväskylä

00:09:14.754 --> 00:09:17.549

and Finland. You've had these,  
you might say that they're a

00:09:17.549 --> 00:09:20.525

little bit stressful, but I know  
many people would say, you know,

00:09:20.525 --> 00:09:22.779

these are amazing work  
experiences, very relevant

00:09:22.779 --> 00:09:23.320

experiences.

00:09:23.320 --> 00:09:26.560

And you definitely could have  
projected your career to a next

00:09:26.560 --> 00:09:27.240

logical step.

00:09:27.760 --> 00:09:31.050

So what made you decide that  
instead of continuing to pursue

00:09:31.050 --> 00:09:34.340

your career, which was already  
successful, to take the and I

00:09:34.340 --> 00:09:37.846

think you even say that in your  
student story take this leap of faith

00:09:37.846 --> 00:09:39.680

in a sense to Finland and  
Europe.

00:09:40.840 --> 00:09:45.859

[Bel] Well, I got inspired by my  
European colleagues basically

00:09:45.859 --> 00:09:51.142

like how they were able to  
travel the world just by working

00:09:51.142 --> 00:09:53.080

in the United Nations.

00:09:53.480 --> 00:09:55.760

So that was like an eye opener.

00:09:55.760 --> 00:09:57.280

And I wanted to be like them.

00:09:57.640 --> 00:10:00.360

I wanted to help more people out there.

00:10:00.360 --> 00:10:03.204

It might not be the Philippines anymore, but I could go to

00:10:03.204 --> 00:10:04.120

places, definitely.

00:10:04.520 --> 00:10:08.151

And then at a certain point after my WHO stint, I was

00:10:08.151 --> 00:10:12.320

working as a project manager for a Singaporean video company.

00:10:12.880 --> 00:10:15.280

And, you know, sad to say, I got  
bored.

00:10:16.520 --> 00:10:18.560

I missed the adventure of WHO.

00:10:19.360 --> 00:10:23.080

So I told myself, why not take  
the leap of faith?

00:10:23.360 --> 00:10:25.920

You know, there's an opportunity  
waiting for me in Finland.

00:10:26.320 --> 00:10:28.440

And then my friend cracked the  
joke.

00:10:28.440 --> 00:10:32.200

Like, do you want to stay or do  
you want to study in Finland?

00:10:32.200 --> 00:10:34.680

I'm like, sure, go ahead.

00:10:34.680 --> 00:10:37.160

What's in Finland apart from  
Helsinki?

00:10:37.600 --> 00:10:41.573

And then she said, well, there's some  
study opportunity, scholarships,

00:10:41.573 --> 00:10:43.040

you can go to this link.

00:10:43.080 --> 00:10:48.008

So he sent me the JYU and  
studyinfo.fi, um, link and

00:10:48.008 --> 00:10:50.560

I'm like, okay, what do I need to do?

00:10:50.840 --> 00:10:54.720

You need to do this exam, the exam,  
language exam, blah, blah, blah.

00:10:54.720 --> 00:10:58.080

And I'm like, okay, I'll try,  
Let's see.

00:10:58.280 --> 00:11:02.290

So I wasn't really that invested  
to begin with, unlike the others

00:11:02.290 --> 00:11:05.693

who are very eager to research  
about Finland, about the

00:11:05.693 --> 00:11:06.240

programmes.

00:11:06.240 --> 00:11:10.482

I was just casually scanning it,  
reading it and just going on

00:11:10.482 --> 00:11:11.440

with the flow.

00:11:11.560 --> 00:11:15.040

But I wanted to change my life  
then as well.

00:11:15.440 --> 00:11:17.865

[Irfan] So was Jyväskylä the only  
place that you looked at in

00:11:17.865 --> 00:11:18.200

Finland?

00:11:18.680 --> 00:11:19.200

[Bel] Yes.

00:11:19.520 --> 00:11:20.440

[Irfan] Oh, that's very interesting.

00:11:20.440 --> 00:11:23.240

And is it just because of your  
friend who had good experiences?

00:11:23.800 --> 00:11:26.616

[Bel] Yes. [Irfan] Okay, so so you had somebody who  
already did, you know, they

00:11:26.616 --> 00:11:28.240

found the needle in the  
haystack.

00:11:28.240 --> 00:11:29.480

[Bel] Yes, in a sense.

00:11:30.120 --> 00:11:31.800

[Irfan] So what sold you on Jyväskylä  
club?

00:11:33.160 --> 00:11:34.760

It's the degree programme.

00:11:35.240 --> 00:11:39.562

Because like I said in my  
interview with the teachers,

00:11:39.562 --> 00:11:44.121

it's the only school that I  
searched worldwide that had

00:11:44.121 --> 00:11:48.680

digital marketing and corporate  
communication as a major.

00:11:49.360 --> 00:11:55.139

It's the only place that would  
marry my academic dreams and my

00:11:55.139 --> 00:11:56.240

experiences.

00:11:56.560 --> 00:12:00.312

So what you would always see is  
MBA, Master of Business

00:12:00.312 --> 00:12:03.529

Administration or maybe  
financial management or

00:12:03.529 --> 00:12:04.200

economics.

00:12:04.200 --> 00:12:06.360

But it's not DMCC.

00:12:06.800 --> 00:12:11.825

So I told them that I only  
applied for one, one sub, one

00:12:11.825 --> 00:12:15.000

course, one school and one  
country.

00:12:15.480 --> 00:12:19.440

So if I don't get in, I'll be  
just stuck in the Philippines.

00:12:19.800 --> 00:12:22.640

So it was definitely a leap of  
faith.

00:12:23.880 --> 00:12:25.480

[Irfan] Were you afraid? Because you... [Bel] No!

00:12:26.000 --> 00:12:26.360

[Irfan] Really?

00:12:26.640 --> 00:12:26.960

[Bel] No!

00:12:27.080 --> 00:12:29.733

[Irfan] Because you're telling me that  
you already had the desire that

00:12:29.733 --> 00:12:32.429

you wanted to leave, but yet,  
you didn't want to take the risk

00:12:32.429 --> 00:12:33.439

and apply anywhere else.

00:12:33.440 --> 00:12:33.760

[Bel] Yeah.

00:12:33.800 --> 00:12:37.880

[Irfan] You were so immediately fixated  
on the University of Jyväskylä...

00:12:37.960 --> 00:12:38.280

[Bel] Yeah.

00:12:38.280 --> 00:12:40.280

So it's like make or break.

00:12:40.760 --> 00:12:41.880

If I get in, I get in.

00:12:41.880 --> 00:12:42.960

If I don't, I don't.

