

## **JSEMS Mentoring Program**

At Junior Sports and Exercise Medicine Switzerland (JSEMS), we believe in the power of mentorship to shape the future of sports medicine. Our revitalized mentoring programme is designed to ignite passion, foster connections, and open doors for students and junior residents eager to step into the field of sports and exercise medicine (SEM).

We are currently relaunching our mentoring programme and would be thrilled to welcome as many SEMS members as possible to join us as mentors. Your knowledge, experience, and enthusiasm are invaluable assets that can significantly impact the professional journey of our mentees.

### **Purpose and Vision**

The aim of this mentoring initiative is to offer mentees—students and junior doctors—an inspiring and accessible entry into the world of SEM. Mentors serve as trusted guides, providing insights, sharing professional experiences, and helping mentees understand the dynamic and multifaceted role of a sports physician.

The mentoring relationship is mentee-driven, with the student taking the initiative to reach out and establish contact. Mentors are encouraged to respond openly and supportively to questions and communication. Whenever possible, we ask mentors to provide mentees the opportunity to shadow them during their daily clinical or professional routine—whether for a day or even longer. This exposure allows mentees to experience the realities of SEM first-hand.

In addition, mentors are welcome to share current and relevant scientific literature, and, where appropriate, offer opportunities for academic collaboration such as supervising a master's thesis. Mentors may also involve mentees in medical coverage at sporting events or invite them to attend conferences and congresses together.

We encourage each mentoring pair to communicate openly, define expectations early, and set individual goals. Flexibility is key—every mentoring relationship is unique and should reflect the personal and professional needs of both mentor and mentee. Ultimately, we want this experience to be rewarding, motivating, and deeply enriching for everyone involved.

Let's work together to inspire the next generation of sports physicians and share the unmatched excitement of SEM. We can't wait to see this programme thrive with your invaluable support.

### **Interested?**

Then contact us via the following email address: [jenny.meier-grau@hotmail.ch](mailto:jenny.meier-grau@hotmail.ch)