



EUROPEAN **YOUTH** PARLIAMENT

EYP Mentorship Programme 2026

Call for Mentors





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 with the EYP Mentorship Programme has been 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.

In this edition of the programme, we are also launching an exciting new initiative welcoming mentees who come from a refugee background as part of our [#WithRefugees](#) project, in partnership with [IPSOS](#). These young people will be looking for advice and support in a broader way – a sort of buddy system - and we will be welcoming active EYPers to apply as ‘buddies’ as well as EYP Alumni.

For this reason, this year’s Mentorship Programme will feature two pillars: the **Classic Mentorship pillar** and the **#WithRefugees support pillar**.

Mentors and mentees in the Classic pillar would remain similar to previous editions:

- Mentees will be EYPers who are finishing their third-level education and searching for a foothold in their chosen field or young alumni who hope to make a change from one line of work to another.
- Mentors will be EYP Alumni, experienced in their field or profession, and willing to share knowledge and insight based on this.

In the #WithRefugees pillar, the partnership would be slightly different:

- Mentees will be young people with a refugee background who are seeking advice and support, perhaps in their academic and professional lives, but also on getting by in a new place.
- Mentors can fit the classic mould of experienced professionals, but could also be active EYPers with an interest in helping someone adjust to a new environment.

Mentees will be paired with Alumni who are suited to their mentorship goals. In both pillars, we would like to take into account the impact of experiences such as 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 the mentees or for supporting young people with refugee backgrounds in their new lives. Here, we will clarify what it means to be a participant in the EYP Mentorship Programme.



What does it mean to be a Mentor?

Classic Mentorship

A mentor is an **EYP Alum**. They will support an active EYPer or recent EYP Alum 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.

Mentors can:

- Recommend specific hard skills to improve.
- Share methods for facing challenges specific to the profession or field which the mentee is hoping to pursue.
- Support Mentees in adapting to the challenges of professional life, discussing soft skills such as time management, networking and goal setting.

#WithRefugees Mentorship

A mentor is not necessarily an **EYP Alum** but could also be an **active EYPer**. They will support a young person with a refugee background who is facing obstacles in their personal or professional journey. The mentor will get an idea of the mentee's challenges and offer advice which may help them to overcome these obstacles.

Mentors can:

- Get an idea of what challenges the mentee is facing, in academic and professional life, or in adapting to a new environment.
- Share methods for facing challenges specific to the profession or field which the mentee is hoping to pursue, if the mentee is focused on this side of the programme.
- Support Mentees in adapting to the challenges of their new life, discussing social and cultural norms, and insights that could help them in their new home.

In this pillar, mentors do not need specific qualifications or accomplishments. Rather, they should be eager to share the experiences which they do have and listen to the needs of the mentees. They should look forward to connecting with and supporting their buddy.

Due to the nature of some of our young participants' refugee background, they may have difficulty with seeking and receiving support in ways that other participants may not. Mentors will receive some guidance from the International Office before the official start of the mentorship programme, which will include focus on how to support young people in such a unique situation. 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?

Classic Mentorship

A mentee is an **active EYPer** or a young alum **in their later university/third-level education years or first career steps** and/or someone who is facing a change or challenge in their career path.



#WithRefugees Mentorship

In the experience-based pillar, they will be young individuals with a refugee background who seek professional or academic mentorship, or support in their new journey.

All mentees should approach the programme with specific goals in mind and be willing to share these goals with their mentor. 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:

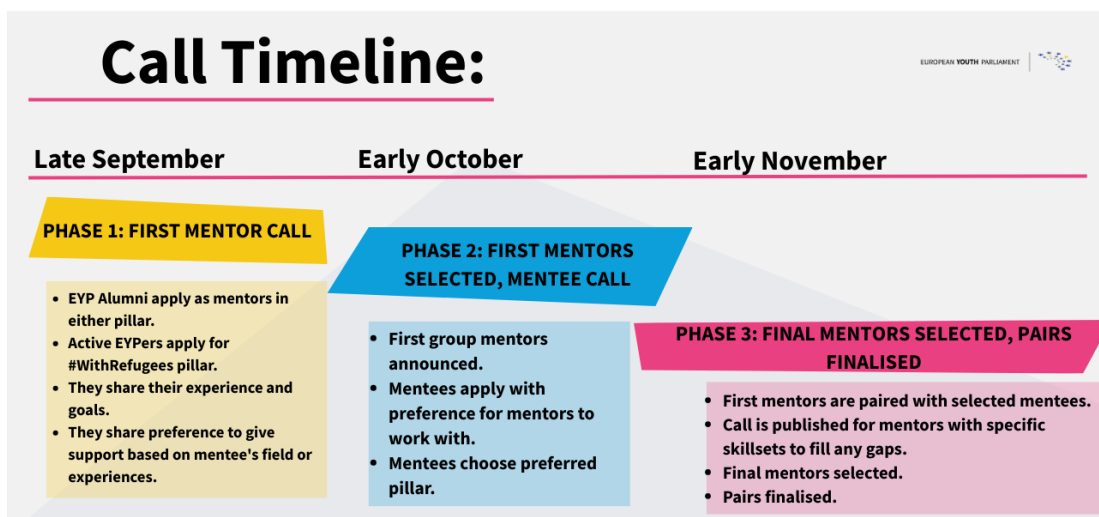
- Mentor onboarding and training programme takes place throughout Late November and early December 2025,
- Introductory call for Mentors/Mentees (organised by the International Office *December 2025*),
- December - January will act as a trial month, so in the first two after the introductory meeting: Mentors should organise a get-to-know meeting or call,
- January to April: at least 3 meetings or calls, mentorship pairs should approach each meeting with a small number of key topics to discuss – perhaps working on a shared agenda,
- Late February: Mid-term check-in with the IO allows pairs to identify any challenges that they have had,
- The programme concludes with a wrap-up meeting (*April 2026*).

Programme Timeline





- **Sunday 5th October 2025:** Calls for Application for Mentors (wave 1) *close*.
- **Monday 13th October 2025:** Calls for Application for Mentees *open*. First group of selected mentors is announced, so that mentees can apply with preference.
- **Sunday 2nd November 2025:** Calls for Application for Mentees *close*.
- **November 2025:** Calls for Applications for Mentors (wave 2) rolls out, to recruit mentors for any eligible mentees who have not yet been paired.
- **Late November 2025:** Participants receive information about their pair and about the onboarding programme.
- **Late November – early December 2025:** Mentors take part in the onboarding and training programme. Mentees receive an onboarding programme at an Introductory Meeting.
- **Mid December – early January 2026:** Trial month takes place. Mentors organise first one-on-one meeting with their Mentees.
- **January to April 2026:** 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.
- **April 2026:** 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 5th of October.

If you are interested in being a **mentee**, calls open soon!

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.



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