Guidelines for ERS HERMES Diplomate mentees

Dear HERMES exam candidate,

We thank you for your interest to have a mentor to aid you in the preparations for the upcoming ERS HERMES examination. This voluntary mentorship programme, which the examination organising team runs purely out of its passion to make your preparations a little easier, can work only through its dedicated mentors, who find time for you in their busy schedules. We hope that the help from your mentor will be a useful addition to your studies for the exam. Please note that this mentorship can span from a very brief exchange of emails to longer telephone calls – we already leave it up to you and your mentor. Please note that the mentorship programme is open only to European Diploma candidates, who are registered for the annual Congress examination in September.

The following points stipulate the responsibilities and expectations of all parties:

**Key characteristics of the HERMES Diplomate Mentor**
- Appropriate experience: Successful in the examination and therefore qualified to give advice on examination preparation
- Good relationship management skills: willingness to respond in a timely manner
- Availability: limited to electronic exchange. Further to this, mentoring session could include telephone calls with the agreement of the two parties

**HERMES Examination candidates may have one or more of the following needs:**
- Guidance for examination preparation
- Advice on how to maximize benefits of taking the examination
- Support if confronted with stress or difficult issues related to the examination

**Matching of mentors and mentees**
- Matching will be done by the ERS office. You may likely have a mentor who comes from a different country.

**Structure and content of the mentorship**
- Direct, one-to-one communication via e-mail exchange or telephone call in one or two well-timed mentoring sessions
- The mentoring activity is strictly issue-focused on the HERMES Examination. The expectation that mentoring has to be in the form of an on-going relationship is not mandatory and is entirely dependent on the parties’ agreements.

**ERS Support of Mentoring Activity**
- ERS office will match mentors and mentees.
- The ERS will make initial contact with the HERMES Examination Candidates and will give advice on what to expect from their mentors.
- Any consequent communication will be handled by the mentee and mentor themselves.
- For any problems, contact the HERMES team at the ERS office: hermes@ersnet.org