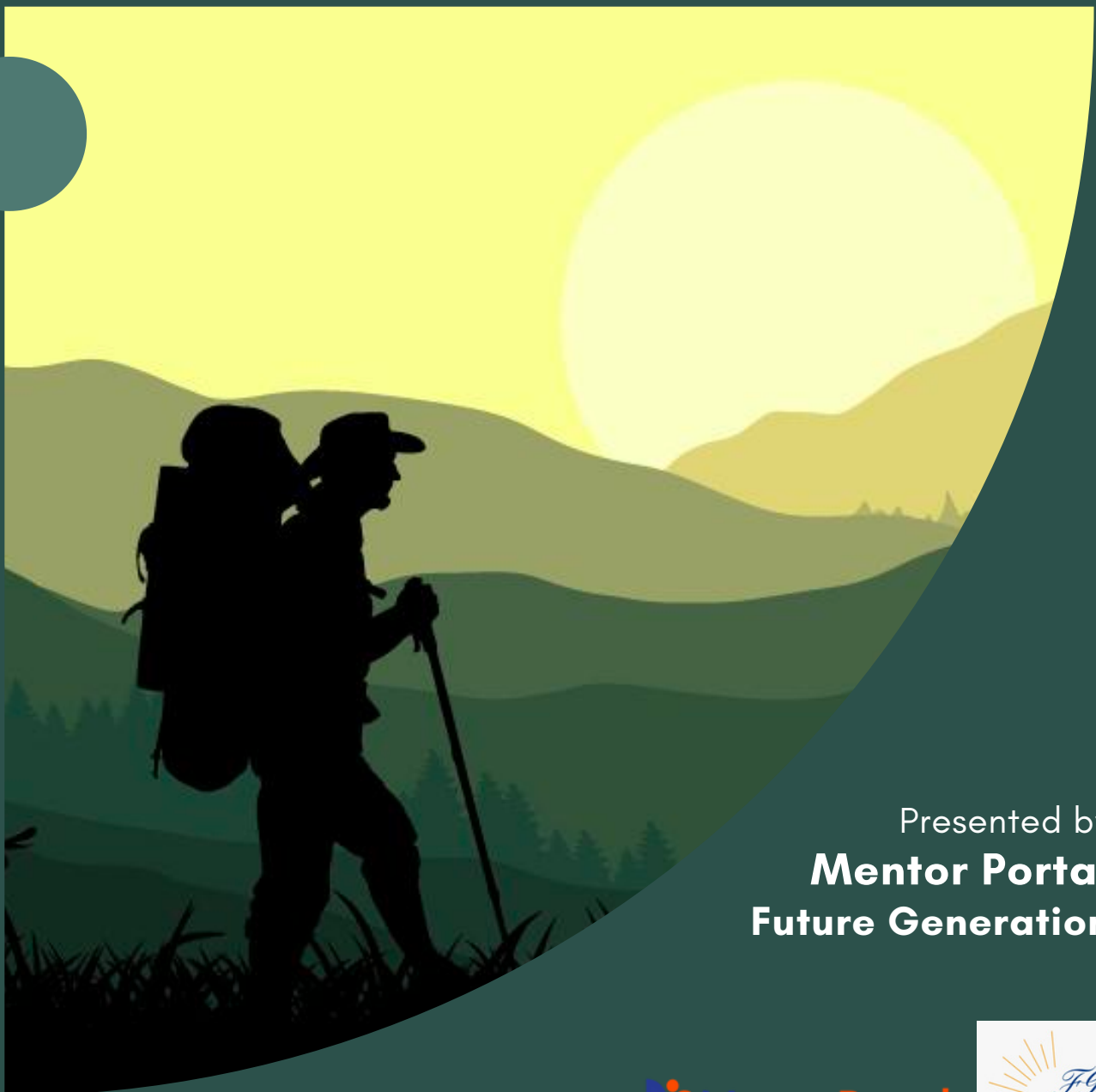


HANDBOOK



Future Generation

FOR A BRIGHTER FUTURE



Presented by
Mentor Portal
Future Generation





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GETTING STARTED

Mentor Portal is dedicated to cultivating a lifelong love for learning. Our mission is to inspire individuals and empower them to pursue their future ambitions with passion and determination. We are committed to fostering strong moral values, social capital, academic excellence, and leadership capabilities among youth, *the future generation*. By participating in this program, get ready to unlock the potential for growth, discovery, and achievement by setting personally challenging goals.

