



Empowering Youth Globally

A photograph of two young women with long hair, smiling and holding white daisies up to their faces. They are standing in a field with a sunset or sunrise sky in the background. The image has a warm, golden-hour glow.

Annual Review 2017

Our Vision:

**A world where children
and young people are
empowered to make
healthy decisions and
live drug-free.**

What We Do

Mentor International works with our National Member organizations in Denmark, Germany, Latvia, Lithuania, Sweden, UK, USA, and across the 22 Arab League countries to implement programs aimed at promoting the health and well-being of young people.

Our Commitment

Mentor International supports programs that align with the UN Sustainable Goal 3 to ensure healthy lives and promote well-being for all at all ages.

Mentor International's President H.M. The Queen of Sweden



There are over one billion young people (aged 10-19) in the world, more than at any point in human history. Being a young person has never been easy. Lack of confidence, experimentation, and fear of the future have always been part of adolescence, but this generation is facing different challenges than those before them. We see an increase in isolation and depression, two factors that contribute to drug abuse. Young people spend less time with adult family members due to changing family structures, forced displacement, or migration for education and economic opportunities. The teenage brain is still developing, making young people especially vulnerable to destructive behaviors such as drug use.

“A mentor can support integration, reduce isolation, and prevent destructive behaviors.”

It is more important than ever that Mentor Foundation fulfills its vision of a world where young people are empowered to make healthy decisions and live drug-free.

Mentor Foundation has spent over 20 years to help improve conditions for young people, inspiring them to fulfill their potential and look to the future with hope.

Throughout 2017, Mentor Foundation Members in Germany, Latvia, Lithuania, Sweden, UK, USA, Denmark, and in the Arab League countries have continued to support programs that align with the UN Sustainable Development Goal 3 to ensure healthy lives and promote well-being for all at all ages. It is encouraging to see the growing number of young people The Mentor Foundation reaches each year, and I am proud of the continued impact we have had on young people around the world. I look forward to our work in the year ahead.

I would like to thank everyone who supports Mentor Foundation's work; this includes governments, corporate partners, scientists, communities, our board of trustees and thousands of individuals who engage with us as volunteers. You are all instrumental in our success. I thank you in advance for your continued support of our vision.

Pilecia

A word from our Chair & Secretary General

At Mentor International, we work with our National Members, partners, and the global prevention community to empower young people to make healthy decisions and live drug-free.

As the umbrella organization, we are committed to supporting our National Members so they can increase the scale of their programs and reach more young people. In 2017, they had greater impact by expanding their programs and projects. Many new initiatives started during 2017. Mentor Lithuania launched the career inspiration program in Vilnius, increasing the number of young people they work with; Mentor Latvia developed a partnership with the Riga City Council to finance individual mentoring as a social service in orphanages and youth homes; Mentor Foundation USA further developed its collaboration with George Washington University in measuring the impact of the peer-to-peer program, Living the Example. Measurable impact is shown on reducing young people's likelihood to try marijuana during its first-year program in Columbia County, NY; Mentor Sweden reached more young people than ever in their individual mentoring program.

We are proud of our work in extending our individual mentoring program to focus on the specific needs of young refugees and unaccompanied minors. Mentor Germany successfully launched a pilot of the program in Konstanz and will expand the number of refugee youth participating in 2018 while Mentor Arabia formed a partnership with UNICEF to implement the program in refugee camps in Lebanon. We also expanded our career inspiration program in Denmark, reaching nearly 700 young people with the support of Zurich Insurance.

We are excited to begin work on launching the peer-to-peer program globally in 2018. Young people increasingly want to have a voice in the issues that affect them and be their own agents of change. We believe establishing a federation-wide peer-to-peer program will give us the opportunity to engage with more young people around the world. We also aim to continue bringing the organization closer together by collaborating on events, fundraising opportunities, and social media campaigns. We are stronger together.

While we have achieved a great deal since 1994 and have partnered with many people, companies and organizations, there is still much to be done and we strive to engage more partners in 2018 to increase our impact worldwide.

We are grateful to our supporters and partners, and we want to thank you all for your strong commitment. We look forward to continuing our work together in 2018.



Yvonne Thunell

Yvonne Thunell
Chair



Karin Jordås

Karin Jordås
Secretary General



Our Purpose

Mentor International's programs focus on keeping young people engaged in education, preparing them for adulthood, promoting healthy lifestyles, and reducing risky behaviors including drug abuse.

We concentrate our efforts in three core areas:

Individual mentoring: a year-long, one-to-one relationship between an adult and a young person with the goal of empowering, inspiring, and motivating the young person and their outlook for the future.

Career mentoring: working with our corporate partners, we offer programs that provide knowledge and experiences to students to better inform their futures.

Parenting programs: seminars designed to provide parents with the skills to enhance communication with their children.



“Empower refugee
youth through
meaningful
engagement.”

Global Refugee Youth
Consultation Report

Individual Mentoring

Because every young person deserves to look to the future with hope

There are over 60 million refugees in the world, and more than half are under the age of 18. While young refugees and unaccompanied minors have specific needs endemic to their situation, they want the same things that all young people want: to be seen, to be consulted, to be heard. They want to be educated, employed, and included. They don't want to be seen as different. Mentor believes that we have an important role to play in mitigating this crisis and supporting young people's integration into new countries.

