



Sign up as a mentee or mentor

Mentorship program of the UArctic Thematic Network on Health and Well-being in the Arctic

Interested in broadening your knowledge and expanding your networks to advance health and wellness in the Arctic?

The UArctic Thematic Network on Health and Wellbeing in the Arctic invites **people** working within the field of circumpolar health who are interested in connecting with fellow Indigenous knowledge holders, researchers and PhD students to our mentorship program.

We welcome research experiences from community-based researchers, wellness workers, Indigenous knowledge holders, clinicians, researchers and artists!

- The program will consist of **groups** with 2 mentors and 3-5 mentees in each group.
- Groups will be put together based on the Arctic region they work in. We aim to have a mix of Indigenous knowledges and experiences and a geographic mix in each group.
- The program lasts **one year** and will consist of approximately **six meetings**. The first meetings have prepared agendas, while for the remaining meetings mentees are encouraged to define topics that they would like to be discussed in their group.
- **Mentees are encouraged to plan an exchange or international meeting either** with an Arctic institution or through attending an Arctic conference. Inspiration for where to go will be given during the mentorship meetings. For this travel we encourage you to apply for the UArctic north2north funding (application deadline 15 February).

Mentees

Apply early using [this form](#) as there are limited seats. The application deadline is **30. January 2025**. Participant selection will be on a first-come basis by region with a balance of knowledges in each group.

Mentors

We need mentors for our aspiring students and young researchers, so we hope there will be many who would like to contribute to this program by signing up as a mentor. Please sign up [here](#) by the **30. January 2025** at the latest.

Preliminary timeline

Dates and months	Agenda	Topics
March	1. Mentorship meeting	Having a career in the Arctic and life choices connected to this
April	2. Mentorship meeting	Overview of and opportunities within networks Conference – where to go?
May	3. Mentorship meeting	Interdisciplinarity Decolonization
June 2025	Mid-term evaluation and defining agendas for the last 3 meetings	
September	4. Mentorship meeting	
October	5. Mentorship meeting	
November	6. Final Mentorship meeting	
November 2025	Evaluation	

Mentorship program

Register before **January 30th, 2025**

Please don't hesitate to send any questions you may have to sofa@sdu.dk