There are six tracks which an individual can choose from. Each track consists of four main areas: Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration.

GETTING STARTED

- **Application:**



- Fill out the application form on the website. The day you submit the form is the day you can begin counting activities towards the program.
- Application periods last for two months in each semester:
 - Fall: August, September
 - Spring: January, February
- https://www.thefuturegeneration.org/how-to-apply_

- **Goals:**



- Work with your advisor to select the track you want to pursue and plan how to achieve them.

- **Impact:**

- Demonstrate your abilities to both your community and yourself! Make sure to keep a record of your progress for each goal by tracking the hours and months.

- **Submit:**

- Once you have met the requirements for the desired track, submit your Record Book to the Future Generation.



- **Continue:**

- While you're waiting for your Record Book to be confirmed, you may begin working toward the next track.

- **Earn:**

- Once approved, the Future Generation representative will contact you and/or your advisor and receive your award corresponding to your track!



PROGRAM TRACKS

In the following pages, you will find the detailed information on each of the tracks' goals.



Personal Development



Voluntary Public Service



Physical Fitness



Expedition/Exploration

There are six tracks which you can choose from. Each track consists of four main areas: *Personal Development, Voluntary Public Service, Physical Fitness, and Expedition/Exploration.* To achieve the award of the track you pursue, you are required to fulfill the criteria for all four areas.



PROGRAM TRACKS

To achieve the award of the track you pursue, you are required to fulfill the criteria for all four areas.

	Bronze Certificate	Silver Certificate	Gold Certificate
Voluntary Public Service:	30 hours	60 hours	90 hours
Voluntary Public Service:	No minimum months	No minimum months	6-9 months
Personal Development:	Reading: 15h Listening: 10h Classes: 2 class	Reading: 30h Listening: 20h Classes: 4 class	Reading: 60h* Listening: 30h* Classes: 6 class
Personal Development:	No minimum months	No minimum months	6-9 months
Physical Fitness:	15 hours	30 hours	45 hours
Physical Fitness:	No minimum months	No minimum months	6-9 months
Expedition Exploration:	1 day	2 days	3 days

	Bronze Medal	Silver Medal	Gold Medal
Voluntary Public Service:	210 hours	560 hours	1200 hours
Voluntary Public Service:	12-18 months	18-27 months	24-36 months
Personal Development:	Reading: * Listening: 60h* Classes: 1 class each week, for 15 weeks	Reading: * Listening: 90h* Classes: 2 classes each week, for 25 weeks	Reading: * Listening: 135h* Classes: 3 classes each week, for 40 weeks
Personal Development:	12-18 months	18-27 months	24-36 months
Physical Fitness:	50 hours	100 hours	200 hours
Physical Fitness:	12-18 months	18-27 months	24-36 months
Expedition Exploration:	2 days, 1 night trip	3 days, 2 nights trip	5 days, 4 nights trip

PROGRAM TRACKS

VOLUNTARY PUBLIC SERVICE

Voluntary Public Service aims to offer you chances to actively engage in volunteer experiences within your community.

The areas you can do voluntary public service is including but are not limited to:

- Mentorship programs
 - Middle & High schools & College students
- Weekend schools
 - K-5 grades
- Local cultural centers' events
- Food distribution centers
- Humanitarian aid organizations
 - Embrace Relief
- Dialog events or activities

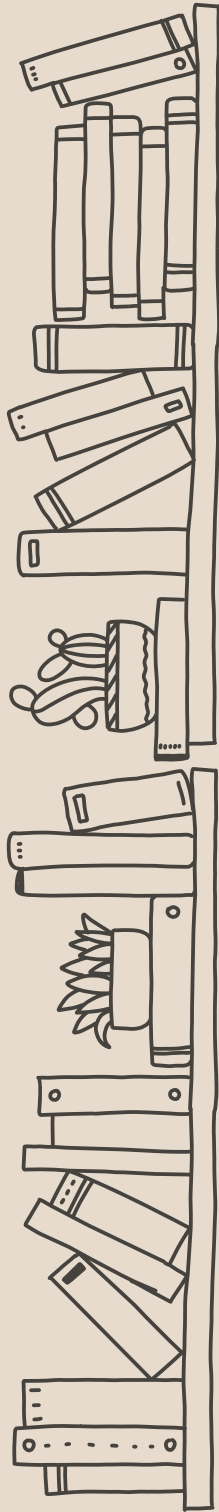
Rules:

- No Compensation: Engaging in Voluntary Public Service activities that involve receiving compensation or fulfilling graduation requirements is not accepted.
- No Private / For Profit Businesses: It is not permissible to volunteer at a private business, for instance, a law firm, doctor's office, sports camp, or private dance studio, since such an activity does not provide a public benefit.
- Active Hours: You may only log hours for the time during which you are actively working towards your goal. For instance, if your goal is to train service dogs, you can only record the hours spent teaching and training the dogs. Mere interaction or playtime with the animal is not considered as part of the service.