00:12:44.080 --> 00:12:45.360

I have a life back home.

00:12:45.880 --> 00:12:49.120

I can easily get a job because  
of my credentials.

00:12:51.080 --> 00:12:51.440

Um, yeah,

00:12:51.440 --> 00:12:57.469

but when I came here, it was not  
love at first sight, but it grew

00:12:57.469 --> 00:12:58.200

into me.

00:12:58.680 --> 00:13:03.320

Like, you know how it  
feels to have a dog that you

00:13:03.320 --> 00:13:05.800

hate, but then eventually, you...

00:13:06.240 --> 00:13:06.520

Yeah.

00:13:06.800 --> 00:13:07.920

Just like my grandmother.

00:13:08.160 --> 00:13:11.803

She says she doesn't like our  
dog, but she cares a lot about

00:13:11.803 --> 00:13:12.520

the dog now.

00:13:12.960 --> 00:13:13.760

So yeah.

00:13:14.400 --> 00:13:17.160

Because coming here was a bit  
challenging for me.

00:13:17.160 --> 00:13:21.440

I had Covid prior to my flight  
in 2022.

00:13:21.880 --> 00:13:24.600

That was my first, no second  
Covid.

00:13:24.600 --> 00:13:27.483

[Irfan] I think so far you're  
the record holder that I've met

00:13:27.483 --> 00:13:28.880

when it comes to getting Covid.

00:13:28.960 --> 00:13:30.400

[Bel] Yeah, you could say that again.

00:13:30.480 --> 00:13:33.480

[Irfan] Do do you remember what it felt  
like?

00:13:33.960 --> 00:13:37.480

So you, you sounded that you  
were a little bit, you know, I'm

00:13:37.480 --> 00:13:40.944

not going to say neutral, but  
you were going between staying

00:13:40.944 --> 00:13:44.522

content in the Philippines and  
going for potential progress in

00:13:44.522 --> 00:13:44.920

Europe.

00:13:45.600 --> 00:13:48.911

Do you remember where you were  
when you got the notification

00:13:48.911 --> 00:13:49.400

from JYU?

00:13:50.000 --> 00:13:51.240

[Bel] Oh, yeah.

00:13:51.560 --> 00:13:54.680

That was like, I was ecstatic.

00:13:56.640 --> 00:13:59.600

So I was neutral for the first  
part.

00:13:59.600 --> 00:14:03.520

Like I just did the interview  
for the sake of the interview.

00:14:03.840 --> 00:14:05.720

But I said a prayer.

00:14:06.160 --> 00:14:09.918

Let Lord, if you're going to

give this to me and under a

00:14:09.918 --> 00:14:13.480

scholarship, who am I to say no  
to a scholarship man?

00:14:13.720 --> 00:14:17.080

And during that time, we still  
had the 100% scholarship.

00:14:17.640 --> 00:14:25.223

So it was April four, Friday,  
when I received an e-mail at

00:14:25.223 --> 00:14:29.080

about 6:00 PM Philippine time.

00:14:30.400 --> 00:14:32.160

It was the last day of my work.

00:14:32.160 --> 00:14:36.120

So I was like, oh yeah, what

could else happen for this week?

00:14:36.840 --> 00:14:38.400

And then I saw the e-mail.

00:14:38.400 --> 00:14:39.880

It says it's from JYU.

00:14:40.680 --> 00:14:46.036

And then Dear Anne Christabel,  
we would like to inform you that

00:14:46.036 --> 00:14:51.474

the Vice Rector for Education of  
the University of Jyväskylä is

00:14:51.474 --> 00:14:55.760

awarding you the 100%  
scholarship for your programme.

00:14:56.720 --> 00:14:57.520

You know what I did?

00:14:57.960 --> 00:15:01.360

I bit my finger, like literally,  
I'm not kidding you.

00:15:02.000 --> 00:15:06.663

I did this and I was like,  
is this real? Because, from the

00:15:06.663 --> 00:15:11.736

statistics during that time,  
there were about I think 350 who

00:15:11.736 --> 00:15:14.600

applied worldwide for the  
programme.

00:15:15.360 --> 00:15:20.287

And then there are only 30 study  
places and there will be only

00:15:20.287 --> 00:15:24.120

three people who would get the  
100% scholarship.

00:15:24.640 --> 00:15:28.800

And I'm like, I'm the 30... 0.33%.

00:15:30.200 --> 00:15:36.186

I mean, I was in cloud 9 because

I never thought that I'll be

00:15:36.186 --> 00:15:41.883

given another chance to, to study  
again to prove that I can

00:15:41.883 --> 00:15:47.580

because let's say I was living  
on the safe side when I was

00:15:47.580 --> 00:15:48.159

there.

00:15:48.880 --> 00:15:54.960

So I ran into my grandmother and  
said “ma, I got it!”

00:15:55.520 --> 00:16:00.042

And she did not respond  
initially because she was afraid

00:16:00.042 --> 00:16:05.040

that I will leave her. For the  
longest time I've been with her.

00:16:06.120 --> 00:16:13.160

So after a while, she sobered up  
to the idea, to the idea.

00:16:13.960 --> 00:16:18.182

And then, yeah, she was like, if  
that's what you want, I will

00:16:18.182 --> 00:16:19.000

support you.

00:16:19.840 --> 00:16:21.840

And she's still been supporting  
me until now.

00:16:22.480 --> 00:16:25.040

[Irfan] And I, I've even noticed you  
guys chat a lot.

00:16:25.040 --> 00:16:27.280

You try to keep that  
connection.

00:16:27.280 --> 00:16:29.811

I know I bumped into you the other  
day at the bus stop and I saw

00:16:29.811 --> 00:16:30.600

you talking to her.

00:16:30.880 --> 00:16:31.160

[Bel] Yeah.

00:16:31.160 --> 00:16:34.393

[Irfan] And it's kind of nice to see  
that, that you come from that

00:16:34.393 --> 00:16:36.480

tight knit community, from your  
family.

00:16:36.480 --> 00:16:36.840

[Bel] Yeah.

00:16:36.840 --> 00:16:38.760

[Irfan] And you managed to maintain  
that.

00:16:38.920 --> 00:16:40.634

I mean, do you feel like you  
managed to maintain that in a

00:16:40.634 --> 00:16:41.680

healthy way since you've been  
here?

00:16:41.840 --> 00:16:42.240

[Bel] Yes.

00:16:42.600 --> 00:16:44.960

Like, we chat twice a day.

00:16:45.280 --> 00:16:45.880

[Irfan] Oh, wow.

