

## CV – Milla Vahtila

Maakaari 6 D 053  
00790 Helsinki, Finland

Mobile: +358 40 577 4455  
Email: [milla@voimavahtila.fi](mailto:milla@voimavahtila.fi)  
Web page: [www.voimavahtila.fi](http://www.voimavahtila.fi)

Born in Helsinki 28.12.1989



---

### Education

#### Haaga-Helia University of Applied Sciences

2012 → (2016)

- Journalism as major studies
- Very wide scale journalistic studies, education in writing, photograph, magazine-journalism, virtual journalism, radio working etc.
- I will become a multi-expert in journalism, and combine this with my studies in environmental sciences and my other interests, as sports, and use this combination as my strength as a journalist
- I will surely work at least as a freelance journalist in the field of sport

#### The University of Helsinki, Faculty of Bio- and Environmental Sciences, Master degree

2008 → (2016)

- Environmental Biology (luonnotieteiden kandidaatti) & Environmental Science and Politics (filosofian maisteri) as major studies
- Environmental sciences (wide-scale) and communication science as secondary studies
- Supplementary courses in Finnish literature, ecology and environmental conservation science, interdisciplinary environmental studies
- 21.1.2012 I had 282 course credits (opintopisteitä); when I graduate I will have about 340 - 350 course credits
- Special interests: large ecosystem-scale issues and interactions between organisms and both biotic and abiotic environments; human impacts; global environmental issues; environment and conservation politics; future energy issues; use of bioenergy; sustainable use of natural resources; political concerns; urban ecology; journalism; use of media in environmental aspects and environmental politics; mammals and their behavioural ecology; communication science and environmental communication and education
- Future plans: to graduate as planned and get different kinds of work experience as much as possible besides my studies supporting my interests and future career building; to become an environmental journalist

### **Mäkelänrinne Sports high school**

2005 – 2008

- The Finnish Matriculation Examination in 2008
  - ➔ Grades in seven subjects, three of them being the highest possible: Laudatur in Mother language (Finnish), Biology and Geography; passes also in Mathematics (laaja oppimäärä), Physics, English and Second language (Swedish)
- High school diploma
  - ➔ Average grade of subjects 9.35
  - ➔ Two stipends (Hyvän ylioppilaan stipendi, Kuvataiteen kirjapalkinto)

---

### **Professional experience**

#### **Journalist/photographer for Finland's national public service broadcasting company**

##### **Yleisradio**

January 2014 →

- I was first working as a journalist intern for Yle Tiede on spring 2014
- On summer 2014 I was working for Yle Tiede as a summer journalist and after that I have been working for Yle Tiede as a freelancer journalist and photographer and will continue on doing this
- Now I'm working as a photographer intern for Yle Uutiset (autumn 2015)
- I have been working as a journalist in all kind of medias: internet, radio and tv
- I have done my own journalistic cases in tv, radio and internet
- Mostly I have been working in the field of science and for tv- and radioprograms
- I have also made on tv-strip for Yle Urheilu on spring 2014 and some independent internet articles for them during the year 2014
- Referees:  
Petteri Bulow; Yle Uutis- ja Ajankohtaisgraafikka, +358 40 830 2987  
Jukka-Pekka Heiskanen, Yle Asia, +358 9 14803795, +358 40 8302967

#### **Communicator/journalist/photographer for Opiskelijoiden Liikuntaliitto OLL/Finnish Olympic Committee during the Winter Universiades 2013 in Italy & the Summer Universiades 2015 in Gwangju, South-Korea**

December 2013 & June-July 2015

- I was working as a communicator/journalist/photographer for the Finnish Team during the Winter Universiades 2013 in Trentino, Italy & the Summer Universiades 2015 in Gwangju, South-Korea
- You can find my photographs from the Universiades here:  
[http://www.mvahtila.fi/?page\\_id=4300](http://www.mvahtila.fi/?page_id=4300)
- Contact person: Jukka Tirri, Finnish Olympic Committee, +358 44 780 0213

