

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.



- **Application:**

- You can apply through the mobile app or by visiting <https://www.thefuturegeneration.org/how-to-apply>. You may begin counting your activities from the day you register.
- Applications open each year on August 15 and close on July 31 of the following year.
- The program duration is up to one year, depending on your registration date.
- All program goals must be completed by July 31 each year.



- **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:**

- All completed activities must be entered into the system via the website or app within two weeks of completion.
- Activities not submitted within this two-week period will not be accepted and will be considered invalid.

- **Continue:**

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

- **Earn:**

- Once approved, awards will be distributed after August 31 each year and will be given to all eligible participants at the same time.



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
Timeline	15 August 31 July	15 August 31 July	15 August 31 July
Voluntary Public Service	30 hours	60 hours	90 hours
Personal Development	Reading : 450 pp Listening : 600 min Classes : 1 Session	Reading : 900 pp Listening : 900 min Classes : 3 Session	Reading : 240 pp Quran 200 pp RNK 200 pp Pirlanta 200 pp Other Listening : 720 min HE 240 min Other Classes : 7 Sessions
Physical Fitness	900 min	1800 min	2700 min
Expedition Exploration	N/A	1 day	2 days

	BRONZE MEDAL	SILVER MEDAL	GOLD MEDAL
Timeline	15 August 31 July	15 August 31 July	15 August 31 July
Voluntary Public Service	200 hours	250 hours	300 hours
Personal Development	Reading : 300 pp Quran 400 pp RNK 300 pp Pirlanta 300 pp Other Listening : 1000 min HE 300 min Other Classes : 11 Sessions from the same class	Reading : 400 pp Quran 600 pp RNK 400 pp Pirlanta 300 pp Other Listening : 1500 min HE 400 min Other Classes : 22 Sessions from 2 different classes	Reading : 604 pp Quran 800 pp RNK 600 pp Pirlanta 300 pp Other Listening : 1800 min HE 600 min Other Classes : 33 Sessions from 3 different classes
Physical Fitness	3000 min	3500 min	4000 min
Expedition Exploration	3 day	2 days, 1 night	3 days, 2 nights

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:

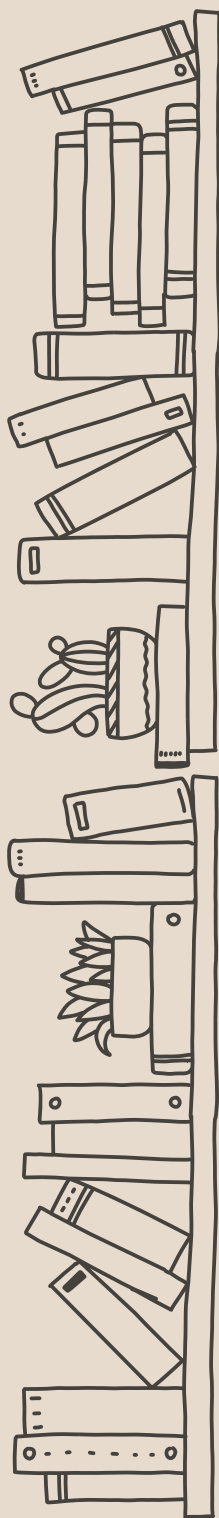
- Mentorship programs
 - Middle & High schools & College students
- Weekend schools
 - K-5 grades
- Local cultural centers' events
- Food distribution centers
- Humanitarian aid organizations
 - Embrace Relief
- Dialog events or activities

Rules:

- No Compensation (with exception): Activities that involve formal compensation or fulfill graduation requirements are not accepted. However, if you are volunteering at a community-beneficial organization and receive only a small allowance (e.g., stipend or pocket money), your service may still be counted as voluntary.
- No Private / For-Profit Businesses: You may not count volunteer hours performed at private businesses (e.g., law firms, doctor's offices, private sports camps, or dance studios), as these do not qualify as public service.
- Active Hours Only: You may log only the time spent actively working toward your volunteer goal. For example, if you're training service dogs, you may count the time spent teaching and training—not time spent simply playing with the dogs.
- Travel Time: **If you travel a long distance** to participate in your volunteer service, you may **count your travel time** as part of your service hours.
- Daily Limit: The **maximum number of volunteer hours you may count in a single day is 8 hours.**

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 minutes 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.
- The class levels and suggested content are available on the website.