In 2016, Mentor International received funding from Tetra Laval to expand our individual mentoring program to focus on supporting refugees and unaccompanied minors. We believe mentoring can help young refugees improve their well-being, self-confidence and communication skills while strengthening their self-esteem and commitment to education. Mentor International aligned its program with the Global Refugee Youth Consultation Report released in September 2016 by the UNHCR and Women's Refugee Commission. Nearly 1,300 refugee youth


participated to voice what they believe are their greatest challenges as well as the core actions governments, NGOs, and other organizations need to take to improve the situation for refugee youth around the world.

The report emphasizes the importance of both engaging with refugee youth and raising awareness of the difficulties they face every day. This is what we have aimed to accomplish with our individual mentoring program, and we are proud of the work we have accomplished in 2017. Mentor Sweden continued working with young refugees and unaccompanied minors throughout the year; Mentor Germany launched the program in the Fall of 2017 and will double the number of young people reached in Konstanz, Germany; and Mentor Arabia partners with UNICEF to create a hybrid program incorporating both the individual and career mentoring programs to educate and empower refugee youth in Lebanon. We look forward to expanding this program in 2018 and supporting more vulnerable young people.





Mentor Members Around the World




The SFIG Foundation, Mentor Foundation USA, and Scholarship America partnered to further educational opportunities for underserved youth who successfully completed Mentor Foundation USA's Career Mentoring or Youth Ambassador programs. In 2017, the first 11 recipients received a combined \$100,000 in scholarships, which are expected to be renewed as they progress through their programs.

A young participant in Mentor UK's Breaking Out Peer Alcohol Project trained as a peer mentor and co-facilitated group-based alcohol awareness programs for young offenders. He is now working at a local youth agency and spoke at a national alcohol conference, highlighting the work of Mentor UK's project and his own views on alcohol education in a criminal justice context.

2017: Some Highlights

Supported 35,000 young people globally!



For the third consecutive year, Mentor Sweden, together with Ungdomar.se/Fryshuset, released a report of their survey, Young Voices. They found that nearly half (47%) of respondents feel either anxious or depressed at the thought of the future. One third think being happy in the future is the hardest thing to achieve. Mentoring can make a difference – it reduces fear of the future.

Issam Taacht from Algeria won 1st prize in Mentor Arabia's Short Movie Competition 2017 for his film, "Human." It tackled the social inclusion of kids with special needs. The competition was held for the first time in 2017 and its aim is to encourage Arab youth to spread a culture of prevention against destructive behaviors and drug use through film.

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Mentor Arabia should define itself as the organization it has become: a life-changing, opportunity-giving machine that rewards ambition with success.

Youth Participant, Career Mentoring Program

Mentor Arabia

Mentor Arabia celebrated their 10th anniversary in 2017. In honor of this milestone, they held a General Assembly in September for all stakeholders in El Gouna, Egypt. More than 60 guests from various Arab countries attended the meeting, representing the committees and bodies of Mentor Arabia – board of trustees, advisors, partners, media professionals, and artists – to unite their efforts to support youth empowerment programs that prevent risky behaviors including drug use. Also in 2017 Mentor Arabia partnered with UNICEF in Lebanon to offer a hybrid program that supports refugee youth in that country.

Another of their biggest initiatives was the launch of their short movie competition. The goal was to inspire and encourage Arab youth to develop short movies about the importance of helping prevent young people from engaging in destructive behaviors or supporting them with early intervention if they are currently dealing with a substance use problem. The competition received over 100 submissions from 12 countries in the region, and Mentor Arabia held a gala in December in Jordan to honor five winners. The program will continue in 2018.





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**We are proud that one
of our mentors received a
national nomination as
Best Volunteer in
Latvia in 2017.**

Jana Friedniece,
Program Manager,
Mentor Latvia

Mentor Latvia

Mentor Latvia runs the individual mentoring program for at-risk and vulnerable young people aged 15-19 who do not have family support or care. The program provides a young person with an adult to support and listen to them as well as participate in social activities together. In 2017, Mentor Latvia started a collaboration with the Riga City Council to run social programs for youth throughout the city. Their programs also received significant media coverage with 12

publications and 5 radio broadcasts throughout the year. Mentor Latvia also developed a relationship with a local designer to sell the designer's products on mentor.lv to raise funds so they can reach even more young people. The goal in 2018 is to leverage the relationship they've created with the Riga City Council to establish more corporate partnerships in order to expand the scope and scale of their programs.

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Hearing my parents say they love me and care about me would have made me stronger and more mature as a teenager.

Adult asked in Mentor Lithuania's campaign "What do I wish my parents would have told me when I was 14?"