#### **Photographing for Lehtikuva**

2013 →

- I have provided Lehtikuva with some photograph in the field of sport for example from the World Championships in Artistic Gymnastics (2013) and World Championships in Aesthetic Gymnastics (2013)

#### **Journalist intern for MSLGROUP and Procter & Gamble during London 2012 Olympic Games**

13<sup>th</sup> July – 13<sup>th</sup> August 2012

- I was working as a journalist intern for the company Procter & Gamble (had a contact with JKL Group Oy, which is a part of MSLGROUP that had a contact with Procter & Gamble)

- The work included reporting for P&G and I did also a lot of photographing in London during the Olympics
- The work was independent, hectic, challenging and needed social skills and network skills
- This was a perfect job for me and I could use all my skills in the field of sport journalism
- Contact person: Antti Ruuskanen, JKL Group Oy, +358 9 4257 9690

### **A writer/corresponded for four childrens books**

*spring 2012*

- I wrote four childrens books in a series called "Minun lemmikkini", published by Kustannusosakeyhtiö Perhemediat Oy
- The books were named "Vesikilpikonna", "Käärme", "Lisko" and "Selkärangattomat"
- This was a very nice job for me as I could combine my knowledge of animals and biology with my job as a writer
- I worked independently and got a lot of experience in how to find reliable information for the books and how the book-writing process goes

### **Tourist guide at Helsinki Zoo/ Korkeasaari Zoo**

*2011 →*

- Working as a freelance guide in the zoo, including environmental education
- The work has included many kinds of guide tasks for people of different ages
- The work is independent, challenging, social, variable – and simply perfect for me! I love this job; I'm at my best as a zoo guide and have a great possibility to use my educational knowledge in this job

### **Freelance journalist and photographer for the Finnish Gymnastics Federation (Suomen Voimisteluliitto Svoli ry)**

*2009 →*

- Working as a sports journalist and photographer in different fields of gymnastics
- Many articles published in the Voimistelu magazine, including many illustrative photographs (Voimistelu 1/2009 – Voimistelu 1/2015)
- Photographs published in Voimistelu magazine and in other annual publications by the Finnish Gymnastics Federation and on their website ([www.voimistelu.fi](http://www.voimistelu.fi))
- I have been photographing in many national and international competitions, for example in the Finnish National Championships of many fields of gymnastics, in many European Championships in Artistic Gymnastics and in the World Championships of Artistic Gymnastics (2013) and Aesthetic Gymnastics (2013)
- Referee: Sanna Mönkkönen, viestintäpäällikkö (communication manager), +3589 5490 3377, [sanna.monkkonen@svoli.fi](mailto:sanna.monkkonen@svoli.fi)
- ➔ I've gained a lot of experience, including interviewing, photography and article writing. The work has required both communication skills and independent working skills, self-discipline and planning. My topics have included artistic gymnastics, rhythmic gymnastics and fitness, and not only competitions and shows but also training and instruction situations. In the future, my co-operation with Svoli will continue as productively as so far, and I will continue to broaden my knowledge of gymnastics and improve my skills as a journalist and also as a photographer

### **Freelance journalist and photographer for Kymen Sanomat (newspaper), Sports section**

*2009 →*

- Several articles concerning artistic gymnastics (over 10 articles per year)
- Both short news articles and more comprehensive profiles and interviews, most articles published with my photographs

- Work as an announcing journalist for gymnasts Markku Vahtila and Jimi Päivänen (all articles have been concerning their career as artistic gymnasts and members of the international team of Finland in different age groups)
- I will continue to work as an assisting journalist

### **Freelance journalist and photographer (Wide Angle Production V&M Oy)**

2009 →

Individual articles for example in the following newspapers and magazines, including published photographs:

