



## Technical sheet for mentors



### 8. CONTACTS TREE

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Mentorvention circles	Initiative & Ownership	30	1-5
Learning-2-Learn elements	<ul style="list-style-type: none"> <li>- Taking responsibility for learning</li> <li>- Seeking input from others</li> </ul>		
Tags	Networking, connections, social media		

#### The aim of the activity

This activity focuses on networking. By reconnecting with possible contacts and references, mentees may create networks with people and organisations who may be able to help them in their inclusion in the host country

#### Preparation

Each mentee should have a sheet of paper and a pen or pencil.  
 This activity includes a video (link below). Therefore, an internet connection (or previous download) and a way of displaying it are required.  
 Follow the instructions in the application section.





### Application

1. Ask your mentees to think about the goals they want to achieve and write this on the bottom of a sheet of paper
2. Ask them to identify the people they know already who could help them in their inclusion process. You may ask:
  - Who do you know directly that could help you achieve your educational goals or works in your dream job sector? (It could be a friend or relative, someone you met on a work placement/internship, a university lecturer, or similar).
3. Ask them to Draw branches up from the root (their goals) and write these names on the first branches.
4. Prepare your presentation by watching the video by Lisa Green Chau; available here: <https://www.youtube.com/watch?v=garadDEgkwU> If suitable, you can show the video, preferably if subtitles are available in a language that can be understood by all. If not suitable, you can explain the contents during or after the video. If it is not suitable, you can explain the concept of networking in your own words.
5. Encourage your mentees to think about their broader network. Lead a short discussion by asking:
  - How can we use friends and contacts we have to make new connections?
  - Who else can support us on our way to being included?
  - How can social media support this (i.e., linking with friends in the new country, being introduced to others through Instagram, Facebook, and so on)
6. Ask your mentees:
  - Are there other people (friends of friends) who your direct contacts could put you in touch with?

An example would be, "I want to be in HR but don't know anyone else in the sector. However, my uncle works for a large, multinational manufacturing firm, and they must have an HR department. Perhaps he could introduce me to the manager there?"
7. Ask your mentees to add these contacts to the contacts tree
8. Now encourage them to connect with some of these people on social media platforms!



Direct link to the activity handout on the learning platform

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

## Activity tool



