

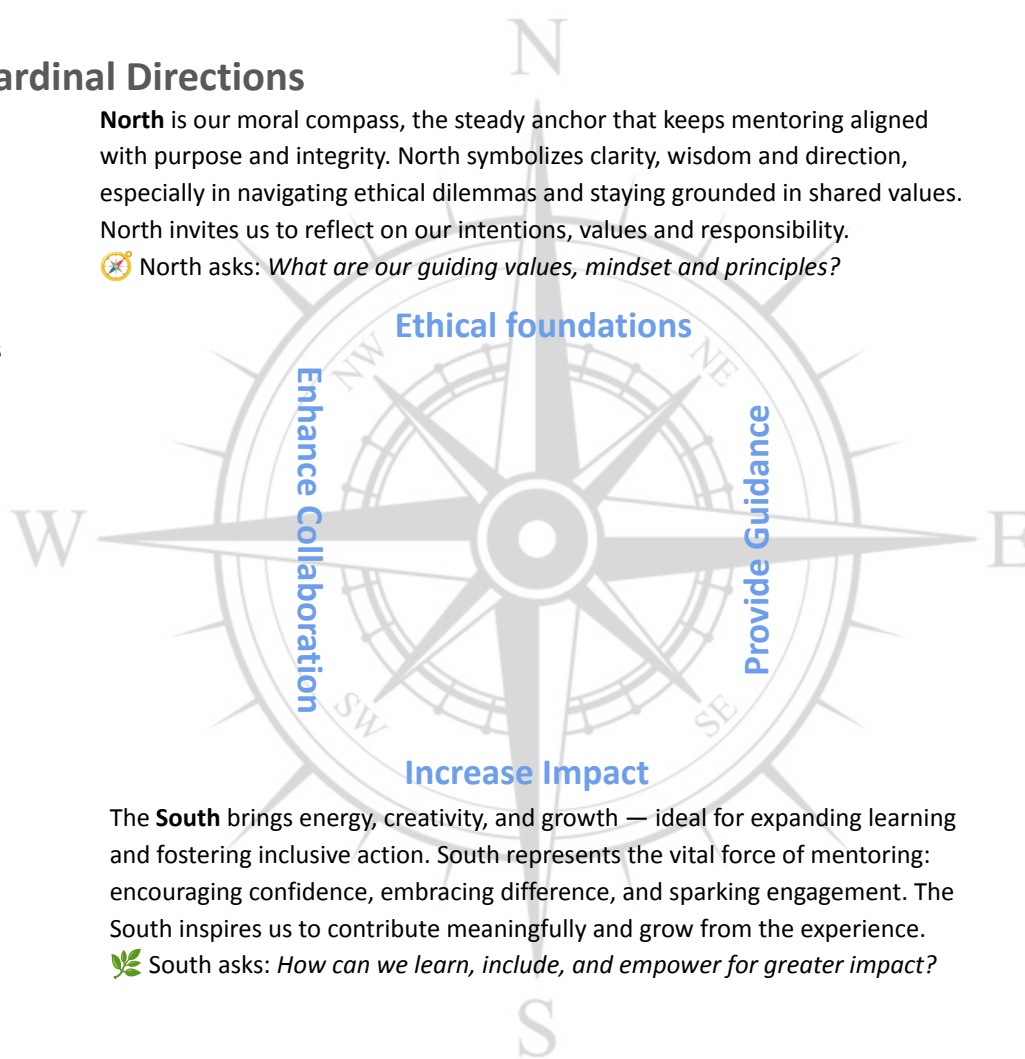
Worksheet 1: The 4 Cardinal Directions

North is our moral compass, the steady anchor that keeps mentoring aligned with purpose and integrity. North symbolizes clarity, wisdom and direction, especially in navigating ethical dilemmas and staying grounded in shared values. North invites us to reflect on our intentions, values and responsibility.

🧭 North asks: *What are our guiding values, mindset and principles?*

West, where the sun sets, signifies completion, reflection, and connection. West emphasizes mutual understanding, the value of shared learning, and the importance of documenting experiences. West encourages closing loops with care, and building strong, lasting connections.

🌃 West asks: *What can we built together? How can we sustain it?*



East, the direction of sunrise, represents awareness, learning, and fresh perspective. East symbolizes the start of a journey, where mentoring illuminates paths and helps volunteers find their way in new environments. East encourages curiosity, cultural sensitivity, and supportive presence.

☀️ East asks: *How do we support others orient themselves in new realities?*

The **South** brings energy, creativity, and growth — ideal for expanding learning and fostering inclusive action. South represents the vital force of mentoring: encouraging confidence, embracing difference, and sparking engagement. The South inspires us to contribute meaningfully and grow from the experience.

🌿 South asks: *How can we learn, include, and empower for greater impact?*

Worksheet 1: The 4 Cardinal Directions

NORTH

Integrity - Self-Agency

Dignity - Togetherness



What are our guiding values, mindset and principles?

Ethical foundations

Enhance Collaboration

Provide Guidance

EAST

Assisting the volunteer in local and cultural integration

Supporting the volunteer's well-being

Assisting the volunteer in dealing with difficult situations and conflicts



How do we support others orient themselves in new realities?

SOUTH

Facilitating learning and development

Raising awareness of the ESC Programme's values

Ensuring inclusion



How can we learn, include, and empower for greater impact?

WEST

Facilitating orientation and integration with the organisation

Managing groups and teams

Planning, documenting and reporting



What can we built together? How can we sustain it?