PROGRAM TRACKS



Personal Development



READING

- Specifications are listed below for each track, either time-wise or required books-wise.
- For all tracks, reading lists are provided on the Future Generation website. Please make use of the website when selecting your books.

LISTENING

- Specifications are listed below for each track. Starting from the Gold Certificate track, listening requirements include hours from the “Pirlanta Series”.
- For all tracks, listening/video lists, along with their YouTube links, are provided on the Future Generation website.

CLASSES

- The number of classes each participant needs to attend is specified below for each track.
- Classes are offered either in person or online. Please consult with your advisor about class options offered in your local area.
- Class names and their curriculum are explained on the website.

PROGRAM TRACKS

Personal Development



Bronze Certificate

Reading: 15 hours of reading from the list of books provided on Future Generation website

Listening: 10 hours of listening from the list of videos provided on Future Generation website

Classes: 2 classes in total

Bronze Medal

Reading: Hours not specified. It must include the following:

- 2 complete khatm
- Sozler & Mektubat from Risale i Nur Collection
- 3 books from the Pirlanta Reading Series

Listening: 60 hours

- 40 hours of the Pirlanta Listening Series
- 20 hours of listening from the list of videos provided on the Future Generation website

Classes: Regularly attending local hourly classes for 15 weeks

Silver Certificate

Reading: 30 hours of reading from the list of books provided on the Future Generation website

Listening: 20 hours of listening from the list of videos provided on the Future Generation website

Classes: 4 classes in total

Silver Medal

Reading: Hours not specified. It must include the following:

- 3 complete khatm
- Sozler & Mektubat & Sualar & Lemalar from Risale i Nur Collection
- 5 books from the Pirlanta Reading Series

Listening: 90 hours

- 60 hours of the Pirlanta Listening Series
- 30 hours of listening from the list of videos provided on the Future Generation website

Classes: Regularly attending local 2-hour classes for 25 weeks

Gold Certificate

Reading: 60 hours of reading must include the following as a minimum:

- 15 juz of the Quran
- Asayi Musa from Risale i Nur Collection
- 1 book from the Pirlanta Reading Series

Listening: 30 hours

- 10 hours of the Pirlanta Listening Series
- 20 hours of listening from the list of videos provided on the Future Generation website

Classes: 6 classes in total

Gold Medal

Reading: Hours not specified. It must include the following:

- 4 complete khatm
- Sozler & Mektubat & Sualar & Lemalar + 2 other books from Risale i Nur Collection
- 7 books from the Pirlanta Reading Series

Listening: 135 hours

- 100 hours of the Pirlanta Listening Series
- 35 hours of listening from the list of videos provided on the Future Generation website

Classes: Regularly attending local 3-hour classes for 40 weeks

PROGRAM TRACKS

Physical Fitness

The rules and goals for this area align with the Congressional Award's Physical Fitness area and are explained as follows:



Measurable & Challenging:

Your objective should be set at a level that poses a meaningful challenge, allowing you to demonstrate significant progress.

While you can choose to continue a previously undertaken activity, ensure that your goal pushes you to develop or enhance your skills. Physical Fitness goals need not be excessively demanding to be challenging. Moreover, individuals with disabilities are given special consideration in this regard.

School Fitness Activities:

Engaging in school sports and team practices is acceptable as long as they are conducted outside of regular class time and do not contribute to earning school or class credits. Physical education or gym classes during school hours do not meet the criteria.

Non-Competitive:

Goals should focus on personal growth and well-being, emphasizing individual challenges. Setting a goal solely dependent on others, such as becoming a team captain, is not considered appropriate since your success relies on external factors.

Must Be Isolated Activity:

While utilizing fitness trackers like Fitbits can be helpful in monitoring your activities, routine activities like walking to class cannot be counted towards your Physical Fitness goal. Your activities need to occur outside of your regular daily routine.

