

Building community through meaningful connections

With the Menschen stärken Menschen program, we want to create spaces for meaningful connections and relationships between people. We ensure that mentorships are guided by our values:

- **Appreciation for diversity**
- **Solidarity and care for others**
- **Freedom to make your own decisions**
- **Willingness to reflect and learn**

We believe that these values are essential for a society in which we can all participate as equals.



Interested? Get in touch!

If you want to become a mentee or mentor in the Menschen stärken Menschen program, then visit our website and get in touch with us!

Where to find us:

Contact details for all the member organisations offering mentorships can be found on the website of the Paritätischer Gesamtverband, as well as further information about the program and our organisation.



www.der-paritaetische.de

We are setting up mentorships in your area. Contact us to find out more.

Gefördert vom:



Bundesministerium
für Familie, Senioren, Frauen
und Jugend



MENSCHEN
STÄRKEN
MENSCHEN

ÜBERNEHMEN SIE EINE CHANCEN-PATENSCHAFT



Menschen stärken Menschen



Supported
mentoring at
Der Paritätische

Englisch

DEUTSCHER PARITÄTISCHER WOHLFAHRTSVERBAND
GESAMTVERBAND e. V. | www.der-paritaetische.de

Get involved – as a mentor or mentee!

Are you new in Germany and need help getting settled? Or facing another challenging life situation and looking for support?

Or would you like to volunteer and support others to participate fully in society? Are you at least 18 years old and can commit for at least six months to help other people overcome everyday challenges?

Sounds like you? Then get involved – as a mentor or mentee!

The federal program Menschen stärken Menschen (“People Empowering People”) connects volunteer mentors with people looking for help in challenging life situations. Through personal connections and guidance, mentors support mentees to overcome personal challenges and participate fully in society.

At the Deutscher Paritätischer Wohlfahrtsverband (German Parity Welfare Association), we match volunteer mentors with people looking for support and guide you both throughout the mentoring program. There are opportunities for everyone! For example, mentors support mentees ...

... on arrival in Germany:

- to learn German
- to make appointments with authorities and doctors
- to fill in forms
- to apply at childcare centres
- to discover recreational activities and training opportunities
- to overcome everyday challenges

... or in other challenging life situations:

- to find a job and somewhere to live
- to transition from school to work
- to learn to read and do homework
- to cope with family stress (e.g., for single parents and carers)
- to overcome loneliness

... and much more!

You decide the goals and purpose of your mentorship. The decision depends entirely on your wants and needs. It is important to be able to rely on each other and have fun together.

We're with you all the way!

Member organisations of the Paritätische are implementing the Menschen stärken Menschen program at nearly 100 locations in Germany.

Full-time coordinators of the Paritätische support you throughout the whole process, from the initial meeting to the end of the mentorship. They can answer your questions and offer advice on all aspects of your mentorship.

Alongside our member organisations, we also offer workshops and further training on a wide range of topics, helping you to grow and learn new skills.

Our coordinators work to ensure that you are happy with each other as mentees and mentors.

Illustrations: Lina Ernst

