

PARTICIPANT CATALOG

For the Nordic Championship for Cook & Waiter Apprentices 2025



DENMARK

FINLAND – COOKS



Inga Karjalainen

My name is Inga Karjalainen. I'm 18 years old, and I graduated from Lapland Education Centre REDU as a chef in November 2024.

My competition history began with winning the Arctic Skills competition in March 2024, held in Norway. In October 2024, I won the Finnish Championship of cooks and waiters with my partner Saranukul, or Skai, as we call him.

During the winter season, I worked as the head chef, running a new restaurant called Kotatieva in Rovaniemi. It has been a wonderful opportunity for me to learn more and take a lot of responsibility for my work. It has been an instructive season for me.



Saranukul Intha

My name is Saranukul Intha. I'm 20 years old. I recently graduated from Lapland Education Centre REDU as a chef.

I'm currently working at Lapland Hotels Sky Ounasvaara in Rovaniemi as a cook. It is a highly regarded restaurant in Finland. My employer, Lapland Hotels, arranges a cooking academy for young chefs, and I'm taking part in it. It's a good way to learn more about cooking.

I represent the Finnish Chef Association as a Young Chef from Lapland. It is a good way to network with new people and learn more about the field. My competition history includes participating in the national Skills competition in 2024 and 2025. I won the Finnish Championship of cooks and waiters in October 2024 with my partner Inga.

FINLAND – WAITERS



Leevi Nyström

Hello! I am Leevi, a 17-year-old waiter student from Perho Culinary, Tourism and Business College, Helsinki. I competed in Finland's national waiter student competition in Rovaniemi in November 2024 and successfully won it with my partner, Eemu.

I am looking forward to the Nordic Championship 2025 competition and meeting new people from other Nordic countries. I will take the competition as an experience where we can make new memories and teach ourselves to be better versions of waiters and professionals. See you all in April!



Eemu Lindfors

Hi,

my name is Eemu, and I am 18 years old. I am studying at Perho Culinary, Tourism and Business College, Helsinki.

I am looking for new challenges and experiences from competitions. I am also looking forward to meeting new people.

SWEDEN – COOKS



Catherine Ripley

Hi, my name is Catherine Ripley, I'm a 20-year-old chef based in Uppsala, Sweden. Sustainability is at the core of my cooking—I believe great food should be both delicious and responsibly sourced. Right now, I'm studying Swedish while preparing for the Nordic Championships in Silkeborg. I'm always looking for new ways to grow, whether it's refining my techniques, experimenting with flavors, or finding innovative ways to present a dish. I'm excited for the opportunity to challenge myself, meet other passionate chefs, and exchange ideas.



Maximilian Pahlén

Hi, my name is Max Pahlén. I'm a 20-year-old chef from Stockholm. Right now, I'm working at Kelp, where I get to experiment with Nordic flavors and lead a fun team in the kitchen. Cooking is my passion, and I've spent years soaking up inspiration from amazing places and people. I'm really looking forward to the Nordic Championship in Silkeborg—it's going to be a perfect chance to meet other young chefs, share some creativity, and just have fun doing what I love!

SWEDEN – WAITERS



Mahmoud Hallak

My name is Mahmoud Hallak. I'm a 19 years old man from Halmstad, Sweden. I work as a waiter at the fine dining restaurant Fyr which won one of the oldest prizes for restaurants in Sweden, business restaurant of the year 2024. I started working as a waiter when I was 15 years old. I love getting new experiences and learning new things about the restaurant world. I'm very excited to participate in the Nordic Championships since I enjoy competing and to challenge myself.



Leo Abrahamsson

Hello, my name is Leo and I am 21 years old. I work as a Head Waiter at Restaurang ÄNG in Varberg, which has been my second home for the past two and a half years.

I approach service with a modern yet timeless style rooted in classic techniques, while incorporating fresh perspectives where every detail is carefully considered to elevate the overall experience. I strive to adapt to each guest, ensuring that their evening is not only enjoyable but also memorable. The Nordic Championship presents an opportunity for me to share my philosophy, learn from others, and continue to grow within this profession.

NORWAY – COOKS



Mari Solhaug Moi

My name is Mari Solhaug Moi. I come from Bryne, but I moved to Oslo in August to be an apprentice at Fyr og Stallen. I really enjoy it here—new challenges all the time and great chefs I can learn a lot from, and I feel that I am constantly developing. My goal now is to get as much as possible out of my apprenticeship, have an equally good everyday life after I become a skilled worker, and I would really like to continue competing.



Mathias Johnsen

Mathias Johnsen, 19 years old, born and raised in Grimstad but living in Oslo. I am a first-year apprentice at restaurant Fyr/Stallen, and I enjoy it very much.

I am a committed apprentice who has experienced a lot in a short time, but I am hungry to experience more. I try to be focused and organized at work and put a lot of effort into delivering a perfect product every time. I love what I do and don't regret my career choice for a second. Competition is a big part of my life, and my goal is to become the best in the world.