00:16:45.960 --> 00:16:46.400

[Bel] Yeah.

00:16:46.720 --> 00:16:50.570

Like the moment I... When I'm about  
to sleep and when she's about to

00:16:50.570 --> 00:16:50.920

sleep.

00:16:51.600 --> 00:16:52.080

So yeah.

00:16:52.080 --> 00:16:52.640

Twice a day.

00:16:52.640 --> 00:16:52.720

[Irfan] Wow.

00:16:53.880 --> 00:16:54.200

[Bel] Yeah.

00:16:54.200 --> 00:16:58.260

I mean, I don't get to spend  
time physically with her anymore

00:16:58.260 --> 00:17:02.125

because she's away and she's  
turning 80, so I just want to

00:17:02.125 --> 00:17:05.400

spend more time with her, even  
if it's virtually.

00:17:05.440 --> 00:17:05.560

[Irfan] Oh.

00:17:05.560 --> 00:17:06.520

When's Grandma's birthday?

00:17:06.840 --> 00:17:08.080

[Bel] March 24.

00:17:08.280 --> 00:17:08.800

[Irfan] Oh, wow.

00:17:08.800 --> 00:17:11.240

Well, a happy early birthday to  
grandma.

00:17:11.320 --> 00:17:11.720

[Bel] Yeah.

00:17:11.720 --> 00:17:13.200

[Irfan] Or late, depending when we air.

00:17:13.640 --> 00:17:14.120

[Bel] Right.

00:17:15.120 --> 00:17:17.478

[Irfan] But you've really been defying  
the odds over here because I

00:17:17.478 --> 00:17:19.914

think, you know, what is the  
chance that somebody is randomly

00:17:19.914 --> 00:17:21.880

going to tell you about the  
University of Jyväskylä?

00:17:21.920 --> 00:17:24.724

What is the chance that that  
university is really the only

00:17:24.724 --> 00:17:27.529

university in the world to have

such a programme, which I've

00:17:27.529 --> 00:17:28.480

recently discovered...

00:17:28.480 --> 00:17:31.145

Actually, there are a couple of  
programs that JYU has that,

00:17:31.145 --> 00:17:33.857

literally, only JYU has them:  
some of them the only in the world

00:17:33.857 --> 00:17:35.800

and some of them the the only ones  
in Finland.

00:17:35.800 --> 00:17:39.569

So it seems to be kind of like  
a, I mean I, I guess a statement

00:17:39.569 --> 00:17:42.800

of the excellence of the  
education of the university.

00:17:43.280 --> 00:17:45.815

And then, you know, you're  
having the entire chance of

00:17:45.815 --> 00:17:48.489

getting the scholarship,  
having the opportunity to come

00:17:48.489 --> 00:17:48.720

here.

00:17:49.120 --> 00:17:50.680

So what was day one like here?

00:17:50.680 --> 00:17:53.800

You already said you got Covid,  
you're coming here...

00:17:54.400 --> 00:17:57.240

How do you remember those  
first couple of months?

00:17:57.880 --> 00:17:58.200

[Bel] Okay.

00:17:58.200 --> 00:18:00.360

The first day was like freedom:

00:18:00.440 --> 00:18:03.120

why, I wasn't wearing a mask!

00:18:03.720 --> 00:18:08.631

Because from the Philippines  
during that time we're we were a

00:18:08.631 --> 00:18:11.880

country of face mask wearers  
until 2022.

00:18:12.720 --> 00:18:15.560

So when I came here, it was like

freedom, fresh air.

00:18:15.560 --> 00:18:16.760

And then the sun was great.

00:18:16.760 --> 00:18:20.880

It was still summer when I  
arrived, but without my luggage.

00:18:22.480 --> 00:18:26.768

The luggage took a detour in  
Singapore... [Irfan] But the

00:18:26.768 --> 00:18:29.800

luggage problem always happens,  
I think.

00:18:29.800 --> 00:18:30.560

[Bel] Yeah, yeah, yeah.

00:18:30.840 --> 00:18:33.320

So it was away from me for a

month.

00:18:33.840 --> 00:18:36.000

I was bugging the airline.

00:18:36.000 --> 00:18:40.375

So for those guys who are  
planning on bringing their

00:18:40.375 --> 00:18:45.659

valuables, make sure that it's  
in your carry on and don't bring

00:18:45.659 --> 00:18:46.320

them in...

00:18:46.320 --> 00:18:50.240

Don't put them in your luggage  
because things get lost.

00:18:50.320 --> 00:18:53.461

[Irfan] And always have like an extra

pair of clothing for two days in

00:18:53.461 --> 00:18:54.160

your backpack.

00:18:54.160 --> 00:18:56.760

That's the one big lesson that

I've learned from travelling.

00:18:56.840 --> 00:18:57.960

[Bel] Yes, that's true.

00:18:57.960 --> 00:18:58.560

That's true.

00:18:58.920 --> 00:19:02.360

So, yeah, that was my first day.

00:19:02.360 --> 00:19:05.600

And then I met the wonderful

people from DMCC.

00:19:05.600 --> 00:19:07.280

We had met our tutors.

00:19:07.720 --> 00:19:11.964

I saw that they have opened  
another round of tutors for this

00:19:11.964 --> 00:19:16.000

year and that there will be two,  
two types of tutors, the

00:19:16.000 --> 00:19:19.479

international ones and the  
degree programme tutors.

00:19:19.480 --> 00:19:23.830

So, yeah, I was one of those  
hopeful students who are kind of

00:19:23.830 --> 00:19:27.480

looking up to them like big  
sister and big brother.

00:19:27.800 --> 00:19:32.370

You know, I like that  
integrating the, the how they

00:19:32.370 --> 00:19:34.880

integrate us to the society.

00:19:35.160 --> 00:19:37.896

[Irfan] Can you just very quickly  
explain the concept of a tutor

00:19:37.896 --> 00:19:38.760

for the listeners?

00:19:38.760 --> 00:19:39.200

[Bel] Right.

00:19:39.440 --> 00:19:44.821

So I was also once a tutor last  
year and the job of the tutor is

00:19:44.821 --> 00:19:50.120

to bridge the orientation of the  
freshman people to the society

00:19:50.120 --> 00:19:51.280

of the school.

00:19:51.280 --> 00:19:55.399

So what are the things that they  
should know for the first weeks,

00:19:55.399 --> 00:19:59.081

like doing their study plan,  
going around the campus for a

00:19:59.081 --> 00:20:02.888

campus tour, where should they  
eat, where should they go when

00:20:02.888 --> 00:20:05.760

things go wrong in their health,  
for example.