PROGRAM TRACKS

Expedition/Exploration

The goals for this area align with the Congressional Award's Expedition/Exploration area and are explained as follows:

Rules:

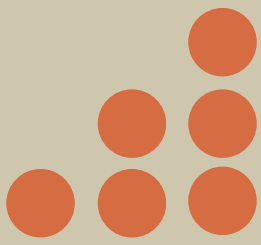
- No 'Sign-up and Go' trips: Your Expedition/Exploration should be a personally planned and led trip. It should not involve mission trips, conferences, cruises, competitions, workshops, or "sign-up and go" trips.
- Adult supervision is encouraged: While it is expected that you take on the primary responsibility for planning and executing the trip, it is acceptable for adult supervisors or parents to provide assistance and accompany you during the journey.
- No 'Next Stage of Life' trips: Your Expedition/Exploration should not involve activities that are solely focused on preparing for your next stage in life. This includes visiting or touring prospective colleges, as well as participating in internships or work-study programs.
- 6-8 Hours per day: To count a day towards the requirement, you are expected to engage in immersive activities for a duration of 6-8 hours per day.
- Trips that meet the duration requirement of a higher award level: If you complete a trip that fulfills the overnight and/or day requirements for a higher level of the award than the one you are currently applying for, you have the option to submit it along with a lower level Record Book. Later on, if you wish to re-submit the same trip with a higher level Record Book, it is important to note that the National Office, *if you consider applying for Congressional Award*, may not necessarily approve the trip at a higher level, even if it was approved previously at a lower level.

PROGRAM TRACKS

Expedition/Exploration

Rules Continued:

- Medal level trips require consecutive days: For the Bronze, Silver, and Gold Medal levels, it is essential that the days and nights involved in the trips are consecutive. It is not permissible to combine multiple trips in order to fulfill the requirements of these medal levels.
- Only submit one trip per record book submission, *if you consider applying for Congressional Award*: When submitting your Record Book, you are only required to include one Expedition OR Exploration, depending on the level you are applying for. For instance, if you are submitting your Record Book for the Silver Medal, it is sufficient to provide documentation of a three-day, two-night trip. There is no need to submit additional trips such as a one-day trip for the Bronze Certificate or a two-day trip for the Silver Certificate, etc.
- Detailed write-ups are expected: It is crucial that you provide a detailed write-up of your Expedition/Exploration when submitting your Record Book *if you consider applying for Congressional Award*. Avoid using brief bullet points and instead, aim to answer the questions provided in the Record Book in a comprehensive manner. Thoroughly documenting your experience will enhance the quality and completeness of your submission.



PROGRAM TRACKS

Hour & Month Requirements

The maximum limit for daily activity is eight hours. For instance, if your Voluntary Public Service activities involve being a camp counselor and you spend the night at the camp, you can only include a maximum of eight hours per day towards your total count, regardless of the time spent overnight.

Each program area counts a month only once. For instance, if you participate in both basketball and soccer and you have recorded activity for each in January 2024, you can only consider January 2024 once towards fulfilling your monthly requirement for Physical Fitness.

For a month to be considered valid, you need to engage in at least one hour of activity during that specific month.

It is not necessary for the months of activity to be consecutive.

Distribute your hours over a period of time. The objective of the program is to establish goals for the long term. It is recommended to allocate your activities evenly throughout the months while you strive to achieve your goals. The monthly requirement pertains to the months during which you are actively pursuing your objectives in each program domain.

General Eligibility & Requirements

Differences between the Future Generation and the Congressional Award

Future Generation and the Congressional Award serve a similar purpose and have a similar structure of having 6 different tracks. Individuals may choose to participate in both as long as they fulfill the requirements. In this section of the handbook, we discuss the eligibility requirements and the differences between the Future Generation and the Congressional Award.

- Please refer to the official website for more information on the Congressional Award: <https://www.congressionalaward.org/>
- You can see the Program Book of Congressional Award: [https://www.congressionalaward.org/wp-content/uploads/2019/05/Program Book v19 Single.pdf](https://www.congressionalaward.org/wp-content/uploads/2019/05/Program_Book_v19_Single.pdf)

Here are the slight differences:

- Participants must be 17-27 years of age for the Future Generation program. (Record Book must be submitted before 28th birthday)
- Participants must be 13.5 - 24 years of age for the Congressional Award program.
- For Future Generation participants, Personal development goals are specified in the relative pages. Physical Fitness and Expedition/Exploration goals are aligned with the Congressional Award program.
- Congressional Award program participants are allowed up to four Voluntary Public Service goals, two Personal Development goals, and two Physical Fitness goals for each Record Book submission. Additionally, you only need to submit one Expedition/Exploration that meets the minimum day or overnight requirements for the level in which you are applying.

