



## **Sindbad - Mentoring for young people**

### **Information for parents and guardians**

Young people between the ages of 13 and 19 are faced with important decisions about their education:

What do I do after compulsory school?

Do I want to go to a secondary school? Do I want to do the Matura?

Do I want to learn a job? How can I get information about apprenticeships?

The right support is particularly important at this time. At Sindbad, young people get the help they need. They get to know their interests and abilities better and therefore become more independent and self-confident when it comes to their future plans.

#### **What does this support look like?**

- The young people are accompanied in a 1:1 team by an adult aged between 20 and 35 (mentor).
- The mentors are either students or professionals and can provide helpful advice. Together with the young people, they search for relevant information, help with job applications, practice job interviews or provide support with school applications, for example.
- The girls only work with young women & the boys mainly with young men.

#### **How long does the program last and do I have to pay anything for it?**

The program lasts 8-12 months and no, you don't have to pay anything for it. It is a completely free offer.

#### **What are the next steps?**

1. The first step is to fill out the registration form.
2. The young people then choose their mentor themselves and get to know them.
3. After getting to know each other, the meetings begin. It is important that the young people come regularly and are reliable.

#### **When does the program start?**

The program starts in November or March.

You can find more information on our website: **[www.sindbad.co.at](http://www.sindbad.co.at)**

Do not hesitate to contact me if you have any questions:  
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