00:20:06.120 --> 00:20:10.617

And also it's a good way to bond  
with your block mates because

00:20:10.617 --> 00:20:15.186

it's a nice opportunity like to  
have a safe space that they try

00:20:15.186 --> 00:20:16.400

to create for us.

00:20:16.680 --> 00:20:18.560

So the tutors are like the  
first

00:20:19.040 --> 00:20:22.897

people you meet in the  
university that would help you

00:20:22.897 --> 00:20:25.040

integrate well in the society.

00:20:25.320 --> 00:20:29.509

So I guess my tutors did a  
pretty good job and that's why

00:20:29.509 --> 00:20:30.160

I'm here.

00:20:30.240 --> 00:20:33.189

[Irfan] I mean, I mean, a good enough  
job to also inspire you to be a

00:20:33.189 --> 00:20:33.760

tutor again.

00:20:33.760 --> 00:20:34.000

[Bel] Yeah.

00:20:34.520 --> 00:20:37.236

[Bel] And I do love the entire concept  
of tutoring where you do get

00:20:37.236 --> 00:20:39.558

support with the basic  
logistical stuff, like having

00:20:39.558 --> 00:20:40.960

somebody... [Irfan] I don't know about you, but

00:20:41.080 --> 00:20:43.276

I was, I was terrified when I  
was first coming here, you know,

00:20:43.276 --> 00:20:45.333

just getting on the train and  
I'm like, Oh my God, I don't

00:20:45.333 --> 00:20:47.600

know how, when I'm going to get  
off, where I'm going to get off.

00:20:47.600 --> 00:20:50.317

And you see somebody with your  
name there waiting for you,

00:20:50.317 --> 00:20:53.080

picking you up, taking you to the  
apartment, getting your keys,

00:20:53.080 --> 00:20:55.613

and then later, you know,  
getting the bank account and

00:20:55.613 --> 00:20:56.120

everything.

00:20:56.120 --> 00:20:58.040

So all of these like logistical  
things.

00:20:58.040 --> 00:21:00.793

And I on some level appreciate  
the fact that it wasn't

00:21:00.793 --> 00:21:04.097

directly, I mean, it's organised

by the university, but it wasn't

00:21:04.097 --> 00:21:07.251

some, you know, mass e-mail that  
you got with a list of things

00:21:07.251 --> 00:21:10.104

that you have to do, but  
literally somebody who's there,

00:21:10.104 --> 00:21:13.208

as you said, kind of as an older  
brother, older sister, older

00:21:13.208 --> 00:21:14.359

sibling to support you.

00:21:15.040 --> 00:21:19.188

So now you've also been a little  
bit of an older brother, I mean,

00:21:19.188 --> 00:21:22.080

older sister, older sibling to  
your tutee group.

00:21:22.080 --> 00:21:25.040

And you've had a good evolution  
through your studies.

00:21:25.440 --> 00:21:27.772

And now we're getting, I think to  
your little bit of a

00:21:27.772 --> 00:21:28.480

celebrity status.

00:21:28.960 --> 00:21:31.850

So the studies progressed very  
nicely for you, as far as I can

00:21:31.850 --> 00:21:32.080

tell.

00:21:32.080 --> 00:21:34.600

And as of a... When did you begin?

00:21:34.600 --> 00:21:38.520

I believe January was it? [Bel] For the...

[Irfan] For the internship.

00:21:38.560 --> 00:21:39.280

[Bel] Yes, January.

00:21:39.280 --> 00:21:42.369

[Irfan] Okay, so you've been in, you've  
been doing an internship since

00:21:42.369 --> 00:21:45.458

January in Viitasaari, which I  
have to tell you is a city that

00:21:45.458 --> 00:21:48.193

I've never visited, but a  
really, really, really good

00:21:48.193 --> 00:21:50.320

friend of mine is actually from  
Viitasaari.

00:21:50.320 --> 00:21:51.640

He's currently at Yale.

00:21:51.960 --> 00:21:53.200

So that's one.

00:21:53.520 --> 00:21:55.840

That's one thing that I know  
about Viitasaari:

00:21:55.840 --> 00:21:57.480

People from Viitasaari go to Yale.

00:21:59.040 --> 00:21:59.400

[Bel] Yeah.

00:22:00.160 --> 00:22:02.880

People from Viitasaari would also  
study in Jyväskylä.

00:22:03.720 --> 00:22:07.200

So it's pretty near, well, not  
near 100 kilometres.

00:22:08.120 --> 00:22:09.160

[Irfan] That's what? That's one bus.

00:22:09.360 --> 00:22:10.480

[Bel] Oh yeah, that's one bus.

00:22:10.600 --> 00:22:12.440

I, I can ride the bus going  
there.

00:22:12.840 --> 00:22:16.800

So, yeah, they're known for the  
fish called “muikku”.

00:22:17.600 --> 00:22:21.415

And then they have this  
restaurant that's like a

00:22:21.415 --> 00:22:23.440

lighthouse that they call.

00:22:23.920 --> 00:22:26.560

And then they have ice roads  
too.

00:22:26.920 --> 00:22:28.480

So that's very interesting.

00:22:28.480 --> 00:22:31.960

Like we should drive a car and  
pass by the ice road.

00:22:32.320 --> 00:22:32.680

[Irfan] Yeah.

00:22:33.040 --> 00:22:37.501

[Bel] So, yeah, it's a very quaint  
small town where... Their city

00:22:37.501 --> 00:22:40.320

centre is a few, just a few  
blocks.

00:22:40.480 --> 00:22:42.760

Unlike Jyväskylä, that's  
like, yeah... [Irfan] The entire street.

00:22:43.200 --> 00:22:44.080

[Bel] Yeah, the entire street.

00:22:44.560 --> 00:22:50.283

But the people are very warm and  
nice and I like the energy that

00:22:50.283 --> 00:22:55.919

they're giving that it's not too  
laid back, but not too fast as

00:22:55.919 --> 00:22:56.360

well.

00:22:57.080 --> 00:22:57.360

So.

00:22:57.480 --> 00:22:59.240

And I like that kind of mood.

00:22:59.600 --> 00:23:00.400

I like that vibe.

00:23:00.520 --> 00:23:03.599

[Irfan] It is that good work life  
balance where you're not being...

00:23:03.599 --> 00:23:06.679

You're given enough of a push,  
you know, in what direction to

00:23:06.679 --> 00:23:09.559

go to, which I think is a big  
part of Finnish work life.

00:23:10.080 --> 00:23:13.160

But also you're not under this  
unnecessary pressure.

