

Mentoring for Social Inclusion: Introductory Course

3rd – 7th of February 2025

NHLStenden University, Leeuwarden, the Netherlands



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- Bertha von Suttner Privatuniversität, St. Pölten, Austria
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Why you should take part in this course and learning objectives of the course:

For people like you who do “people work” (e.g. social, educational, health-care, managerial, organisational fields, etc.) it is important to learn about mentoring for social inclusion. This international short course will teach you how to support individuals from diverse backgrounds through social mentoring and help them feel included in society and in the workplace. You will develop the skills and knowledge needed to effectively mentor and support others in overcoming barriers to participation, promoting diversity and inclusion, and fostering a sense of belonging within your team/organisation and/or community. This can lead to more positive relationships, improved well-being, and a more inclusive and equitable workplace and society for all. You will become aware of the skills that good mentors have and are essential in the mentoring process. Further, you will learn about the policy context in which mentoring is provided and gain a critical understanding of mentoring for social inclusion amidst persistent social inequalities. This course welcomes students, teaching staff and emerging researchers.

Learning objectives of the course:

- To raise awareness of the key components, principles and aims of mentoring for social inclusion in diverse settings.
- To introduce participants to theoretical perspectives and concepts in social mentoring.
- To learn about mentoring relationship dynamics and processes, and quality in mentoring program design and implementation including outcomes, evidence and impact.
- To increase understanding of the policy context and develop a critical understanding of mentoring.
- To highlight and provide opportunities to practice mentoring skills (e.g. active listening, empathy, emotional intelligence, critical and creative problem solving, etc.)
- To encourage participants to improve their reflective skills.
- To promote cooperative, inclusive and creative classroom work through group projects, role-playing, networking and expert opinion from guest speakers.
- To create links between universities and social partners to nurture new ideas and innovative models of teaching and learning.

Field of Education: Social work, youth work, sociology, health care, community work, management and organization, and related fields of practice and study programs.

Target audience / Participants profile: Students, lecturers and researchers from European partner universities interested in learning about mentoring for social inclusion.

Number of ECTS issued: 5 ECTS. Participants receive a transcript of records (students) or a qualified confirmation of participation from NHL Stenden at the end of the course.

Language of instruction and requirements: English

Dates for physical activity: 3rd – 7th of February 2025

Location of physical activity: NHL Stenden University, Leeuwarden, the Netherlands

Detailed programme: to be announced later

Virtual Component Description: There will be two online preparatory sessions of 2 hours each on Wednesday the 28th of November and the 12th of December 2024. Starting time is around 17.30. - 19.30h CET and you will receive a timely invitation. Active participation in the preparatory meetings is expected. In the event that someone is unable to attend due to valid personal reasons, the meetings will be recorded and made available afterwards. The online sessions will cover topics such as introductions, readings, preparatory digital materials, logistics, introduction to social mentoring as well as the content and outline of the f2f sessions in the Netherlands.

Planned activities during physical component: The intensive week in the Netherlands will be organized in week 6, 3rd – 7th of February 2025. Students are expected to arrive in the Netherlands, latest Sunday the 2nd in the evening and leave earliest early Saturday the 8th of February 2025. The week will consist of workshops, lectures, self-assessments, group activities, applications, networking sessions, and guest lectures (e.g. experts in the field, mentees, experts in the field and relevant industries).

Application procedure and deadline: Candidates for this program are students and lecturers of different study programs who want to learn about social mentoring theory and skills. Number of places between 5 and 10 places per partner university, up to a total of 35 places. For applications, get in touch with the local contact person for the course at your home institution.

Course fee and financial support: Students whose course participation is confirmed by their universities can receive ERASMUS+ mobility support as "outgoing students" for "Blended Intensive Programmes" (international short courses). The daily lump sum of 79 euros for the entire travel and course time on site (7 days in total), in total 395 euros, is used to cover accommodation and meals as well as the journey to and from Leeuwarden. For more detailed information, please contact your International Office. Lecturers who take part in the course as a training measure can also receive funding for this via the "Staff Mobility for Training" funding scheme. No fees are charged for participation in the course.

Evaluation and Curriculum Development: The "Introductory Course" is part of the ongoing ERASMUS+ project "Mentoring for Social Inclusion in Europe: Sharing Knowledge and Building Capacity," Ment4EU for short (2023-2026). For the first time, a training program for Social Mentoring at the European level will be conducted with the pilot in 2025. All participants are therefore requested to participate in the evaluation to further develop the curriculum.