NORWAY – WAITERS



Milja Christinsdatter Mitchell

Milja Christinsdatter Mitchell is 18 years old and is an apprentice at restaurant Statholdergaarden in Oslo. Milja has worked here since August 2024.

Milja has a passion for her job and her guest and likes new tasks that she can learn from.

What are you looking forward to after your apprentice time, Milja? *"I really look forward to taking the sommelier, to get my diploma and continuing the journey as a waitress."*

Milja is only a first year apprentice, but is looking forward to the competition, and to learn new things.



Kjersti Frey Frøslie

Kjersti Frey Frøslie is 18 years old and is an apprentice at restaurant Statholdergaarden in Oslo. Kjersti has worked here since August 2024.

Kjersti has a passion for her job, her guest and is working hard to reach her goals.

What are you looking forward to after your apprentice time, Kjersti? *"I look forward to taking the sommelier, learning more, and i want to travel. My dream is too visit Burgundy in France."*

Kjersti is only a first year apprentice, but is looking forward to the competition, to meet the other countries and to learn new things.

ICELAND – COOKS



Marlís Jóna Þórunn Karlsdóttir

My name is Marlís Jóna Þórunn Karlsdóttir, and I'm a 20-year-old culinary student from Iceland. I'm currently in my second year at the Hotel and Culinary School in Kópavogur, Iceland while also working at Grand Hotel Reykjavík to gain hands-on experience in a professional kitchen. On top of that, I've had the amazing opportunity to assist the Icelandic National Culinary Team as they prepare for the Culinary World Cup, and I can't wait to learn and assist them for the competition. Being part of such a high-level team has been an incredible learning experience, and it's really fuelled my passion for cooking. I'm super excited to compete in the Nordic Championship apprentice's competition and to meet other culinary students from around the Nordic countries. This experience has deepened my understanding of teamwork, precision, and innovation in the culinary world. This is a once-in-a-lifetime experience, and I know it will help me grow as a chef. Looking forward to the challenge!



Sindri Hrafn Rúnarsson

My name is Sindri Hrafn, I'm 20 years old, and cooking has always been my passion. As an apprentice at Monkeys restaurant and a student at Hotel and Culinary School in Kópavogur, Iceland. I'm constantly learning and refining my skills. I've had the chance to compete in culinary competitions before, and training as an assistant at Bocuse d'Or Europe 2024 and Lyon, France 2025 was an incredible experience that pushed me even further. Now, I'm excited to take on the challenge of the annual Nordic Championship apprentice's competition and continue growing in this amazing industry.

ICELAND – WAITERS



Tristan Tómasson Manoury

My name Tristan Tómasson Manoury. I am a 21-year-old student in the Hotel and culinary school in Kópavogur, Iceland. I am a waiter apprentice at the Icelandic Food Cellar and have been working as a waiter for the past 4 years. I am excited for the opportunity to participate in the Nordic Championships apprentice's competition to make memories and gather experience.



Silvía Louise Einarsdóttir

My name is Silvía Louise Einarsdóttir. I'm a 20-year-old hospitality student at the Hotel and culinary school in Kópavogur, Iceland and will be graduating there now in May. I am an apprentice at the restaurant Moss a one-star Michelin restaurant within the Blue Lagoon. I am excited to fly out to Denmark and partake in the Nordic Championships apprentice's competition. I love meeting new people, and I can't wait to experience new things and meet my fellow competitors. Let's have a fun time and make memories to cherish!

DENMARK – COOKS



Oliver Løve

My name is Oliver Løve.

I'm 20 years old, and I've been a competition chef for four years. I've competed in Skills Denmark, BMW Masters, been a helper for Bocuse d'Or Denmark, a part of the Danish Junior Culinary Team, and competed twice for the title of Best Chef Student in Denmark.

I work at Alchemist in Copenhagen.

I love competing—it's really the adrenaline kick that drives me.

My expectations for the competition are that Tobias and I will do our best and truly enjoy each other's company in the kitchen.



Tobias Gorm Rasmussen

My name is Tobias, and I'm 23 years old.

I studied at Kokke & Tjenerskolen in Slagelse.

I worked at B-Spis in Næstved for 2.5 years, and now I work on an island called Vejrø.

I look forward to competing at a high level against other ambitious chefs from Scandinavia.

DENMARK – WAITERS



Denice Gjerdrum

My name is Denice Gjerdrum. I am 21 years old and I work at a royal privileged inn in Møgeltønder called Schackenberg Slotskro

I am representing Hansenberg in Kolding, Denmark as the winner of the Danish Championships for apprentices 2025.

I'm looking forward to a new competition experience and looking forward to seeing the teams from the rest of the northern countries



Amanda Bodholdt

My name is Amanda Bodholdt. I'm 23 years old and work at an old fashioned inn called Tyrstrukro in Jutland.

I am representing Hansenberg Kolding, Denmark as the winner of the Danish championship for apprentice 2025.

I look forward to a new competition experience and seeing the teams from the northern countries.