00:23:13.160 --> 00:23:16.869

You don't feel like there is  
this very rigid hierarchy in a

00:23:16.869 --> 00:23:17.240

sense.

00:23:17.680 --> 00:23:20.695

So speaking of professional  
development, can you tell me a

00:23:20.695 --> 00:23:23.200

little bit more about how you  
got that position?

00:23:23.480 --> 00:23:24.760

I mean, what is actually the  
position?

00:23:24.760 --> 00:23:25.240

What do you do?

00:23:25.680 --> 00:23:31.606

[Bel] So I'm a communication intern  
under "Witas Oy" and what I do

00:23:31.606 --> 00:23:37.246

there is: first project would be  
to help the recruitment of

00:23:37.246 --> 00:23:43.555

Talent Boost attendees to become  
employed or to gain school work,

00:23:43.555 --> 00:23:48.240

school related work in Viitasaari  
and other towns.

00:23:48.520 --> 00:23:49.440

[Irfan] Talent Boost being?

00:23:49.440 --> 00:23:54.545

[Bel] So what they do is they provide  
avenues for their students to

00:23:54.545 --> 00:23:59.322

find jobs, to find placements  
and integrate them into the

00:23:59.322 --> 00:24:00.640

Finnish society.

00:24:00.960 --> 00:24:04.640

So last October, let's just go  
back a bit.

00:24:05.000 --> 00:24:09.695

Last October, I went to Viitasaari as part of the Talent Boost

00:24:09.695 --> 00:24:10.680

participants.

00:24:11.040 --> 00:24:15.840

So I was once there, sitting by  
the couch, listening to these

00:24:15.840 --> 00:24:20.240

people talk about their company  
orientation, what they do for

00:24:20.240 --> 00:24:21.600

for their people.

00:24:21.920 --> 00:24:25.778

And then I was just sitting  
there and then trying to figure

00:24:25.778 --> 00:24:29.829

out where could I fit in because  
I'm not going to sit here and

00:24:29.829 --> 00:24:32.079

just wait for something to  
happen.

00:24:32.360 --> 00:24:36.173

So I approached, Minna, who was  
eventually my supervisor, and

00:24:36.173 --> 00:24:38.080

then we'd had a little chat.

00:24:38.080 --> 00:24:41.403

I told her that I want to become  
a consultant eventually in

00:24:41.403 --> 00:24:42.400

digital marketing.

00:24:42.720 --> 00:24:46.200

And then I want to help people  
get more jobs in Finland.

00:24:46.760 --> 00:24:48.880

And then she was like, okay, let's  
keep in touch.

00:24:49.520 --> 00:24:55.032

And then sometime in December,  
no, it was in Helsinki when we

00:24:55.032 --> 00:25:00.634

did the Studia fair, we saw each  
other in the elevator because

00:25:00.634 --> 00:25:02.680

she's in another event.

00:25:03.160 --> 00:25:07.264

And I was like, what are the  
chances of seeing this lady in

00:25:07.264 --> 00:25:07.880

Helsinki?

00:25:08.160 --> 00:25:12.831

And then at that time, we knew  
that we would click and then we

00:25:12.831 --> 00:25:14.240

got in touch again.

00:25:14.520 --> 00:25:17.600

And then she said that, you  
know, you could be an intern.

00:25:18.000 --> 00:25:20.649

And then I was like, yeah, I was  
also thinking about the same

00:25:20.649 --> 00:25:21.120

thing, too.

00:25:21.120 --> 00:25:23.760

So can we work something out of  
it?

00:25:24.320 --> 00:25:28.877

And then we also learned that  
JYU offers the International

00:25:28.877 --> 00:25:33.820

Talent... [Irfan] Voucher... [Bel] voucher program,  
which means the university will

00:25:33.820 --> 00:25:38.764

cover a portion of your salary  
as an intern when you work for a

00:25:38.764 --> 00:25:40.000

Finnish company.

00:25:40.400 --> 00:25:45.400

So partly I am paid by the  
university and by “Witas”.

00:25:45.840 --> 00:25:49.360

So fast forward to January 15th.

00:25:49.360 --> 00:25:53.554

So what I'm doing now is first  
helping the recruitment and

00:25:53.554 --> 00:25:57.749

talent boost, second is a providing  
English content for their

00:25:57.749 --> 00:26:02.014

website and then a third would  
be managing the social media

00:26:02.014 --> 00:26:06.138

account and helping in the  
migration of their new website

00:26:06.138 --> 00:26:07.559

to the new platform.

00:26:08.000 --> 00:26:12.760

So basically all the things that  
I want to do, with a salary.

00:26:13.840 --> 00:26:17.657

Well, it's not that much, but,  
you know, it's something that

00:26:17.657 --> 00:26:19.160

you could use, to get by.

00:26:19.520 --> 00:26:25.038

And also you feel contented  
because you'd do what you love

00:26:25.038 --> 00:26:25.600

doing.

00:26:25.840 --> 00:26:28.040

At the same time you get  
compensated for it.

00:26:28.480 --> 00:26:31.451

[Irfan] And I feel like there's also  
this infinite value in the sense

00:26:31.451 --> 00:26:33.320

of being part of Finnish working  
life.

00:26:33.440 --> 00:26:34.480

[Bel] Yeah, Yeah.

00:26:34.480 --> 00:26:37.400

[Irfan] Which I'm assuming is very  
important for you considering

00:26:37.400 --> 00:26:40.372

that you're graduating hopefully  
in a couple of months if

00:26:40.372 --> 00:26:43.548

everything goes to plan... And you've

00:26:43.548 --> 00:26:46.776

already had this opportunity to  
really feel what is it like to

00:26:46.776 --> 00:26:50.055

work with a Finnish company in  
an area that... I don't know if you

00:26:50.055 --> 00:26:52.720

already feel like Central

Finland is a home to you.

00:26:52.760 --> 00:26:55.994

I know that I've, you know... With

time, it grew on me just like

00:26:55.994 --> 00:26:57.560

I'm guessing that it did on you.

00:26:58.240 --> 00:27:01.419

So what is... What is a highlight

from your work that you would

00:27:01.419 --> 00:27:04.703

like to point out, that you could

maybe directly relate to your

00:27:04.703 --> 00:27:05.120

programme?

00:27:07.040 --> 00:27:12.106

[Bel] First would be the writing of  
articles because writing

00:27:12.106 --> 00:27:18.017

articles for online consumption  
must be also done with SEO, so

00:27:18.017 --> 00:27:24.021

the search engine optimization  
and it's something that we learn

00:27:24.021 --> 00:27:24.959

in school.

