Structured Programme

Intensive foundation programme (1 year)

1. Orientation Session

Introduction to objectives of the Strive and Rise Programme (1 session)

- To help mentees and parents/guardians understand the objectives of the Programme and consolidate their commitment during the course of the Programme as well as garner support from parents/guardians during the course of the Programme.
- To conduct pre-service impact assessment on mentees, mentors and parents/guardians.
- To understand the use of the dedicated mobile application throughout the Programme.

2. Training Sessions

Mentees' compulsory basic training

Life planning (1 session)

- To draw up personal development targets which are related to capacity enhancement (i.e. education, vocational training or skills enhancement).
- To make use of the donation and scholarship to implement the personal development targets.

Capacity building (1 session)

- To enhance self-understanding (including personal strengths, character and interests) and drive.
- To enhance motivation, resilience and problem-solving skills.

Financial planning (1 session)

- To acquire basic financial planning concepts and skills to facilitate achievement of personal development plans.

Mentees' elective activities

Examples:

- Language skills enhancement
- Development of interests (Sports, music, arts)
- Social skills and etiquette
- Guidance on further studies
- Guidance and support on physical and mental health

Mentors' training

Mixed mode of online and offline training courses/programmes

- To provide in-person training for new mentors – "Understanding youth and mastering mentor's role and skills (one session), including:
  (a) To provide general briefing on the characteristics of youth, including their needs during different developmental stages, with emphasis on junior secondary students from underprivileged backgrounds.
  (b) To explain the role of mentors under the Programme, and provide advice on the dos and don'ts in arranging job shadowing, experience sharing and other interactive activities for the mentees.
  (c) To provide training on mentoring skills, with particular focus on goal-setting and financial planning.
- To provide a number of thematic videos on the overview of the Programme as well as the knowledge and skills of different topics involved in mentorship for mentors' access

through the dedicated mobile application of the Programme so as to allow flexibility for mentors to meet their training and development needs at their own pace. The topics of the videos include understanding youth and mastering mentor's role and responsibilities, understanding the characteristics and need of students with special educational needs, understanding the culture and religious of ethnic minorities, the need of ethnic minorities students, how to communication with parents, etc.

- To provide half-day interactive training programmes for mentors to consolidate their skillsets and provide them with opportunities to share experiences with other mentors and nurture mutual support throughout the mentorship.

Parents/Guardians' training

Parenting and communication skills (1 session)

- To enhance communications, emotional support skills and parenting skills to improve intergenerational relationship within the family.
- To encourage parents/guardians to engage in their children's life planning and financial planning (personal development/ career planning/ development).

3. **Mentor-Mentee Interactive Sessions** (no less than 12 sessions)

- At least **5 face-to-face sessions**, including visiting the workplace, for the following purposes:
  (a) To assist mentees to formulate personal development plans with specific development goals and financial plans to achieve the specific goals;
  (b) To actively listen to mentees' needs and give them

time and guidance to explore their own solutions; and

(c) To share life experience, arrange visits to the workplace to broaden the horizons of mentees and invite them to join other activities to widen their social network.

- Attendance of **1 engagement session, at least 1** training session for mentees, and **1 assessment session** for the following purposes:
  (a) To align expectation through a joint basic training session [See item 2];
  (b) To consolidate learning experience and the relationship between mentors and mentees; and
  (c) To conduct post-service impact assessment on mentees.

- Joint participation in group activities (at least 3 sessions) [See item 4]
- Joint participation in graduation (1 session) [See item 5]
- Communications via telephone or social media throughout the one-year Programme
- Except for the engagement session, assessment session, visit to workplace and graduation ceremony, activity categories of the combination of the remaining interactive sessions are interchangeable according to actual situation.

4. Group Activities

(provided by supporting organisations for mentees' voluntary enrolment)

Purposes

(a) To broaden mentee's horizons; to enable their understanding of the operation of different industries and profession, roles and functions of different positions in an

organisation, and the key components of the development of society; and to assist their taking the first step in life planning.

(b) To create an enabling environment to cultivate mutual trust between mentors and mentees, and to provide opportunities for social networking, thus enriching their experience in participation.

(c) To inspire mentees' sense of belonging to the community and cultivate volunteerism.

Types

- Visiting enterprises in different sectors and interactions with management personnel, such as:
  - traditional big names;
  - emerging new enterprises; and
  - Hong Kong brand

- Visiting facilities of the Government, public bodies, public utilities, etc., such as:
  - Hong Kong Observatory and Civil Aviation Department;
  - Science Park and Hong Kong Productivity Council;
  - Hong Kong Palace Museum;
  - MTR facilities;
  - Airport facilities;
  - electricity supply facilities; and
  - disciplinary service facilities etc.

- Joining activities offering special experience, such as:
  - Flight experience;
  - Art tech experience;
  - Concerts and performance;
  - Sports events; and
  - Insightful sharing by celebrities etc.

- Joining study and exchange programmes outside Hong Kong

- Participation in volunteer services.

5. Graduation

- To give recognition to all participants, including donors, mentees and their mentors.
- To award scholarship of $5,000 to each mentee who successfully completes the Programme.

Alumni Club Activities

- Upon completion of the one-year intensive foundation programme, mentee graduates will become members of the Alumni Club automatically to participate in diversified activities to be arranged by the Club to expand their social network and horizons.
- For mentee graduates reaching the age of 16, they will be invited to participate in job tasting/internship programme coordinated by the Alumni Club.
- Alumni Club will also support and engage alumni with good potentials to contribute to the Club, including sharing experiences with younger mentees and even becoming mentors when they grow up.