- Matkalehti (9/2014), one article with pictures concerning my honeymoon safari trip to Tanzania
- Motion – Sport in Finland (2/2009, 2 articles – one about synchronised skating, including one photograph, and the other about field gymnastics), published by the Finnish Society for Sport Sciences (Suomen liikuntatieteellinen seura)
- Suomen Luonto ("Nature of Finland") (7/2009, pages 14-15, one article about voluntary work with desert elephants in Namibia, Africa, and one photograph), published by the Finnish Association for Nature Conservation (Suomen luonnonsuojeluliitto)
- Yliopisto-lehti (10/2009, page 26, one page column), published by the University of Helsinki; I also wrote a blog on their website during winter and spring 2009 when I was doing some voluntary work and independent studies in Namibia, Africa (one photo was also published in the magazine back then)
- Turun Sanomat (8<sup>th</sup> November 2009, one short article; 9<sup>th</sup> November 2009, one longer article, including one current picture)
- Helsingin Sanomat (8<sup>th</sup> and 9<sup>th</sup> November 2009, one reporting article each day)
- Mostly I have been photographing sports and especially gymnastics (also at European Championships and World Championships level)

### ***My strength as a journalist – as a writer and photographer:***

- Independence, self-confidence, spontaneity, innovation, activity and a lively and outgoing nature are relevant traits that help me in this career
- Skills such as communication, a visual eye, technical skills in photography and excellent writing skills are needed, in addition to a lively and creative nature
- Originality and style will bring me forward in a delicate and elegant way
- Writing is my passion and a part of my everyday life: I write down all the ideas and thoughts that come to my mind and might turn out useful or be potential material for my future writings
- Criticality, toughness and determination are needed in this constantly progressing and up-to-date evolving job – even though I have a lot to learn, I will hold on to my opinions and self-confidence
- Anyway, I am ready to learn from my mistakes, take all the advice that is offered to me and look constantly for new opportunities to develop both my skills and myself as a person and journalist
- I will travel, meet people, gather experience and broaden my horizons as much as possible – and thereafter collect material and knowledge to support me as a writer and journalist
- An open and cheerful nature combined with sociability is an advantage
- I will specialize especially in artistic gymnastics: this sport is increasing its status and has a future full of potential here in Finland; many gifted gymnasts are on the threshold of their breakthrough
- After I have graduated from university I will probably also aim to become an environmental journalist and in this way gain some possibilities to make a difference in environmental issues
- My huge desire to learn and progress as a journalist will take me forward
- My ambition is combined with potential skills and a will to learn and progress → I will take every open door and find my way in the journalism world – and become a real journalist

## **The University of Helsinki, Faculty of Biosciences, Metapopulation Research Group**

*Two weeks on autumns 2010, 2011, 2012, 2013, 2014, one week on springs 2012 and 2014 and two weeks on summers 2013 and 2014*

- Working as a research assistant for Professor Ilkka Hanski and his research group, and also for professor Anna-Liisa Laine and her research group
- Field work in Åland, Finland, concerning research on an endangered butterfly species, *Melitaea cinxia*

## **Kovanen Logistics Oy**

*November 2008 – January 2011*

- Working as a truck driver (mainly 9–18-tonne vehicles), transporting groceries (e.g. fish, vegetables) around Helsinki Metropolitan Area and the southernmost part of Finland
- Independence and flexibility are required in this mobile and irregular job
- Good physical condition is needed; work includes loading of goods and some heavy lifting
- The work has given me a lot of self-confidence, the ability to accomplish given job tasks alone and has improved my truck-driving skills
- Shifting working times from early mornings (e.g. 4 am.) to night-time job tasks
- Education in logistics and navigation (use of both traditional maps and GPS)
- Referee Jussi Huusko, +358 400 606 666

## **JMV yhtiöt**

*1<sup>st</sup> June 2009 → 31<sup>st</sup> December 2011*

- Working as a truck driver (as above)
- Referee Jani Vihervirta, +358 40 486 6600

## **Surrogate teacher at Latokartano elementary school**

*2011 → 2013*

- From the beginning of this year I have worked as a substitute teacher for 6–13-year-old pupils
- I have gained a lot of self-confidence and experience in educating children and my social skills have improved – and my authority

