



EUROPEAN YOUTH PARLIAMENT

Call for Applications: EYP Mentorship Programme 2025

“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 academic or 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 supporting the academic or professional journeys of EYP members. 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. Additionally, Mentors can support Mentees in adapting to the challenges of professional life, discussing soft skills such as time management, networking and goal setting. 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 training and guidance from the International Office before the official start of the mentorship programme. Mentors will also be added to a WhatsApp Community, where they will be able to discuss their process and support each other.

What does it mean to be a Mentee?

A mentee is an **active EYPer** or a young alum **in their later university years or first career steps** and/or someone 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.

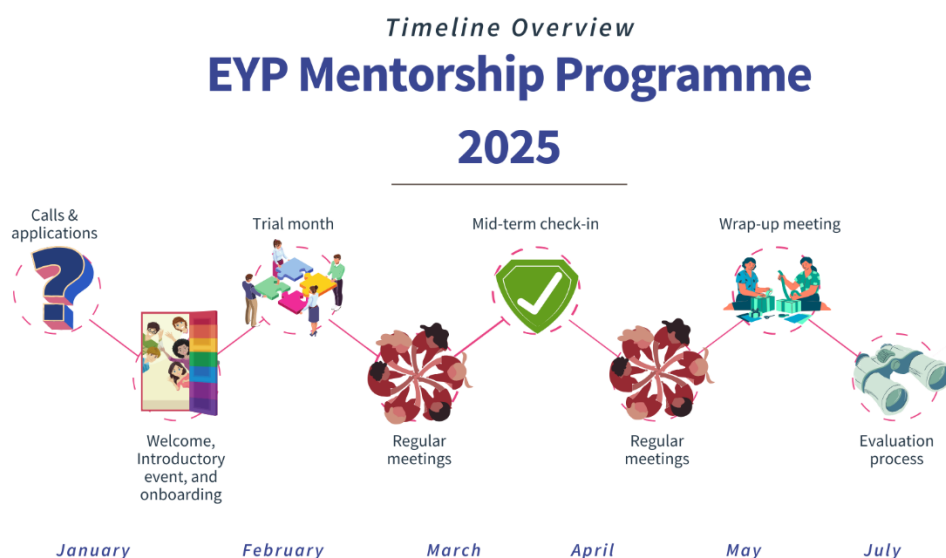
How will the programme work?

In general, the mentoring is not expected to take up more than 4-5 hours per month. Each mentoring pair can adapt to their schedules and decide the time investment that works for both parties, for example, by agreeing to check in every second week. Additionally, pairs can decide if they prefer to communicate digitally or to meet in-person if possible. The first month after the training programme ends 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:

- Mentor onboarding and training programme takes place throughout January 2025,
- Introductory call for Mentors/Mentees (organised by the International Office *end of January 2025*),
- February will act as a trial month, so in the first two after the introductory meeting: Mentors should organise a get-to-know meeting or call,
- Following 10 weeks: at least 3 meetings or calls, covering some of the key topics outlined in the onboarding and training programme, mentorship pairs should approach each meeting with a small number of key topics to discuss – perhaps working on a shared agenda,
- Mid-term check-in with the IO allows pairs to identify any challenges that they have had,
- 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 2025*)

Programme Timeline





- **Sunday 15th December 2024:** Calls for Application *close*.
- **January 2025:** Participants receive information about their pair and about the onboarding programme.
- **January 2025:** Mentors take part in the onboarding and training programme, consisting of a small number of modules over the course of 1-2 meetings in the month. Mentees receive an onboarding programme at the Introductory Meeting for all, schedule at the end of the month.
- **February 2025:** Trial month takes place. Mentors organise first one-on-one meeting with their Mentees.
- **March to May 2025:** 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 2025:** Final meeting. 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 15th of December: <https://forms.gle/9XnmHby7ajHsqoZj7>

If you are interested in being a **mentee**, please apply via this form before 23:59 CET on Sunday the 15th of December: <https://forms.gle/qrzwuooAuERAYt1q9>

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.