

BECOMING A MENTOR

YOUTH EXCHANGE

1-10.10.2021

AGIA TRIADA, GREECE



ΙΔΡΥΜΑ
ΝΕΟΛΑΙΑΣ
ΚΑΙ ΔΙΑ ΒΙΟΥ
ΜΑΘΗΣΗΣ

Co-funded by the
Erasmus+ Programme
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☐ SUPERMENTOR ☐

- CHECKLIST -

- A MENTOR IS -
A person who guides a less experienced person offering help and advice Over a period of time according to an ethical compass !!!

Mentoree/Environment:

- ☐ Know the person you are working with
- ☐ Know the environment of your mentoree
- ☐ Know the subject you chose to mentor

Knowledge:

- ☐ Psychology of relationships
- ☐ Learning methods
- ☐ Evaluation methods
- ☐ First aid
- ☐ Own weaknesses

Experience:

- ☐ Trial and Error
- ☐ Working with groups
- ☐ Traveling
- ☐ Multiculturality

Skills:

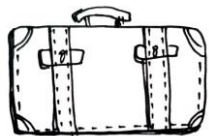
- ☐ Active listening
- ☐ Supportive talking
- ☐ Motivational speaking
- ☐ Conflict resolution
- ☐ Time management
- ☐ Giving and receiving feedback

Values/Character:

- ☐ Approachability
- ☐ Empathy
- ☐ Objectivity
- ☐ Open mind
- ☐ Patience

It's all in you

Once upon a time there was a suitcase.



It originally came from Latvia and it belonged to the famous mentor Kristaps. It was a very important, wise and experienced suitcase that had travelled all over the world.

But today was a very special day because the suitcase was travelling to Greece for a very important mission: It was about to learn the Greek traditional way of living and meet suitcases from other countries.

The suitcase jumped in the plane, closed its eyes, and fell into a cozy sleep.

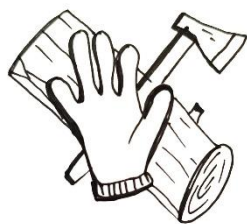
Meanwhile somewhere in France Leo - the fresh graduate of *the Croissant department of The Patisserie university* - was wandering the streets of his city, thinking what he should do with his life.

Should he find a job? Should he travel? Should he bake croissants for his family? But suddenly his thoughts were interrupted by something strange: he saw an old leather suitcase laying on the street.



Leo approached the suitcase, wondering what was inside. But he wasn't sure if he should open it. One thing caught his attention: he saw the tag with the name Kristaps and the destination - "*Agia Triada, Greece*". And he thought: "*This is a sign!*" and decided to go to Greece to return the suitcase to the owner.

The way to Greece was not that easy: Leo decided to go through different countries to have as much experience as possible. And his first stop was Poland.



In the great expanses of Poland he traveled far. The trip was hard, but his trusty Lada didn't take him far until it broke down. It was cold outside. The time was late. The only thing that could possibly warm his hands were the gloves from the suitcase. He put the gloves on and decided to fix his car. With the gloves, he could repair his car quickly: only a log and an axe were required to make this Russian beast roar again. Soon the trip continued.



The second country Leo visited on his way was Portugal. He left the airport and decided to walk towards the city center. The way was very long and the sun was high. Leo felt dizzy and thirsty, and eventually he completely lost his way. He put the suitcase next to him and suddenly saw a hat on top of it. Leo put the hat on, which created a nice shadow, and saw a sign in Portuguese showing the direction towards the city. "*What luck I can understand this language!*" thought Leo and continued his way.



His last station was Italy, the country of pizza and high fashion. Leo was very tired after all the previous destinations and he stopped to take a rest on a bench, where he saw a poor man freezing outside from the cold. All of a sudden the suitcase opened and Leo saw a sweater crawling out of the suitcase. He knew exactly what he should do. So, without thinking he gave it to the poor man. The poor man felt so thankful for this gift and told him: *"You are the most generous person I have ever met in my whole life!"*.



The next day Leo finally reached Greece. He rushed to meet Kristaps to give him back the mysterious suitcase and somehow, he had a feeling that Kristaps could tell him what to do with his life. After changing many buses and walking a little, Leo saw a wise man standing by the sea. And he knew: this is him, the famous Kristaps!

He walked towards Kristaps and said: *"Finally I found you!"* and gave him the suitcase. Kristaps answered: *"Thank you! How can I pay you back?"*
"I don't need money, but I need your wise advice: what should I do in my life?"