Mentor Lithuania

Mentor Lithuania increased the number of young people participating in individual mentoring and began offering career inspiration programs at schools in Vilnius in cooperation with their corporate partners. They organized four parenting seminars with top psychologists and consultants of emotional intelligence, and created three e-learning lessons about positive parenting, stress, and managing conflicts with teenagers. They also launched a media campaign, "What do I wish my parents would

have told me when I was 14?" to raise awareness. They received strong media coverage for their work with children of alcoholics. This included organizing social events and offering concrete suggestions for how teachers can help. To further support children of alcoholics, they launched two videos about how to recognize and deal with families where alcohol is a problem and to not be afraid to ask for help. They plan to build on this success in 2018, especially now that prevention programs are mandatory in schools.





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**My mentor helps me with
so many things. I really
found a new friend.**

Youth Participant, Individual
Mentoring for Refugee Youth

Mentor Germany

Mentor Germany had a year of growth in 2017. They ran two group career mentoring programs with support from the Zurich Insurance Foundation and Audi. Both programs will continue in 2018. Mentor Germany also launched the individual mentoring program for refugees as a pilot project in Konstanz. The goal was to facilitate integration among youth in the community and has been so successful

that the number of young refugees they support will double in 2018. They also launched a series of parenting seminars at local schools and that program will continue in 2018. Mentor Germany raised awareness of the organization and their programs with a dinner held on Mainau in September in the presence of H.M. Queen Silvia of Sweden.

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**It was good for me
to finally see that it is
possible to succeed.**

Career Inspiration
Participant

Mentor Sweden

Mentor Sweden's 2017 was one of its most successful and productive years yet. They reached more than 17,000 young people through their programs, the most in an individual year. In September, they took over Stockholm's Central Station for one day and transformed the main hall into a "Mentor Day" for adults and teenagers to meet and engage with each other. It was a full day packed with competitions, choir and dance performances, panel discussions, and "micro-mentoring." It was an opportunity for an adult to be a role model on-the-spot and tell a young person something they wished they had heard when they were young.

Mentor Sweden also launched a handbook for LGBTQ youth in 2017. The goal was to collect and share stories, advice, and experiences from LGBTQ adults in order to empower young people who are struggling with thoughts about their sexual orientation or gender identity. Another highlight from Mentor Sweden's 2017 was their editorial partnership with Dagens Industri, a major daily financial newspaper. The paper ran a series of features in 2017 about Mentor Sweden's programs and partnerships and the impact they have had throughout Sweden. The collaboration will continue in 2018.





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It is vital that parents can talk openly to children about the risks of drug and alcohol abuse and they need to have accurate information.

Michael O'Toole,
Chief Executive,
Mentor UK

Mentor UK

After merging with Angelus in 2016, Mentor UK was full speed ahead in 2017. They partnered with Adfam to create “The Parents’ Handbook” as a free resource for parents and carers. It includes details on a range of substances as well as their effects, risk factors, and legal status. The handbook also contains helpful advice and tools on how to have effective conversations about drugs with young people to keep them safe from the ravages of drug use.

Mentor UK also expanded their Youth Ambassador program and elected a 10-member Youth Panel that will provide guidance to their staff and board.

Mentor UK launched a new 5-year strategic plan in 2017 that sets out its “life-course approach to prevention,” with the goals of reaching One million young people, 100,000 parents and carers, and 20,000 practitioners and professionals working with young people to improve their expertise, resources, and capacity to provide evidence-based prevention.

Mentor UK celebrates their 20th anniversary in 2018.

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This really helped me more to understand “the software” that goes on in my brain and how drugs and alcohol can affect that.

Student Participant,
Shatter the Myths

Mentor USA

Mentor Foundation USA, in partnership with George Washington University, continued its pilot program, Living the Example – an innovative drug prevention peer-to-peer initiative, at four high schools in Columbia County, NY. The program, which engages youth through social media, showed promising results in terms of shifts in attitude towards drugs and intent to use. Among youth who reported exposure and receptivity to the Living the Example program was a significant decline in marijuana use intentions. The program in

Columbia County is continuing through the 2018 academic year and will be further evaluated by George Washington University. Mentor Foundation USA also ran a Living the Example program at a Washington, D.C. area school in the fall of 2017. The goal is to further expand that program in the D.C. metropolitan area. Mentor Foundation USA hosted Shatter the Myths youth rallies with partners in New York and career mentoring programs with partners in Washington, D.C.



2018 Plans



Work jointly with our Nationals to increase the number of young people reached through our core programs: individual mentoring, career inspiration, career experience.



Launch two social media fundraising campaigns with all Mentor National Members to raise awareness and increase individual donations.



Develop more corporate partnerships to encourage young people to invest in their futures.



Set evaluation standards and key performance indicators for core programs that demonstrate our impact.



Financial Information

	2017	2016
INCOME (EUROS)		
Donations	276,139	262,213
Events	---	130,052
Services & Materials	14,737	53,659
Other Income	1,782	36,191
Financial Income	49,311	---
Total	341,969	482,114

EXPENDITURES (EUROS)

Charitable Activities	298,043	423,262
Fundraising	16,751	25,238
Governance	24,658	39,037
Other Expenditure & Bad Debts	870	-3,355
Total	340,322	484,181



Mentor International

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Chairman: Yvonne Thunell

Secretary General: Karin Jordås

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