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The mentoring program is free of charge and lasts 12 months.

What is it about?

Do you have a lot of questions about the German labor market? Would you like help finding a job that matches your wishes and qualifications? Then MENTEGRA could be just right for you. For one year, a (male or female) mentor will provide you with advice and support. You will get to know other mentees and companies. We also support you with workshops on career-related topics.

Your chances as a mentee

- Develop ideas for your own career path
- Gain insights into the German working environment
- Reflect on your own skills
- Develop the courage to pursue your own career
- Make contacts and build up a network

Getting to know the German labor market with mentoring

An offer for qualified refugee women in Düsseldorf and the Mettmann district

Mentegra.
MENTORING ZUR BERUFLICHEN INTEGRATION
VON GEFÜCHTETEN FRAUEN

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The process over 12 months



APPLICATION

Send us your application as a mentee and we will invite you to get to know you better.



MATCHING

We will match you with a suitable mentor.



KICK-OFF EVENT

You get to know your mentor and the other mentees.



TANDEM MEETINGS EVERY 4 – 6 WEEKS

You agree with your mentor on how often you meet and what you want to discuss. As a mentee, you specify the topics.



WORKSHOPS

With the other mentees, you will attend a total of 3-4 workshops to deepen your professional knowledge and exchange experiences.



CLOSING EVENT

You receive your certificate of successful participation in the MENTEGRA program in a festive setting.

Requirements for participation

- **Qualification:** a degree or professional experience from your country of origin
- **Refugee history:** You came to Germany as a refugee or a new immigrant in the last few years
- **Legal:** residence status with prospects of staying
- **Language level:** good German skills
- **Motivation:** You want to shape your career path in Germany

Are you interested in becoming a mentee?



Send us your application or get in touch with us. We are looking forward to hearing from you! Information on the program and registration options:

www.erfolgsfaktorfrau.de/mentegra



Contact:
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Das Kompetenzzentrum Frau und Beruf wird gefördert vom:
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in Kooperation mit:



Landeshauptstadt
Düsseldorf



Trägerschaft:

