

## **THE CRITERIA OF A PEER SUPPORTER**

**The person applying for the training for peer supporters will be interviewed based on following criteria:**

### **Motivation**

- The applicant should be motivated to support and have an impact on others.
- The applicant should be motivated to learn new things and develop themselves.

### **Civic knowledge and attitude towards integration**

- The applicant should be interested in the Finnish society and know how to seek information about it.
- The applicant should **have concluded** their own integration process (if not born in Finland).
- The applicant should have some positive experiences and constructive ideas about integration and living in Finland.
- The applicant should be able to commit to the following principles: democracy, equality and equity, basic rights, respect towards every human being and individuality and acceptance of diversity.

### **Balanced life situation and personal characteristics**

- The applicant should have a balanced life situation in which they are able to support others and commit to hosting a group.
- The applicant should have characteristics suitable for hosting a group (trustworthy, inspiring, cooperative, hands-on, empathic).

### **Language skills**

- The applicant's English language skills should be sufficient to grasp and fully participate in the training.
- The applicant's language skills should be sufficient to communicate with their peer partner.

### **Organization or a plan to start a group**

- The applicant should have an organization behind them.
- If the applicant doesn't have an organization, they should have a realistic plan about starting a group.

### **The following are considered benefits:**

- Experience of taking part in a peer support group
- Experience of counselling individuals or hosting a group
- Experience of working or volunteering in an association