

Volunteer Agreement

– a commitment to a safe and meaningful mentoring experience

At **Foreningen Lige Adgang**, we work to ensure that everyone – regardless of background – has equal access to opportunities. As a mentor, you open doors, offer new perspectives, and believe in the potential of each individual. Your most valuable contribution is your commitment and your own experiences from the job market – no prior mentoring experience is needed.

How You Engage as a Mentor

- Treat personal information with **respect and confidentiality**
- **Share concerns** about your mentee's well-being with us – you are not alone
- Hold meetings in **public or professional settings**, e.g., school, workplace, public library
- Communicate through **agreed channels** – avoid private social media
- **Respect boundaries**, and speak up if something doesn't feel right
- Meet your mentee with **curiosity** – without prejudice or assumptions
- **Seek support from us** – we take action together while respecting your mentee's integrity and autonomy
- **Be patient and understanding** if your mentee struggles to keep track of plans – be ready to adjust the process and your own expectations
- **Reflect on your role**, and reach out whenever you're uncertain or need support

What You Commit to as a Mentor

- Committing to a mentorship for a **period of 4-12 months**
- Dedicating **2-4 hours per month** to meetings and mentoring activities
- Attending an **online training session** before starting your mentorship
- **Meeting your mentee 1-2 times per month**, in person or online
- Participating in approx. **5 brief follow-ups** with us

If You Are Mentoring a Minor

If your mentee is **under 18**, please be aware that while you do not have the same mandatory reporting duty as professionals, you are still legally obligated as a private citizen to report to the municipality **if you are concerned** that a child or young person is experiencing serious distress or living in harmful conditions (“underretningspligt”). If you have any concerns, **we are here to help you assess the situation and take appropriate action.**



Contact Us

(+45) 93 89 43 83
erhvervsmentor@ligeadgang.dk