The International Welcome Programme is a volunteer programme that connects Trinity students on non-EU exchange with Trinity alumni. Participating in the programme can provide you with invaluable support during your exchange and perhaps beyond. Our alumni mentors help students acclimatise to their new environments, and will be able to give you useful insight into how you can get the best out of your time overseas. Many of the mentors participate in the programme to maintain a connection with college and to pay forward the help and advice they received at College when they were students.

If there is a Trinity alumni event happening in your city, both you and your mentor are likely to be invited – please take the chance to attend! These events offer great opportunities to make new friends and to extend your own personal network. There are over 100,000 Trinity alumni scattered across 130 countries worldwide. Once you graduate, you too will belong to this Trinity community, and participating in our alumni network forms a valuable part of the Trinity experience!

What to Expect From Your Mentor:

- They will be a graduate of Trinity with professional experience, living in your chosen city or nearby.
- Assistance during your time abroad through support, advice, recommendations and guidance.
- Mentors should offer / suggest networking opportunities if practicable.

What You Need To Do:

- **Respond to your mentor’s initial email** (be polite!).
- Be mindful and respectful of your mentor’s time and thank them for any meeting or advice.
- Meet your mentor at least once online via Zoom or face-to-face in a public place while socially distancing.
- Keep meetings/contact within any parameters established by your mentor.
- Do your best to act as a responsible and respectful adult in dealings with your mentor.
- Treat your own safety and well-being as paramount at all times, avoiding any situation that may put you in any real or perceived danger. Should you have any issues, large or small, please raise them with the relevant Trinity contacts listed below.
- Remember at all times that you are an ambassador for Trinity in your new country.
- **If your plans change and/or you are no longer able to participate in the programme**, you must contact Alumni Relations Executive Anna O’Loughlin by emailing anna.oloughlin@tcd.ie so that your mentor can be informed.

Time Commitment:

- **1 compulsory online or face-to-face meeting**: meeting to be initiated via email by the alumni mentor and responded to by the student; to be organised as suits the mentor and the student.
- Maintain the relationship as the volunteer and student see fit.
- Mentor is asked to respond to emails or calls detailing questions / concerns of the student.
- All participants are asked to respond to evaluation survey on their return to campus.

**DECLARATION OF UNDERSTANDING:**

I CONFIRM THAT I HAVE READ AND UNDERSTAND THE GUIDELINES FOR THE 2020-21 INTERNATIONAL WELCOME PROGRAMME AND ACCEPT THAT I SHOULD ENDEAVOUR TO ACT IN LINE WITH THE ADVICE GIVEN.

Signature: ________________________________
Date: ____________________________________

Please contact me immediately with any concerns relevant to the Programme (prior to your departure or at any time thereafter).

**Elina Mats**
Student Mobility Officer
Office of the Vice-President for Global Relations

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