PROGRAM TRACKS

Personal Development



Bronze Certificate

Reading: 450 pp of reading from the list of books provided on Future Generation website

Listening: 10 hours (600 min) of listening from the list of videos provided on FG website

Classes: 1 session in total

Silver Certificate

Reading: 900 pp of reading from the list of books provided on the FG website

Listening: 15 hours (900 min) of listening from the list of videos provided on the FG website

Classes: 3 sessions in total

Gold Certificate

Reading:

- 12 juz (240 pp) of the Quran
- 200 pp from Risale i Nur Collection
- 200 pp from the Pirlanta Reading Series
- 200 pp other

Listening: 16 hours

- 12 hours (720 min) of the Pirlanta Listening Series
- 4 hours (240 min) of listening from the list of videos provided on the FG website

Classes: 7 sessions in total

Bronze Medal

Reading:

- 15 juz (300 pp) of the Quran
- 400 pp from Risale i Nur Collection
- 300 pp from the Pirlanta Reading Series
- 300 pp other

Listening: 21.6 hours

- 16.6 hours (1000 min) of the Pirlanta Listening Series
- 5 hours (300 min) of listening from the list of videos provided on the FG website

Classes: 11 sessions from the same class

Silver Medal

Reading:

- 20 juz (400 pp) of the Quran
- 600 pp from Risale i Nur Collection
- 400 pp from the Pirlanta Reading Series
- 300 pp other

Listening: 31.6 hours

- 25 hours (1500 min) of the Pirlanta Listening Series
- 6.6 hours (400 min) of listening from the list of videos provided on the FG website

Classes: 22 sessions from 2 different classes

Gold Medal

Reading:

- 1 complete khatm (604 pp)
- 800 pp from Risale i Nur Collection
- 600 pp from the Pirlanta Reading Series
- 300 pp other

Listening: 40 hours

- 30 hours (1800 min) of the Pirlanta Listening Series
- 10 hours (600 min) of listening from the list of videos provided on the FG website

Classes: 33 sessions from 3 different classes

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:

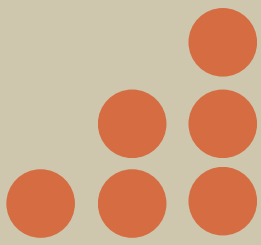
- No 'Sign-up and Go' trips: Your Expedition/Exploration should be a personally planned and led trip. It should not involve mission trips, conferences, cruises, competitions, workshops, or "sign-up and go" trips.
- Adult supervision is encouraged: While it is expected that you take on the primary responsibility 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.
- 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.

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	\$250
Silver Medal	\$300
Gold Medal	\$350

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.

- Person A starts from the Bronze Certificate and progresses to the Gold Medal. At the end of each track, they complete their goals and enter them into the system. The total reward amount they receive at each level is calculated by subtracting the rewards already earned in previous levels. The remaining balance is then awarded at each new level.
- Person B aims directly for the Gold Medal from the beginning. Once they complete their goals and submit them through the system, they receive the full Gold Medal reward without any deductions.
- In the end, both individuals receive the same total amount of gift cards.

AWARDS

At the end of each year, participants will earn points based on the highest level of goals they have completed:

- Gold Certificate: 1 point
- Bronze Medal: 2 points
- Silver Medal: 3 points
- Gold Medal: 4 points

Participants can use their accumulated points to qualify for reward trips. Each participant may choose to spend their points at the end of the year or save them for up to **4 years** to redeem larger rewards.

Trips will be organized annually in cooperation with the local Rehberlik Department and the Future Generation. All expenses for participants who earn trip awards—including transportation, accommodation, and meals—will be covered by Future Generation.

**Local
Trips
(1 point)**

**National
Trips
(6 points)**

**Regional
Trips
(3 points)**

**UMRAH
(12 points)**



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

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