

OUR YOUTH NEED YOU!



Project K is a 14-month mentoring programme designed for Year 10 students. It involves three parts; wilderness adventure, community challenge and an individual mentoring partnership with a trained mentor.

Project K focuses on building confidence, developing life skills, promoting good health and encouraging a positive attitude. Project K arms these young people with a belief in their own ability to complete tasks, achieve goals, and help them find purpose and direction to overcome life's obstacles.

Becoming a Mentor

The mentor phase of Project K is perhaps the most important part of the programme. Carefully screened and trained mentors are paired with students for 12 months to support and encourage them in achieving their goals. This stage provides a young person with a friendly shoulder to lean on. Mentors need to build trusting, authentic partnerships with their students to help them set and reach their goals.

Check out what previous mentors have said [here](#).

How to get involved

The first commitment is to attend two days of training. Project K Mentor training is built on the principles of experiential learning (learning by doing) and incorporates best practice principles of goal setting, youth development and positive mentor partnerships.

A comprehensive training manual is also provided.

Following this, students and mentors are matched at a pair-up day. Before being matched, all mentors are required to undergo a Police check and provide references.

What is the time commitment required of a Project K Mentor

Over the 12 months you'll meet with one student fortnightly and catch up weekly by phone or email. You'll also be able to share your successes and challenges at monthly mentor meetings and take part in fun Project K events.

For more info please contact:

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**GRAEME DINGLE
FOUNDATION**
Empowering kids to overcome life's obstacles
Whakamanawatia ngā tamariki kia eke pānuku