## **Profile mobility mentors:**



# **SOFT SKILLS**

- At least 18 years of age
- · Good English and German skills desirable/important
- Ability and willingness to communicate what you know
- Preparedness prepared to take on the role of a mentor and what that means Approachability, availability, and the ability to listen
- Honesty with diplomacy
- Objectivity and fairness
- Compassion and genuineness
- Mutual respect and Trust
- Confidentiality
- Intercultural Competence/Understanding
- Understanding of discriminative system/structure and how to act on it Empathy
- Self-Awareness and the Want to learn
- Ability to Empower
- Ask questions to help develop your's and the mentee's understanding of a situation or problem

## **HARD SKILLS**

All the below mentioned skills are not experience related, but are mainly things to be done during the Mentorship and will be in time acquired after the training and introduction with us.

Mentor Training Program of the ESC

Documenting the work

Usage of the Youth Pass

Willingness to elaborate the Youth Pass with the Volunteers



### What you need to bring/offer:

All the following activities / responsibilities of the mentor shall be mainly exercised in person, but can also be done in hybrid format/online, if not possible in person.



#### Time investment (around 10h/month):

- 1/month general mentoring session with your mentee (2h/volunteer)
- To be fixed by the Mentor
- Daily life support (circa 8h/month, probably less after the first two months):

The Daily life support isn't about being there for your mentee 24h, but rather to support in your mentees social inclusion and in guiding them in their new environment. Some may need less of your support, and others might need some sort of guidance at least in the very beginning to get used to the new environment. It can be in form of giving advice (also via phone or Whatsapp) or accompanying them, when necessary and if you are available.

- Fill in together the Youthpass certificate
- Every 3 months evaluation and reflection sessions with the moveurope! Mobility Hub programme coordinator (1h)

These meetings are in order to reflect together with the project coordinators on the voluntary service and how the mentoring is going so far. It is here, when you as a mentor can give feedback or exchange ideas on how to improve the mentoring/voluntary service for the volunteer. Generally it is meant as a peer-support session between the mentor and the project coordinator.

- The last session will be the final evaluation session of the overall cooperation between mentor, project coordinator.
- Regular training offers

#### Paid / unpaid:

• Be ready to start on a voluntary basis





Training (knowledge) for free + certificate to be trained mobility mentor

Material (info material, gadgets to promote the mission)

Being part of a European network (+ one networking event with all costs covered per year)

Free access to a digital training and information platform