## **Surrogate teacher at Mäkelänrinne high school**

*2008*

- I worked for three days as a substitute teacher in the high school I used to attend myself
- I taught geography, biology and social science
- Gave me a practical insight into teaching; I gained some experience of what it would be like to become a teacher
- Toughness, determination and strictness were needed
- I had to work independently and prepare my lessons beforehand
- I found that I really enjoy teaching and can handle social situations and control even a big class of pupils aged from 15-18 years

## **Helsingin kaupunki / Rakennusvirasto**

*12<sup>th</sup> May 2008 – 26<sup>th</sup> June 2008*

- Gardening and environmental production (performed for the city of Helsinki)
- Gave me group-working experience and knowledge of environmental development, urban planning and city gardening
- Car driving experience in the traffic of Helsinki city centre

## **Helsingin Jakelu-Expert**

*13<sup>th</sup> September 2003 – 2<sup>nd</sup> September 2006 and  
2<sup>nd</sup> December 2006 – 8<sup>th</sup> September 2007*

- Delivering of newspapers and advertisement papers in both apartment buildings and detached houses twice per week
- Sustainability, independence and good physical shape required

- Gave me experience of working from a quite young age (I started this job when I was 13)
- I really enjoyed this independent work that I could carry out in my own way (piecework contract)
- This work was an early indication of that an independent working pattern like this is suitable for me – this also refers to the fact that I feel very comfortable as a freelance journalist and this kind of work really suits me and gives me an opportunity to be in my own element and give my best

### **OY CAWA AB / Café Esplanad**

*21<sup>st</sup> August 2006 – 3<sup>rd</sup> December 2006*

- Café worker: service, dish care, food service and customer service experience
- Gave me experience in using different languages, dealing with lots of people and pressure tolerance

### **Skills**

Language skills: Finnish – first language

Swedish – fluent (bilingual – my mother and her half of my relatives speak Swedish as their mother language)

English – fluent (see Appendixes XX EF Language Course)

German – basics

Computer skills: Basic skills in using Windows systems and information retrieval, University courses in 2009 and 2012; Word (good skills), PowerPoint (good skills), Excel (basics). I have also self-studied Adobe Photoshop CS5 (good skills) and know the basics of Adobe InDesign.

Good skills using GPS. Good overall navigation and map-reading skills.

Drivers licence: BC

### **Extracurricular activities**

#### **Volunteer work in EHRA – Elephant Human Relations Aid volunteer project**

*16<sup>th</sup> – 27<sup>th</sup>  
February 2009*

- Volunteering in a conservation and tracking project in Namibia, Africa, concerning desert elephants and their interactions with their environment and local people
- Working experience in developing countries
- Experience in dealing with desert elephants and African nature, especially in dry, deserted areas – gave me an endless passion for the nature and animals of Africa
- Communication with local people, acquaintance to their culture, dealing with the habits and customs of African people, hopefully broadening my horizons
- Confidence in travelling alone as a young woman in Africa
- I also got a dream of joining some research or voluntary work group in Africa, hopefully concerning environmental issues, ecology, animal behaviour or conflict solving

#### **Tutor Student in Mäkelänrinne high school**

*School year 2007-2008*

#### **EF language school in Dublin, Ireland**

*June 2006 – a four-week period*

- Courses in English, living in a local host family



- Gave me independence and self-confidence; my first time alone abroad over a longer period at the age of only 16
- I gained very important practical experience in English, which strengthened my basic theoretical skills that I had learnt at school
- Strengthened my passion for travelling

