The goal of the Youth Mentorship and Internship Program is to provide opportunities for young people to learn about, and become meaningfully engaged with, their government.

**Mentor Role:** Mentors may commit 1-3 hours per week to their role from May-August 2021. Examples of mentor activities are: one-on-one meetings, trainings, professional development, job shadowing, etc. Staff participating as mentors are required to receive approval from their supervisors.

**AN IDEAL CANDIDATE FOR A MENTOR WILL:**
- Use their knowledge, experience, and enthusiasm to help support and collaborate with youth regardless of the stage in their professional career
- Have an interest in facilitating youth civic engagement and professional development
- Have respect for the lived experiences of youth and listen to input from youth
- Be aware of issues important to youth in San Diego County and support youth’s ability to be a leader in addressing these issues

**MENTORS WILL BE EXPECTED TO:**
- Work with the youth to identify goals, a meeting schedule, and expectations
- Provide guidance, feedback, resources, and a supportive environment
- Be considerate of youth’s time, schedule, and preferences
- Introduce the youth to professional networks and opportunities to foster career or academic development

**Mentors can also host the youth as an intern.** The youth may be supervised by the mentor or another member of that office/department.

**Internship Supervisor Role:** Coordinate an internship experience in their department, program, Board, or Commission for up to 15 hours per week. **Note:** Internships can be virtual, include independent projects, and more. Youth will be compensated for their time through the Live Well San Diego Youth Sector program.

**INTERNSHIP SUPERVISOR WILL BE EXPECTED TO:**
- Work with youth to establish a weekly schedule and internship expectations
- Provide youth with feedback, communication, and guidance throughout their internship
- Assign tasks or duties that will support their professional development
- Actively engage youth in department goals and projects where relevant

**BENEFITS FOR MENTORS AND INTERNSHIP SUPERVISORS:**
- Gain leadership, supervisory, and mentorship skills
- Gain youth perspective into mentor’s departments and programs
- Connect the next generation to their government and community
- Invest in and pass along institutional knowledge to young people in the region
- Share professional experience and knowledge

Submit an interest form [here](#).