



## Friends for the Journey

Friends for the Journey is the mentoring program of the NPHI Seattle Institute. Each young adult will work with at least one **Cross-Cultural Mentor** and one **Professional Mentor** during their time in Seattle. While each mentorship role has a different focus, both mentors should embrace the approach of compassionate listening. The young adults may want to reflect upon and work through their own personal stories, their experiences in Seattle and their hopes and plans for the future. The mentors will provide a place of genuine care and safety as they walk alongside the participants during their time in the program.

### All Mentors agree to:

1. Maintain confidentiality
2. Be available
3. Partner with the student's host family and each other
4. Agree to meet with their student at least 1-2 times a month, once assigned
5. Check in with their student-leader via text, email or phone if they only meet once that month
6. Attend events as possible

### *I. Cross-Cultural Mentor*

The main role of the cross-cultural mentor is to serve as a cultural bridge, friend, tutor, and to offer extra support as needed to the student. Mentors may offer help to the host family as well, with transport, translations or other tasks.

#### **Ideal Mentor:**

- Speaks the students' native language
- Former volunteers of NPH who have been home for at least 1 year, or could be an NPH supporter who has visited local NPH homes and programs
- Has experience living abroad and/or learning a second language
- Often, cross-cultural mentors will be close to the students' age, but this is not a requirement

#### **Expectations:**

- Help with English homework, learning new words, supporting in conversation
- Provide support in adapting to Seattle
- Occasionally provide transportation to/from events, appointments, etc.
- Willing to communicate well with host family, possibly help with translations via phone
- Available by phone if the student gets lost or needs help urgently
- Interested in taking the student to do activities in the Seattle area (ie: hiking, kayaking, soccer, etc.)

### *II. Professional Mentor*

The main role of the professional mentor is to facilitate the student's growth as a person and a leader; and to take initiative in meeting the unique needs of the student assigned to him/her. Most Professional Mentors will be assigned almost halfway through the program, around December/January.

#### **Ideal Mentor:**

- Has work experience in the area of the student's career path
- Speaks the student's native language
- Strong active and compassionate listener
- Has the desire to coach the student in life and career

#### **Expectations:**

- Helps facilitate growth, seek out opportunities for development
- Support with resume-building, building interview skills, help with mock interviews, etc.
- Provides advice in the career area of the student
- Has the desire to share their life and professional experiences with the student