



EUROPEAN YOUTH PARLIAMENT

# Information Booklet of the EYP Mentorship Programme

“My experience with my mentor has been excellent because I have been able to learn a lot about the trade and industry that I want to work in from someone who has already been in it for decades now.”

MENTEE, 2021





# Introduction

The EYP Mentorship Programme is designed to pair EYPers moving into a new phase of professional life with EYP Alumni who can offer career guidance and advice based on experience.

Our aim is to harness the broad scope of skills and experiences in the EYP Alumni network and use it to offer support to the many EYP members who are transitioning into a new position or profession. Some examples of potential mentees would be:

- EYPers who are finishing their university education and searching for a foothold in their chosen field,
- Young Alumni who hope to make a change from one line of work to another.

These mentees will be paired with Alumni who have worked in their field or who have previously made a successful career change and are willing to offer insight into the challenges involved. Additionally, we would like to take into account the impact of experiences such as a migration background or membership of a marginalised community on young professionals in the workplace.

## What does it mean to be a Mentor/Mentee?

There are many mentoring programmes across the EYP network which focus on supporting mentees' growth on their EYP journey. This is **not** one of those programmes. This programme is for (young) professionals. Here, we will clarify what it means to be a participant in the EYP Mentorship Programme.

### What does it mean to be a Mentor?

A mentor is an **EYP Alum**. They will support an active EYPer who is facing obstacles in their professional journey. The mentor will get an idea of the mentee's challenges and offer advice which may help them to overcome these obstacles. This may mean recommending some specific hard skills to improve which will help the mentee to stand out in the pair's chosen field. Alternatively, a mentor may share their methods for facing challenges specific to the profession which the mentee is hoping to pursue. Mentors do not need specific qualifications or accomplishments. Rather, they must be eager to share the experiences which they do have in a way that can help someone who is new to the world they work in. Mentors will receive some guidance from the International Office before the official start of the mentorship programme.

### What does it mean to be a Mentee?

A mentee is an **active EYPer** or a young alum **in their final university years or first career steps** who is facing a change or challenge in their career path. They will approach the mentor with specific goals in mind and be willing to share these goals with their fellow EYPer. The mentee should expect guidance, someone to bounce ideas off, and some information about their field or area. The mentee should not expect to receive step-by-step support or networking opportunities.



## How will the programme work?

In general, the mentoring is not expected to take up more than 3-4 hours per month. Each mentoring pair can adapt to their schedules and decide the time investment that works for both parties. Additionally, pairs can decide if they prefer to communicate digitally or to meet in-person if possible. The first month will be considered a *trial month*. This means that pairs or individual participants can inform the International Office if they don't believe they are suited to learning from one another or if their schedules don't align.

Here is an indicative suggestion of how mentor-mentee pairs can work:

- Introductory call for Mentors/Mentees (organised by the International Office in *January 2024*),
- First 2 weeks after the introductory meeting: a get-to-know meeting or call,
- Following 6 weeks: at least 2 meetings or calls,
- Decide the best way forward for your own pair and continue until the end of the programme,
- The programme concludes with a wrap-up meeting (*May/June 2024*)

## Programme Timeline

- **Sunday December 3<sup>rd</sup> 2023:** Calls for Application *close*.
- **January 2024:** Participants receive information about their pair and an introductory meeting is scheduled.
- **February 2024:** Trial month ends early February, pairs who are staying together will continue getting to know each other and figuring out how to proceed.
- **March to May 2024:** Mentoring and learning! There will be semi-regular check-ins from the International Office to see how participants are getting along and if any support can be provided.
- **June 2024:** Wrap-up and evaluation.

## Get Involved!

If you are interested in being a mentor, please apply via this form before 23:59 CET on Sunday the 3<sup>rd</sup> of December: <https://forms.gle/n4J2y1FNWMaWFu9NA>

If you are interested in being a mentee, please apply via this form before 23:59 CET on Sunday the 3<sup>rd</sup> of December: <https://forms.gle/21rgebuz4boQVPrp7>

We would love to see applicants of all levels of experience in their chosen career, and of a wide range of different stages in their professional development.

If you have any questions about the programme or would like to discuss it further before applying, please reach out to the International Office via [alumni@eyp.org](mailto:alumni@eyp.org).