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### **Q1: What does the programme look like?**

A1: The programme runs for six months, where we ask all mentors to meet with their mentee face-to-face for at least four times. You will be introduced at our programme launching ceremony, where all mentors and mentees meet together to take the pressure off, but the rest of the meetings can be organised when it works for you. Lots of our mentors choose to WhatsApp their mentees outside of this, too.

We also have four training and sharing sessions for mentors through the programme, run by trained social workers. These focus on questioning and engagement techniques to strengthen your mentoring relationship, and give you an opportunity to meet the other mentors, share experiences and tips, and discuss any challenges you face.

Although the programme officially ends after six months, many of our mentors keep the relationship going after this. It's up to you and your mentee!

### **Q2: What experience do I need?**

A2: There is no set profile for a mentor. While older mentors tend to have a wider range of work experiences to share with their mentee, younger mentors have more recent experience of navigating study decisions and the start of work themselves. The most important thing is that you are willing to listen to your mentee and understand how your experiences relate to the challenges they are facing.

### **Q3: What will I be doing with my mentee?**

A3: It depends a lot on you and your mentee as each mentoring pair has a different way of spending their time. Lots of mentors go for a coffee or a meal to talk to their mentee, others find activities they both enjoy such as hiking or arts, and others have shown their mentees around their old university or workplace. Many mentors invite other pairs along for some activities, but this is totally up to you – we will set you up on a WhatsApp group with other mentors so it's easy to organise. The important thing is to create the space to talk to your mentee about the challenges they face.

### **Q4: Who will I be mentoring?**

A4: All the mentees are senior secondary students nominated by their school to receive the Future Stars – Upward Mobility Scholarship. They have been selected by their schools because they show a positive attitude and perseverance despite facing significant challenges in life, but their backgrounds and challenges are varied.

We put a lot of effort into matching mentors and mentees based on interests, areas of study and career paths to ensure that you have plenty to share.

### **Q5: How can I find out more?**

A5: Further details can be found at the website of the Commission on Poverty (CoP) ([www.povertyrelief.gov.hk](http://www.povertyrelief.gov.hk)) and our programme Facebook page (Future Stars - 明日之星), or you may contact the CoP Secretariat at 2810 2445 or [futurestars@cso.gov.hk](mailto:futurestars@cso.gov.hk).