

Technical sheet for mentors



1. MY MIGRATION PATH TOOL

Mentorvention Phase	Dimension	Duration mins	Number of participants (min/max)
Foundation meeting	Goal Setting & Planning	30	1
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Developing long term-goals - Locating meaningful targets 		
Tags	Migration path, roadmap, overview, insight, planning, goal-setting		

The aim of the activity

The migration path tool gives the mentees a bird's eye perspective of the migration path and their integration process. The tool visually illustrates the mentees' roadmap as it might look like when trying to reach goals. It also shows the path that has been followed and highlights what has already been achieved.

Because the tool is graphic, it helps the mentee and the mentor make a plan together, and the drawing of the path creates an overview, shows patterns, and minimises the need for writing.

By drawing it together with the individual, it helps her visualise what to expect and can show if an expectation is unrealistic. It also shows that the path might be long and illustrates where attention needs to be for the next best step.

The positive takeaway from using such a tool is that the mentor and the mentee are able to come up with a plan which is realistic, as it stimulates dialogue about the goals they want to achieve and what it will take to get there.

Preparation

Print the activity tool; **the Migration Path**
Follow the instructions in the application section.

Application

The mentor sits down with the mentee during the one-on-one introduction phase and uses the tool to talk about the mentee's journey while filling in the diagram. During this activity, the mentor guides the discussion to create the visualisation of the path and what it looks like, and how the goal can be reached.

Start the dialogue in the present time - year 0 on the graph.

- Where are you now?
- Now tell me a little bit about, which was the step taken just before you got here?

Continue this dialogue until you have back-tracked the journey to the beginning (such as to her first education or job in her home country, if available).

- Take a look at the migration path that you have drawn. What does the illustration tell you about your journey?
- Can you go into depth about some parts of your journey?
 - What is your experience of your journey?
 - What was challenging? & What was a success?

Now we will look towards the future.

- What sort of activities are you most passionate about?
- What achievement do you most often dream about?
- What do you want to be known for?
- What do you feel is your purpose or mission in life?

If the mentee has many goals, then help her prioritise these by rating each of them on a scale from 1-10 (most to least important).

The mentee should hold on to this graph for future reference. During the extension phase, this can be reviewed, and as new achievements are reached, the mentee can independently update the graph.



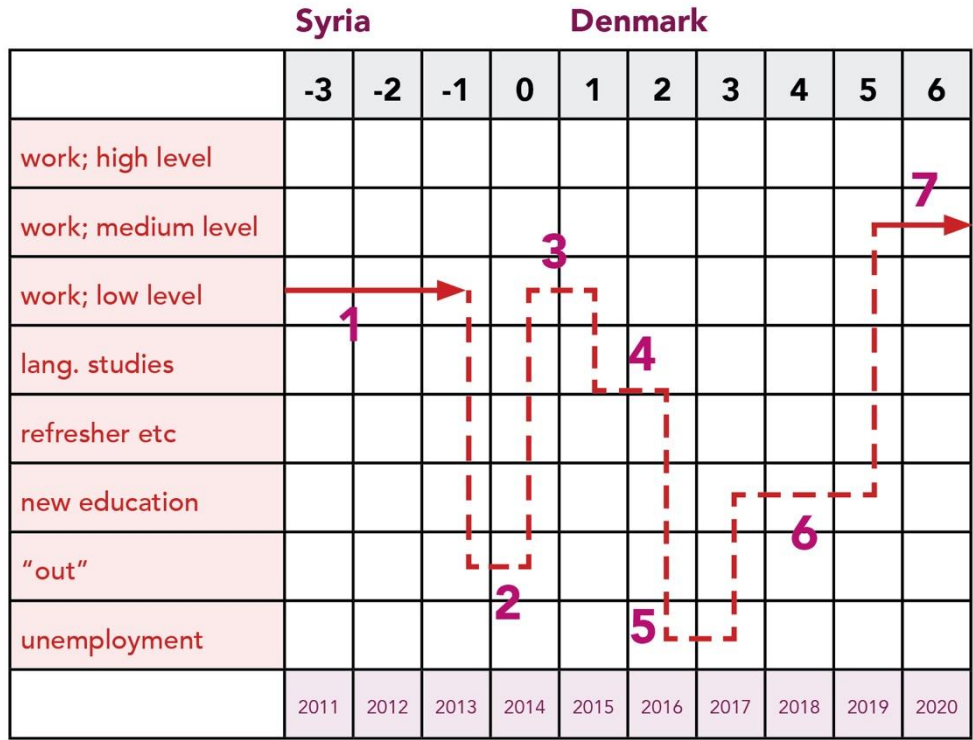
Direct link to the activity handout on the learning platform



<https://upsim.aidlearn.eu/en/>

Activity tool

Example of filled migration tool:



Fill in or draw your own Migration Tool like this:

You can draw by hand or use the table design in your document.