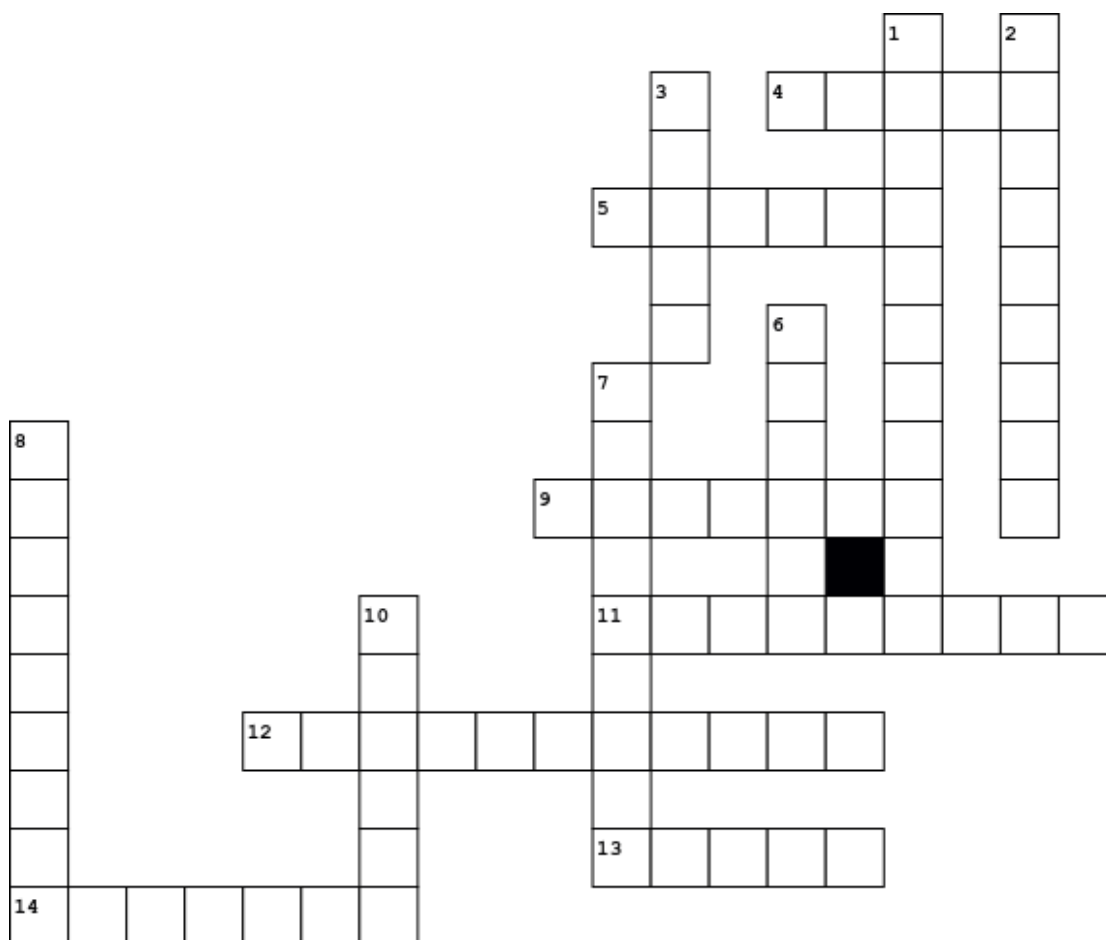


And Kristaps replied: *"You already know. You have the skills in your arms, the knowledge in your head and a good heart. It's all in you"*.

And by saying that Kristaps disappeared in the depths of Thermaikos bay.



THE CROSSWORD



Across

4. Having a sharing concern for the pain or suffering of another person.
5. Acquires complete knowledge and skills on a subject.
9. Influence someone in a good way.
11. Not influenced by personal feelings or opinions in considering and representing facts.
12. Being receptive to a wide variety of ideas, arguments and information.
13. You need it when you travel.
14. The ability to understand and share the feelings of another person.

Down

1. The capacity to upgrade yourself.
2. The theoretical or practical understanding of a subject.
3. Having knowledge or perception of a situation/fact.
6. Guidance or recommendations offered with regard to prudent future action.
7. The process of dealing or controlling things or people.
8. A person who keeps a secret.
10. The aim of the energiser.



THE ORGANIZATIONS



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