

Share your journey with others

Join International Rescue Committee's peer mentoring programme

Volunteering
opportunity

Get trained to be a refugee
Community Mentor:

- Use the knowledge and experiences you've gained as a refugee to the UK to support newly arrived refugees
- Receive world-class training from an international charity in useful areas like safeguarding and coaching
- Gain 6 months' work experience with IRC to strengthen your CV for potential employers – and a reference
- Only a few hours needed every month
- Develop your personal leadership skills
- Participate in social activities paid for by the IRC!

Are you new to South East England? Are you a refugee, an Afghan or a Ukrainian arrival? Join our free programme as a mentee!

- As a 'mentee' you benefit from the experiences of a Community Mentor, and also meet another 'mentee' who is a new refugee in the UK just like you
- Together, the three of you can take part in local social activities paid for by IRC!
- Follow a 6-month structured programme packed with practical tips

- Navigate your neighbourhood
- Set goals together
- Build confidence



Interested?

Contact us:

RISE.UK@RESCUE-UK.ORG

RISE Refugee Integration in South East England



Our programme is free and open to refugees, Afghans and Ukrainian arrivals who live in South-East England, whether you want to be a mentee or trained as a Community Mentor.

The International Refugee Committee was founded in 1933 and works in more than 40 countries worldwide. This year it launches several programme supporting UK refugees including a 10-week Cultural Orientation Programme and a 6-month Peer Mentoring programme. For more details, see www.rescue-uk.org/topic/RISE



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