00:27:25.440 --> 00:27:28.840

And then second would be, I  
think the digital interaction.

00:27:29.120 --> 00:27:33.520

So it's a course also in digital

marketing that you kind of frame

00:27:33.520 --> 00:27:37.720

your message in a certain way,  
like PR in the traditional way.

00:27:38.120 --> 00:27:39.600

So it's digital interaction.

00:27:40.040 --> 00:27:44.636

So what I'm writing now for  
“Sydänsuomessa” as we call it,

00:27:44.636 --> 00:27:48.856

the heart of Finland or the...

Because they say that North

00:27:48.856 --> 00:27:51.720

Central Finland is sydän suomessa.

00:27:52.360 --> 00:27:56.280

So it is in the heart of Finland

and the heart is in Finland.

00:27:56.520 --> 00:27:59.080

So that's the communication that  
they want to say.

00:27:59.440 --> 00:28:03.120

So the things that I'm writing  
there are from my own eyes and

00:28:03.120 --> 00:28:04.960

that's what they wanted to see.

00:28:05.200 --> 00:28:09.920

How can an international talent  
see us in a different light?

00:28:10.400 --> 00:28:14.991

So I kind of like it and apply  
also what I've been learning in

00:28:14.991 --> 00:28:19.000

school and also I did two  
workshops already with them.

00:28:19.280 --> 00:28:24.197

First workshop was with the  
Google ads, how to do Google ads

00:28:24.197 --> 00:28:29.356

basically, and, the second one, is  
how to write SEO friendly blog

00:28:29.356 --> 00:28:29.840

posts.

00:28:30.480 --> 00:28:33.958

So it's nice to like teach your  
colleagues how to do certain

00:28:33.958 --> 00:28:36.240

things that you also learn from  
school.

00:28:36.240 --> 00:28:38.720

So I kind of owe that to JSBE.

00:28:38.720 --> 00:28:39.920

[Irfan] That's actually really  
wonderful

00:28:39.920 --> 00:28:40.200

how...

00:28:40.320 --> 00:28:40.720

[Bel] Yeah.

00:28:40.720 --> 00:28:44.210

[Irfan] Both you and that entire  
community is getting the chance

00:28:44.210 --> 00:28:45.680

to grow as a collective.

00:28:45.840 --> 00:28:46.160

[Bel] Yeah.

00:28:46.600 --> 00:28:50.120

[Irfan] So you said that you yourself  
were very proactive.

00:28:50.160 --> 00:28:53.693

And I mean, you've, you've quite  
literally had an actual elevator

00:28:53.693 --> 00:28:56.638

pitch, which I always keep  
joking around that elevator

00:28:56.638 --> 00:28:59.904

pitches are useless, but I guess  
in your case, they were very

00:28:59.904 --> 00:29:00.440

practical.

00:29:00.880 --> 00:29:04.043

So for future students, they

can, I mean, this is how I'm

00:29:04.043 --> 00:29:05.080

reading your story.

00:29:05.080 --> 00:29:08.196

They can really see that from  
your studies, you gain the

00:29:08.196 --> 00:29:10.984

necessary skills for working  
life and through your own

00:29:10.984 --> 00:29:11.640

proactivity.

00:29:12.040 --> 00:29:15.510

You were able to actually secure  
that opportunity for yourself

00:29:15.510 --> 00:29:18.320

and also become a little bit of

a local celebrity.

00:29:18.920 --> 00:29:19.480

She's modest.

00:29:19.480 --> 00:29:20.240

She's very modest.

00:29:20.760 --> 00:29:24.023

What is a piece of advice you  
would give to students who say

00:29:24.023 --> 00:29:27.232

that they're concerned that  
they're not going to be able to

00:29:27.232 --> 00:29:29.640

maybe find such an opportunity  
like you did?

00:29:29.680 --> 00:29:29.960

[Bel] Yeah.

00:29:30.720 --> 00:29:34.352

Well, what my grandma would  
always tell me, if you don't

00:29:34.352 --> 00:29:36.200

ask, the answer is always no.

00:29:36.960 --> 00:29:42.693

So that's why that curiosity, I  
try to use that to fuel me and

00:29:42.693 --> 00:29:46.880

ask questions if I'm curious  
about something.

00:29:47.160 --> 00:29:50.790

And who knows, you might just  
get your internship or

00:29:50.790 --> 00:29:54.901

something, you know. Because if

I had just sat down in that

00:29:54.901 --> 00:29:59.148

couch and never stood up and  
approached Minna, I wouldn't be

00:29:59.148 --> 00:29:59.559

there.

00:30:00.080 --> 00:30:02.960

So I think that's one way: you  
stand up.

00:30:02.960 --> 00:30:05.928

You ask a question, and of  
course, it has to be a

00:30:05.928 --> 00:30:09.312

reasonable question, not a, you  
know, just a... [Irfan] What's your

00:30:09.312 --> 00:30:10.440

favourite ice cream?

00:30:10.560 --> 00:30:12.880

[Bel] Yeah. [Irfan] Though that can be a good opener.

00:30:13.800 --> 00:30:15.000

[Bel] Yeah, you can say that.

00:30:15.000 --> 00:30:17.480

And in that case, what is your favourite drink in Finland?

00:30:19.120 --> 00:30:23.089

So yeah, I mean, just ask and try to relate all your

00:30:23.089 --> 00:30:27.583

experiences, or even if you don't have experience, with what

00:30:27.583 --> 00:30:32.226

you did in school and try to  
find, as one of my friends would

00:30:32.226 --> 00:30:36.795  
always tell me, marry it with  
something that you find in the

00:30:36.795 --> 00:30:37.320  
future.

00:30:37.680 --> 00:30:40.800  
So just connect the dots.

00:30:41.160 --> 00:30:44.404  
It might seem random, but you  
know, if you connect the dots,

00:30:44.404 --> 00:30:46.000  
it would form a constellation.

00:30:46.000 --> 00:30:46.720

Trust me.

00:30:47.160 --> 00:30:50.274

[Irfan] So, so, so for the people that  
are kind of at the beginning of

00:30:50.274 --> 00:30:53.042

their journey, you're getting  
closer to the end of this

00:30:53.042 --> 00:30:54.080

chapter, I would say.

00:30:54.720 --> 00:30:57.280

And you were a tutor for how  
many semesters, again?

00:30:57.320 --> 00:30:58.800

[Bel] Just one. [Irfan] Just one  
semester.

00:30:59.120 --> 00:31:01.872

So what is a piece of advice as  
a tutor that you would give to

00:31:01.872 --> 00:31:02.440

new students?

