



Dear future Omid Angel,

Are you bored with the daily grind? Are you in search of a life changing experience? Do you want to make a difference in other people's lives?

The Omid Angels program could be just what you've been looking for. Read on to learn about this unique opportunity.

The Omid Angels Young Professionals program takes young professionals in North America and Europe to Tehran for a period of up to a year. During this time you'll immerse yourself in day-to-day life at the Omid-e-Mehr center, which helps disadvantaged young women in Iran. You can see how the center helps these vulnerable and abused young women; you can work with them and hear their stories. Then you will go back and be part of a group of young people helping to change their lives.

The experience will change you and the way you see the world. You will then be expected to take your experiences and passion back home, become future ambassadors for the charity and educate a new generation of young people. Show them how important it is to be a member of the global international community and to care about more than just the details of their own lives.

Are you ready?

About the Omid-e-Mehr center

The Omid-e-Mehr Center in Tehran is somewhat of a sanctuary for young, disadvantaged women. It provides them with access to education, social workers, psychotherapy, medical help and overall moral support. With the Omid Angels program, we are inviting students and young professionals from North America and Europe to come and experience daily life with the girls at the center. Come hear their stories, learn about their ambitions and get to know them. Not only can this experience change *your* perspective on life, but it can also change theirs.

After seeing our work at the center, we ask you to take your newfound passion back home to raise money for the Omid Foundations and act as ambassadors, raising awareness within a new generation of global citizens.

About the Omid Foundations

The Omid Foundations were established in order to help vulnerable young women in Iran to transform their lives. The center in Tehran takes the most vulnerable, abused and neglected girls and works with them to give them the tools they need to lead happy and productive lives.

The center takes the best teachers and psychologists in Tehran to provide therapy and education for over 90 girls at any one time. Our unique holistic approach helps the young girls achieve self-awareness, self-determination and self-sufficiency. We nurture the voices, hearts, and minds of these underprivileged and vulnerable young women and help them transform their lives – and we need to you become a part of it.

About the program

Before arriving in Tehran

An Omid Angel will have to give up at least one month of their time – approximately 2-3 weeks of which will be spent at the center in Tehran. There the Angel will learn more about the work that goes on, attend sessions and trips, help with the day-to-day running of the center and work with the girls.

You will be expected to raise \$500 to fund the expenses of running the program, including breakfast and lunch at the center throughout your stay. The Omid Foundations cannot fund any travel or accommodation for the participants of the program and therefore each Angel would have to be financially independent. You will also be responsible for looking after yourself when the center is closed (Fridays, evenings and holidays).

You will need to do some press and publicity work about your trip with the support of the Foundations in order to create a “buzz” around the program and what you are doing. This could be via posting on your Facebook pages, setting up a blog or sending out information to your local papers.

You may also need to prepare a short introductory presentation in which you describe yourself briefly and tell the girls a little bit about what your life is like. They love hearing about people who live in different parts of the world. It is important that you share some details about your life before asking them to let you into their lives.

The Omid Foundations will provide you with support before the trip and will be available through email to answer any questions you may have before arriving in Iran.

Experience in Tehran

You will arrive at the center in Tehran and take part in a pre-agreed program which will include doing practical tasks around the center, helping with specific projects, spending time in the classes and workshops and going on outings with the girls. This is an opportunity for you to familiarize yourself with the girls and the staff and experience life at the Omid-e-Mehr center. Depending on your command of Farsi and other skills you have, you may be able to teach the girls. However, an individual program will be designed around your capabilities when you arrive.

You will be asked to record your experiences in different ways in order to generate material to be used for fundraising and for attracting interest in your trip.

Formats include:

- Blogging – A blog will be set up for each Omid Angel and you will be expected to write about your experiences/feelings on a daily basis whilst at the Center. This blog will be linked to the Omid-e-Mehr website and you should encourage your friends and family to follow it.
- Weekly reporting to Carolyn Rich, Fundraising Manager, in the UK with details of your work and experiences so that they can be used for publicity purposes.
- Facebook posts – Daily posting whilst staying at the Center about what you have done/seen/felt. This can be done on your own Facebook accounts if you have one and you will be asked to provide material to post on the Omid Foundations' Facebook wall.
- Twitter feeds – Tweet on a daily basis about your experiences through your's or the organisation's Twitter account.
- Video -- Create a video or montage that can be used for fundraising later.
- Audio – Interviews with the girls about their experiences or about the differences between their lives and that of young women in Europe/North America.
- Photos – This could be a photo diary of your trip and of daily life in the center.

- Use your professional skills to create a piece of work which can be used for publicity

Upon completion of your stay in Tehran and your return to your country of residence, you will use this material to introduce the Omid-e-Mehr center to people, raise public awareness and consequently help raise funds for our work.

Important Note: While each Angel owns and is responsible for the contents of their created media, The Omid Foundations reserve all rights to view, edit and approve all digital or printed material prior to any public and/or fundraising event for The Omid Foundations globally.

On your return home

Once you get back you need to start telling people what you have seen and how they can also make a difference to young women in Iran.

You will need to make a short 2-3 minute video clip about your trip to Iran, which can be screened at different events in your communities. This will need to be submitted for approval to the Omid Foundations within 3 weeks of your return.

You need to commit to a program of fundraising and will be expected to do screenings of your video and short talks about your experiences in Tehran. The Omid Foundations will work with you to come up with a reasonable fundraising target for your work when you get back. This will need to be completed within 6 months of your return from Tehran.

Who will be a good Omid Angel?

Omid Angels will have the passion and drive to make things better for young girls in Iran and will be committed to spreading the word and helping the Omid Foundations with their fundraising effort.

We envisage you will:

- be aged between 18-26 years
- have an Iranian background or be of Iranian descent (Those with Iranian passports will be given priority due to the difficulties in obtaining visas to enter Iran.)
- have a reasonable command of Persian in order to communicate with the girls
- be willing to raise the funds to finance the trip
- be willing to commit to a program of fundraising and awareness raising after the trip
- be good ambassadors for the charity

What next?

Do you have the passion and enthusiasm to be an Omid Angel? Do you want to do something different with your vacation? Can you give a month of your life to help transform the lives of young disadvantaged women in Iran? If you can, then sign up today at www.omid-e-mehr.org !