

## COMMITMENT LETTER

### SO, YOU WANT TO JOIN AND BECOME A MENTOR?

**This shows what a great person you are already – thank you!**

As a mentoring partner, it is important that you understand the commitment you are making by registering to become a mentor.

When people come to a foreign country, and especially if they have a history of traumatic experience such as fleeing a war zone, they may be in a very vulnerable position.

What every single one of these people may experience could be emotional stress and anxiety of a ranging degree. Particularly, people coming from conflict zones may have an experience of imprisonment, torture, loss of property, malnutrition, physical assault, extreme fear, rape, loss of livelihood. The recovery process can last for weeks, months or years.

This means that you may hear some stories that are extremely heartbreaking. Nevertheless, this may mean that you may expand your horizon by learning from experiences and the people you meet too.

Your mentoring is much more than just being there, it may be incredibly rewarding, life-changing experience for most and now this is some meaningful stuff!

But mentoring may also be a challenge, as this may impact on your own mental health. So, we want you to understand your position here and the impact that may be a result of this mentoring experience.

A successful mentorship relationship will require you to:

- Agree with our terms and conditions
- Commit to initiate at least two meetings.
- Respect the confidential nature of all information discussed between you and your mentee, except when failure to disclose certain information potentially poses danger to your mentee, you, or anyone else or relates to a potentially committed crime (*as per confidentiality agreement*).
- Report any problems that you are not able to resolve yourself or not able to obtain answers in the Facebook group „BeFriend Vilnius - communication group for mentors “
- the „BeFriend Vilnius “programme coordination team at [BeFriend@vilnius.lt](mailto:BeFriend@vilnius.lt) immediately Recognise that this mentoring relationship is focused on building positive relationships and sharing information to the best of your abilities.
- Recognise that this is not a tutorial service.

- Recognise that this is not a monetary support programme, but instead the focus is on mentors volunteering their time to inform, advise and support the mentee.
  - Failure to comply with any of the above can lead to the termination of participation in the programme at our discretion.
  - To understand that by registering to participate in programme you confirm that you have read, understood, and agree with the contents of this letter and have evaluated your ability to join this programme beforehand.
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- If you feel that mentoring another person is taking a toll on your own mental wellbeing, you must inform us immediately so we can take an immediate corrective action, depending on an individual situation such as temporarily taking you off mentoring duties, directing you to professional help or, in most serious cases, terminating your mentorship agreement to allow you to get better.
  - We also require letting us know immediately if you have serious concerns about your mentees' wellbeing to prevent the situation getting worse so we can provide you with appropriate advice.

**We hope you enjoy this experience, and once again - thank you for your kindness!**