00:31:04.680 --> 00:31:05.680

[Bel] Hm. Never thought of that, but...

00:31:05.760 --> 00:31:08.357

[Irfan] Other than the whole comment  
about, you know, making sure

00:31:08.357 --> 00:31:10.744

that you have an extra pair of  
clothes in case something

00:31:10.744 --> 00:31:11.080

happens.

00:31:11.080 --> 00:31:11.600

[Bel] Yeah.

00:31:11.600 --> 00:31:11.960

Yeah.

00:31:12.640 --> 00:31:13.240

Oh, wait.

00:31:13.240 --> 00:31:18.885

I now remember what I told them  
before was just read because

00:31:18.885 --> 00:31:24.160

sometimes if you don't read, you  
miss out the good part.

00:31:24.760 --> 00:31:29.735

No, I mean, kidding aside, what  
Finland taught me is that all of

00:31:29.735 --> 00:31:32.720

the necessary things are here  
already.

00:31:33.040 --> 00:31:37.055

It has been placed for you by  
the system and the system is

00:31:37.055 --> 00:31:37.600

working.

00:31:38.440 --> 00:31:42.506

[Irfan] I gotta say, I have a  
good friend, Arturo, he was an

00:31:42.506 --> 00:31:46.773

exchange student from Spain, and  
he said something very similar

00:31:46.773 --> 00:31:48.240

to what you just said.

00:31:48.240 --> 00:31:51.354

He said if you don't understand  
something in Finland, why

00:31:51.354 --> 00:31:54.791

something is done that way, you  
haven't given it enough time to

00:31:54.791 --> 00:31:56.079

see the logic behind it.

00:31:56.080 --> 00:31:59.399

Because the system really  
is organised in such a way to

00:31:59.399 --> 00:32:00.760

support everybody. [Bel] Right.

00:32:01.040 --> 00:32:03.715

[Irfan] And you just have to, as you  
kind of jokingly alluded to, you

00:32:03.715 --> 00:32:04.320

know, read it.

00:32:04.520 --> 00:32:08.520

[Bel] Read it because I get this a lot  
from our tutees.

00:32:08.800 --> 00:32:10.120

Like what am I going to do?

00:32:10.120 --> 00:32:10.680

What is it?

00:32:11.000 --> 00:32:14.467

And you know, I kind of  
surprised myself when I told

00:32:14.467 --> 00:32:17.280

this person that have you read  
the e-mail?

00:32:17.760 --> 00:32:19.480

Because it's there already.

00:32:19.760 --> 00:32:25.674

I mean, sorry, but it might seem  
shallow, but if you read, the,

00:32:25.674 --> 00:32:31.120

the system is there already,  
like how to do these things?

00:32:31.320 --> 00:32:35.643

If there's one thing that I find  
Finnish people or society is

00:32:35.643 --> 00:32:39.200

obsessed about, it's about  
documenting everything.

00:32:39.560 --> 00:32:41.560

Like everything is written down.

00:32:42.240 --> 00:32:45.000

They don't engage in chats like  
we do.

00:32:46.040 --> 00:32:49.120

They're more of, yeah, text  
people.

00:32:49.240 --> 00:32:51.240

[Irfan] It's, it's it's, it's a very  
purposeful system.

00:32:51.560 --> 00:32:53.280

[Bel] Yes. [Irfan] It's... A Finn will say...

00:32:53.280 --> 00:32:57.320

I think people kind of tend to  
understand the Finnish maybe I

00:32:57.320 --> 00:33:01.295

would say reservedness, just a  
lack of saying too many things

00:33:01.295 --> 00:33:03.120

as, you know, unfriendliness.

00:33:03.120 --> 00:33:07.200

But I think in many cases it is  
just this mentality of: “we say

00:33:07.200 --> 00:33:11.280

things that are meaningful at  
meaningful times.” [Bel] Right, right.

00:33:11.280 --> 00:33:14.320

[Irfan] Which might be in contrast to,  
let's say the American lifestyle

00:33:14.320 --> 00:33:16.885

where you're always going to  
have a lot of fillers in

00:33:16.885 --> 00:33:18.880

communication also in a lot of  
paperwork.

00:33:18.920 --> 00:33:21.902

So I think that might also be  
the reason why people, let's say

00:33:21.902 --> 00:33:24.885

if you're used to, I don't know,  
seeing a very long, accept these

00:33:24.885 --> 00:33:26.399

terms from Facebook or whatever...

00:33:27.000 --> 00:33:30.405

And then you see a document from  
from Finland, you're like, oh, I

00:33:30.405 --> 00:33:32.160

probably don't need to read  
this.

00:33:32.520 --> 00:33:32.880

You do.

00:33:33.240 --> 00:33:33.960

[Bel] You do. Read it.

00:33:34.240 --> 00:33:34.560

[Irfan] Read it.

00:33:35.360 --> 00:33:37.160

You will learn so many  
fascinating things.

00:33:38.320 --> 00:33:41.822

Speaking of learning many  
fascinating things, what is kind

00:33:41.822 --> 00:33:45.385

of like the biggest lesson that  
you've picked up in Finland

00:33:45.385 --> 00:33:47.760

other than this reading and  
everything?

00:33:47.920 --> 00:33:48.160

[Bel] Yeah.

00:33:48.160 --> 00:33:53.840

Reading and bringing a pair of  
clothes and what else?

00:33:54.760 --> 00:33:56.000

It's in the stars already.

00:33:56.680 --> 00:34:02.560

No, what I see is they live in  
the now.

00:34:03.880 --> 00:34:09.320

They embrace what's in here.

00:34:10.120 --> 00:34:15.626

Like you don't have to stress  
yourself much about the future

00:34:15.626 --> 00:34:21.313

that it would cause you anxiety  
and not accepting your past in

00:34:21.313 --> 00:34:23.480

making at peace with it.

00:34:24.200 --> 00:34:27.591

I know this is easier said than  
done or maybe you've read it a

00:34:27.591 --> 00:34:29.960

lot in psychology books  
or whatever.

00:34:30.360 --> 00:34:36.283

But I like how the “Sisu”, the  
“sisu” mentality offence, like the

00:34:36.283 --> 00:34:42.302

grit with their work that they  
really work so much at the time

00:34:42.302 --> 00:34:43.640

of their work.

00:34:44.000 --> 00:34:47.480

But when it's 4:01... [Irfan] It's done.

00:34:47.560 --> 00:34:48.120

[Bel] It's done.

00:34:49.440 --> 00:34:53.590

You go home with your family or  
with your friends and then you

00:34:53.590 --> 00:34:55.040

live your other lives.