General Eligibility & Requirements

- Future Generation awards are designed to accumulate progressively, which means that the total award amount an individual receives directly from the Gold Medal is equivalent to the sum of awards earned from the Bronze Certificate through to the Gold Medal.
- For Congressional Award program participants, if you skip award levels, once approved, you will automatically receive all lower levels of the award. For example, if your first Record Book submission is for the Silver Medal, once approved, you will also be approved for the Bronze, Silver, and Gold Certificates, as well as the Bronze Medal.
- Participants need to submit a Record Book for their pursued tracks to the Future Generation team.
- Participants need to submit a “Record Book” for the Congressional Award program. Please see submission instructions in the Program Book for more up-to-date and detailed information.

The following conditions must be met in both programs:

- To achieve a specific level of the award, participants are required to fulfill all the criteria in each of the four program domains: Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration. This includes meeting the hour AND month requirements for each program area based on the level of the award you are applying for.
- All the activities you engage in must take place after your Activity Start Date, which corresponds to the day of your registration/submitting the application form.

General Eligibility & Requirements

- It is important to ensure that none of your activities overlap between program areas. Activities completed for one program area cannot be considered or counted towards another program area.
- Activities for which you receive academic credit cannot be included in the count towards the award.
- Do not apply for multiple award levels at once. It means, do not send multiple Record Books for multiple tracks in one submission.
- You have the flexibility to establish umbrella goals that encompass related activities. For instance, if your Voluntary Public Service goal revolves around helping youth in your community, your activities aimed at achieving this goal may involve tutoring at the local library, assisting youth at the Cultural Center, and packing lunches at the food bank for local students.
- If you have any disabilities or specific needs that require special consideration, please inform us. We value inclusivity and are committed to providing the necessary support and accommodations. Our program is designed to be flexible, and we are more than willing to assist you in any way we can.
- You have the freedom to begin at any level of your preference. Whether you opt for the Silver Certificate or decide to aim for the Gold Medal right away, the choice is yours. Furthermore, you have the flexibility to progress level by level or to skip certain levels. It is also advised that you discuss this with your advisor.
- You must have an advisor for both programs. Depending on your goals, you might need a validator. Please refer to the Congressional Award handbook if you are planning to submit your progress to the Congressional Award.

Record Book SUBMISSION



Participants have a document called "Record Book" in order to better keep track of their progress. Record Book is to be submitted to the advisor and to the Future Generation. It is suggested that you and your advisor review your progress two times in a semester.

At the completion of a track, the participant must submit their Record Book to the regional representative of Future Generation. You can find Record Book information and the contact information of your regional representative on the Future Generation website.

Please keep these in mind when submitting your document:

1.

Ensure that you thoroughly review your submission to verify that your Record Book is complete - including all dates, signatures, total hours, and a comprehensive write-up for your Expedition/Exploration.

2.

Make sure that you provide current contact information when submitting your details. This information will be used to communicate with you regarding your submission.

3.

Remember that all the activities listed must be completed after your registration date - the day you fill out the application form.

4.

Refrain from including any activities from previous Record Book submissions.

5.

Be sure that your advisor/validators have confirmed your Record Book after the completion of your activities.

6.

Remember that your advisor/validators cannot be your family members.

7.

Remember that you cannot receive class credits for any of the activities in the Record Book.

8.

Please be as detailed as possible in your submissions when you explain the total hours/months.

ADVISORS & VALIDATORS

Your Advisor and Validators play a crucial role in helping you establish goals for each program area and identifying suitable activities to accomplish those goals. They are responsible for monitoring your progress throughout your journey to earn The Future Generation Award and/or The Congressional Award. Additionally, they will validate the hours and months you have completed once your activities have been fulfilled.

Parents, relatives, and peers may not serve as Advisors or Validators. Appropriate Advisors and Validators should include mentors, education directors, or a person who is assigned by your education director, or teachers. As mentioned previously in the "General Eligibility & Requirements" section, you need to have a validator depending on your goals. If you consider applying for the Congressional Award program, please refer to the official program book. In your Future Generation application form, you must share your advisor's information with us, but choose to skip questions about your validator.