---

## **Additional information**

### ***Something more about me:***

- I have an athletic background: I had been figure skating for 9 years (from the age of 7 to the age of 16), skiing, snowboarding, kickboxing, jogging, horse riding, doing some gymnastics and dancing since infancy; these days I am mostly jogging, horse riding, skiing, dancing (mostly ballet and “house”), doing some gymnastics every now and then, and bicycling; overall, I do some sport each and every day and exercising is a part of my life and a physical need for me – at least I feel the need to have a hard jog with my dog every day
- I bicycle almost everywhere at the weekdays; the longest distances in my free time have been over 200 km during one day (from Helsinki to Tampere)
- I moved into my own apartment in April 2009; I live with my fiancé and our pets
- I love writing: not only articles and stories concerning my work, but also fiction in my free time and, of course, academic essays as a part of my studies
- I read a lot of books and have an interest in fictive stories and fairy tales
- Photographing: nature, people, cities, sport and especially gymnastics
- I love to draw and do handwork in my leisure time, like knitting and sewing (have made many of my clothes by myself), and decorate our apartment
- I am enthusiastic about travelling; I have been, for example, to the Sydney area in Australia; around Namibia in Africa; around the whole of Ireland and Northern Ireland and around England, several times in London; in Lisbon and Malta, Portugal; Barcelona, Spain; Rome and Northern Italy; Germany and Austria; the Nordic countries; Russia etc.
- Africa is especially tempting for me; I wish to find some research group to join somewhere in Africa, especially in Tanzania, Kenya, Botswana or their neighbouring countries; I am quite sure I will in any case travel to Africa again in the future, and possibly learn about the nature and culture – and maybe find inspiration and knowledge that could be an advantage in my career as a writer, photographer and journalist, and maybe a scientist, too
- I am sure that my open and brave nature would be of advantage not only as a journalist but also when thinking of working in Africa as a volunteer or in research issues etc.
- I hope I would find a way and a career that would give me the opportunity to give the best of myself and utilize my skills and strengths in the best way that I am able to do – I would like to share my passions and hopefully share them to serve as many people or things as possible; only fulfilling my need to develop my potential skills to their best will eventually make me completely happy and satisfied
- Anyway, I do not become stressed too easily, I am good at organizing my timetables and I do not hesitate or get nervous, even in tough situations; therefore, I would cope well with a hectic and challenging job
- I think that the foundation of everything is always one’s own happiness; only after fulfilling one’s own needs for happiness one can start thinking about other people or other things in the world; I have found my happiness (meaning a family), so now it is my time and possibility to start improving myself and my skills and to try to find my own part and function in the world

- After finding the job that really fulfils my needs and gives the right challenges I will work even more passionately than ever before; I just need to find the right slightly open door which I may pull myself through

---

### ***In future***

- After graduating from university (both Haaga-Helia and the University of Helsinki) I will consider a career as a scientist and working in environmental and ecological areas
- In any case I will definitely struggle forward as a journalist and advance my writing skills
- One of my biggest dreams is to work for sports journalism and utilize my athletic background and knowledge for the sake of sport
- I will improve myself as a photographer and invest in new cameras when possible
- A career as an environmental journalist could be a considerable way to combine my education with a career as a journalist, but I would not like to specialise too much and I would rather aim at a broader perspective and view as a journalist; at least I will keep all options open
- Altogether, I need practical and challenging work where I can be in my own element and give the best of me, and which gives me the opportunity to fulfil not only my academic potential but also my creativity
- On the side, I am trying to get my first book published
- I would love to share my best skills and thoughts with other people, and hope that I could do my share in the world and even make some difference – and in particular, I wish to fulfil my own demands
- I will maintain a good physical condition; doing sports is a part of my normal life
- I would like to travel as much as possible, see the world and learn about everything and broaden my horizons; Africa will be the main target in the near future
- Possibly I will end up working as a teacher, either part-time or full-time for some years
- An irregular and mobile job that also includes travelling would suit my independent and strong nature well
- And, of course, I will confront every challenge and grab every opportunity given to me, and always give my best, never give up, prove myself trustworthy and always be open to learning and improving myself – and I will never give up my dreams, as they are what gives the special flavour that makes my life lively and worth living

---

### **Appendixes**

All my job and study testimonials are available if asked. I can also send some journalistic work samples and photographs.

On my website [www.voimavahtila.fi](http://www.voimavahtila.fi) you can find my blog and lot of my photographs. Please see them ☺

With kind regards

*-Milla Vahtila*