00:34:55.720 --> 00:35:01.271

So putting things into their  
proper places and living in the

00:35:01.271 --> 00:35:06.731

now because I've been stressing  
myself over, for X number of

00:35:06.731 --> 00:35:10.280  
years on things that I cannot  
control.

00:35:10.880 --> 00:35:15.974  
And when you look at the Finns,  
their mentality is so, I don't

00:35:15.974 --> 00:35:18.440  
know, it's... I find them stable.

00:35:18.880 --> 00:35:19.000  
[Irfan] Yeah.

00:35:19.040 --> 00:35:21.930  
It's it's this present focus,  
which I mean, you have to

00:35:21.930 --> 00:35:25.079

develop if you're constantly  
spending time in the “sauna”, you

00:35:25.079 --> 00:35:28.280  
have to become comfortable with  
the situation that you're in.

00:35:28.360 --> 00:35:30.120  
[Bel] Yes, I know you.

00:35:30.240 --> 00:35:32.840  
You've been doing a lot of  
saunas.

00:35:33.120 --> 00:35:34.520  
[Irfan] Hey, try meditating in the  
sauna:

00:35:34.520 --> 00:35:35.960  
You reach the next level Zen.

00:35:37.400 --> 00:35:39.400

And then a cold plunge  
after that.

00:35:39.920 --> 00:35:42.120

But you mentioned the past a  
a little bit.

00:35:42.120 --> 00:35:44.120

And I wanna, I wanna wrap it up  
with this.

00:35:46.080 --> 00:35:49.840

Do you remember the person that  
you were maybe 5-10 years ago?

00:35:51.200 --> 00:35:54.573

Would that person that, you  
know, younger Bel, would she

00:35:54.573 --> 00:35:58.118

have ever been able to imagine  
this perspective and would she

00:35:58.118 --> 00:36:00.120

be happy with where you are  
today?

00:36:02.680 --> 00:36:06.280

[Bel] I like how you made that  
question.

00:36:09.240 --> 00:36:15.393

She will be amazed by how far  
I've gone, literally and

00:36:15.393 --> 00:36:22.777

figuratively, because 5 to 10  
years ago I was just thinking of

00:36:22.777 --> 00:36:29.938

me probably working in an office  
wearing a uniform, and now I'm

00:36:29.938 --> 00:36:32.400

not wearing a uniform.

00:36:33.400 --> 00:36:41.849

I'm trying to live my life here  
and seeing things differently

00:36:41.849 --> 00:36:50.163

and accepting things that I  
cannot change and putting myself

00:36:50.163 --> 00:36:56.160

out there for the things that I  
can change.

00:36:58.440 --> 00:37:01.480

It's partly from the prayer,  
serenity prayer.

00:37:02.000 --> 00:37:06.244

So yeah, I think I've gained  
some wisdom already all through

00:37:06.244 --> 00:37:07.080

these years.

00:37:07.880 --> 00:37:15.824

And also, if I may just share, I  
have bipolar mood disorder and I

00:37:15.824 --> 00:37:23.649

thought I will be limited in the  
things that I can do because of

00:37:23.649 --> 00:37:30.992

my condition, but taking the  
leap of faith enabled me to see

00:37:30.992 --> 00:37:33.400

farther and further.

00:37:34.680 --> 00:37:39.720

So, yeah, don't let the words  
define you.

00:37:40.640 --> 00:37:44.360

I mean, I think she's happy.

00:37:44.840 --> 00:37:46.120

The younger Bel is happy.

00:37:47.200 --> 00:37:48.400

[Irfan] So what about future Bel?

00:37:49.000 --> 00:37:52.560

In 5-10 years, where do you want  
to see her?

00:37:54.400 --> 00:37:55.560

[Bel] Having her sauna

00:37:55.560 --> 00:37:56.240

rauha.

00:37:58.840 --> 00:38:00.360

No, having her sauna

00:38:00.360 --> 00:38:00.840

peace.

00:38:02.160 --> 00:38:03.360

[Irfan] So I see you see a “mökki”.

00:38:03.760 --> 00:38:05.160

[Bel] Yes, probably.

00:38:05.920 --> 00:38:06.800

So, yeah.

00:38:06.800 --> 00:38:13.413

I mean, I, I hope that she's  
still going to be contented

00:38:13.413 --> 00:38:20.606

where she's at and going places  
hopefully and touching lives,

00:38:20.606 --> 00:38:27.799

still trying to help people out

while writing stories because

00:38:27.799 --> 00:38:31.280

that's one thing I love doing.

00:38:32.280 --> 00:38:35.440

[Irfan] So continuing to be proud of the  
path that you have taken.

00:38:35.560 --> 00:38:35.960

[Bel] Yeah.

00:38:35.960 --> 00:38:37.480

[Irfan] And the path that you're  
continuing to build.

00:38:37.640 --> 00:38:38.200

[Bel] Yes.

00:38:39.160 --> 00:38:39.880

Very well said.

00:38:40.160 --> 00:38:41.680

[Irfan] I think that's a great place to end.

00:38:42.320 --> 00:38:45.826

Well, Bel, as your work colleague, I have to say it's

00:38:45.826 --> 00:38:49.645

wonderful to see how much you've progressed and how much effort

00:38:49.645 --> 00:38:53.464

you've actively given, you know, into all of your work, into

00:38:53.464 --> 00:38:55.280

everything that you're doing.

00:38:55.760 --> 00:39:00.325

And how much, I believe at least, people can really gain just from

00:39:00.325 --> 00:39:04.048

listening to your story,  
following your example, and

00:39:04.048 --> 00:39:07.280

hopefully inspiring others in  
the same sense.

00:39:08.320 --> 00:39:10.689

With that being said, friends,  
thank you very much for

00:39:10.689 --> 00:39:11.120

listening.

00:39:12.080 --> 00:39:14.840

We hope that you gained a little  
bit from our story.

00:39:14.840 --> 00:39:17.360

You can read more about Bell

from the JYU website.

00:39:17.760 --> 00:39:20.302

Follow us on different forms of  
social media you can find in the

00:39:20.302 --> 00:39:21.280

links in the description.

00:39:21.760 --> 00:39:24.120

And have a wonderful rest of the  
day you guys.

00:39:24.120 --> 00:39:28.688

Get some rest, take it  
easy and take everything step by

00:39:28.688 --> 00:39:29.040

step.

00:39:29.520 --> 00:39:30.720

Thanks again. Kiitos

00:39:30.720 --> 00:39:31.680

ja moikka. Cheers.