



**9 COUNTRIES
13 ORGANISATIONS
9 MENTORING HUBS
1 TRANSNATIONAL PLATFORM**



MENTORINGACROSSBORDERS

MAB PROJECT
**MENTORING
ACROSS BORDERS**



**Co-funded by
the European Union**

THE MAB PROJECT AT A GLANCE



MENTORINGACROSSBORDERS

The MAB project aims to develop mentoring hubs in Eastern and Southern European countries, which will organize and train established professional adults aged 50+ as mentors. These volunteers will help younger people aged 18-30, including those at risk of marginalization, to develop their professional skills and enter the labour markets within the European Union and beyond.

The project will run for two years and will create an online platform to help match mentors and mentees: older mentors will offer their knowledge and experience and younger people can register for guidance in their field of interest.

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THE INNOVATION OF THE MAB PROJECT

1 CROSS-BORDER

The project provides the opportunity for cross-border cooperation of mentors and mentees through the MAB platform.

2 PAN-EUROPEAN

Cooperation and networking of guidance hubs between European countries are facilitated.

3 PERSONALIZED

The guidance of the mentees is individually designed for their personal needs.

OUR VISION



MENTORING ACROSS BORDERS

- Support the economy by strengthening the workforce of participating countries;
- Tap into the wealth of knowledge and experience of older people for the benefit of society and the economy;
- Guide younger professionals to increase their professional and personal, especially civic, participation;
- Strengthen mutual understanding and solidarity between generations through cooperation;
- Contribute to the mental well-being of both older people through their voluntary contribution to society, and younger people through their empowered engagement with society;
- Provide evidence of the importance of mentoring to policy maker;
- Continue and further develop successful mentoring programmes, such as EvolYou. This project mobilised 90 older people from 6 countries who mentored 187 younger people from vulnerable groups, to support their personal and professional development.

WE WANT YOU!

- 1** **Mentors:** People over 50 years old who are interested in offering voluntary professional mentoring to younger people.
- 2** **Mentees:** Younger people aged 18-30 who are interested in receiving advice and guidance for their professional development.
- 3** **Mentoring hubs:** Organisations that would like to train future mentors and match them with mentees.



OUR METHODOLOGY

| 1 DEVELOPMENT OF THE METHODOLOGY | 2 DEVELOPMENT OF THE PLATFORM | 3 CREATION OF MENTORING HUBS | 4 MENTORS' TRAINING | 5 CALL FOR MENTEES | 6 6-MONTH MENTORING PROGRAMMES | 7 EVALUATION |
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| Building on successful mentoring programmes, the MAB team will develop a robust, targeted methodology aiming at the transnational connection between mentors and mentees. | The matching of mentors with mentees will be done through the MAB platform, with specific criteria for identifying the needs, and fostering a strong mentoring experience. | Nine (9) Mentoring hubs will be set up in Albania, Belgium, Bulgaria, Cyprus, Germany, Greece, Hungary, Italy, and Poland, with the main tasks of training mentors and matching them with mentees. | A minimum of 120 mentors will be trained by the Mentoring Hubs and will be available through the MAB platform to guide the younger people selected. | A minimum of 120 younger people aged 18-30 will be able to register on the platform over a period of six months, and will receive mentoring through the MAB programme and its mentors. | The MAB Mentoring Programmes will be implemented twice for up to 6 months and will be designed to meet the needs of each mentee. | The MAB programme will be evaluated by all stakeholders (mentors, mentees, institutions, partners) in order to have a comprehensive picture for improvements and adjustments. |

THE PARTNERS IN THE MAB PROGRAMME



Confederation
of European
Senior Expert
Services



Seniores ITALIA
Lazio - ONLUS



VOL.TO
VOLONTARIATO
TORINO ETS



Cyprus Third Age
Observatory



Centrum
Wolontariatu





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