Note: If you need to change your advisor throughout your progress, please inform us by sending an email to the Future Generation representative.

Here are some important things that you and your advisor should pay attention:

Review the requirements and goals for each track

Give weekly, monthly, yearly progress reports to your advisor

Maintain periodic contact between you and your advisor

Before submitting your Record Book, ensure that everything is completed accordingly and accurately filled out

AWARDS

Bronze Certificate	\$50
Silver Certificate	\$75
Gold Certificate	\$100
Bronze Medal	\$500
Silver Medal	\$750
Gold Medal	\$1000

As you progress towards your goals, the inherent satisfaction and knowledge gained through the journey serve as your own meaningful rewards. Moreover, Future Generation accompanies each completed level with its own set of fulfilling awards.

In addition to certificates and medals, there are also gift cards and trip rewards for each level of achievement. As you progress through the tracks, the value of gift cards and the nature of the trips will change proportionally.

Take a look above to explore the gift card rewards that await at each stage of accomplishment.

Note: Consider these two cases.

- Person A starts from the Bronze Certificate and progresses to the Gold Medal. At the end of each track, they submit their Record Book. The total reward amount they receive at each level is calculated by subtracting the amount they have already received from previous levels. The remaining amount is then awarded as their new reward.
- Person B directly aims for the Gold Medal from the beginning and upon completing their goals, submits their Record Book. This person receives the Gold Medal reward directly without the need to deduct any amounts received from previous levels.

As a result, both individuals would receive the same total amount of gift cards in the end.

AWARDS

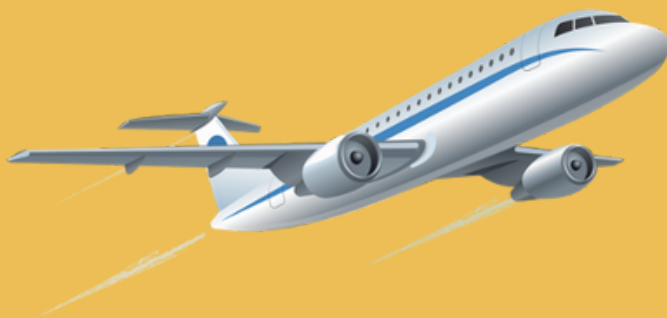
The nature of the reward trips varies depending on your location, and this is a matter that needs to be discussed with your advisor and the education director. Depending on the completed track level, there will be plans for local trips, regional trips, or national trips. Participants who have completed the Gold Medal goals will also be granted the opportunity to perform UMRAH and a visit to Chestnut Retreat Camp in Pennsylvania. For participants who may face passport issues, alternative trips will be arranged.

**Local
Trips**

**National
Trips**

**Regional
Trips**

**UMRAH
&
Chestnut
Retreat
Camp Visit**



Mentor Portal Impact

Core Values:

- 1 - RESPECT FOR HUMAN BEINGS AND FUNDAMENTAL HUMAN RIGHTS
- 2 - RESPECT FOR THE RULE OF LAW
- 3 - PEACEFUL AND POSITIVE ACTION
- 4 - EMPOWERMENT OF WOMEN
- 5 - ETHICAL ACTION
- 6 - RESPECT FOR DIVERSITY AND PLURALISM
- 7 - VOLUNTARY PARTICIPATION AND ALTRUISM
- 8 - CONSULTATION AND SHARED WISDOM
- 9 - CIVIC NATURE AND INDEPENDENCE
- 10 - CIVIC ENGAGEMENT AND CONTRIBUTION TO SOCIETY
- 11 - PROTECTING THE ENVIRONMENT
- 12 - HOLISTIC VIEW TOWARD HUMANITY (AND UNITY OF THE MIND AND THE HEART)

Our Mission:

Our mission is to provide our students/mentors with academic and spiritual development as well as strengthen their civic, moral, and ethical values. The purpose is to build strong academic success, and leadership capabilities among youth, the future generation.

Our Vision:

We strive to develop the skills, attitudes, and knowledge necessary for the successful completion of all our students/mentors and to foster supportive relationships with others.

**Established
in 2022**

850+ Mentors
**1000+ Mentoring
groups**
**1000+
Hours of Lessons**

Parent Academy
Home school programs
Middle school programs
High school programs
University programs

CONTACT INFORMATION



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