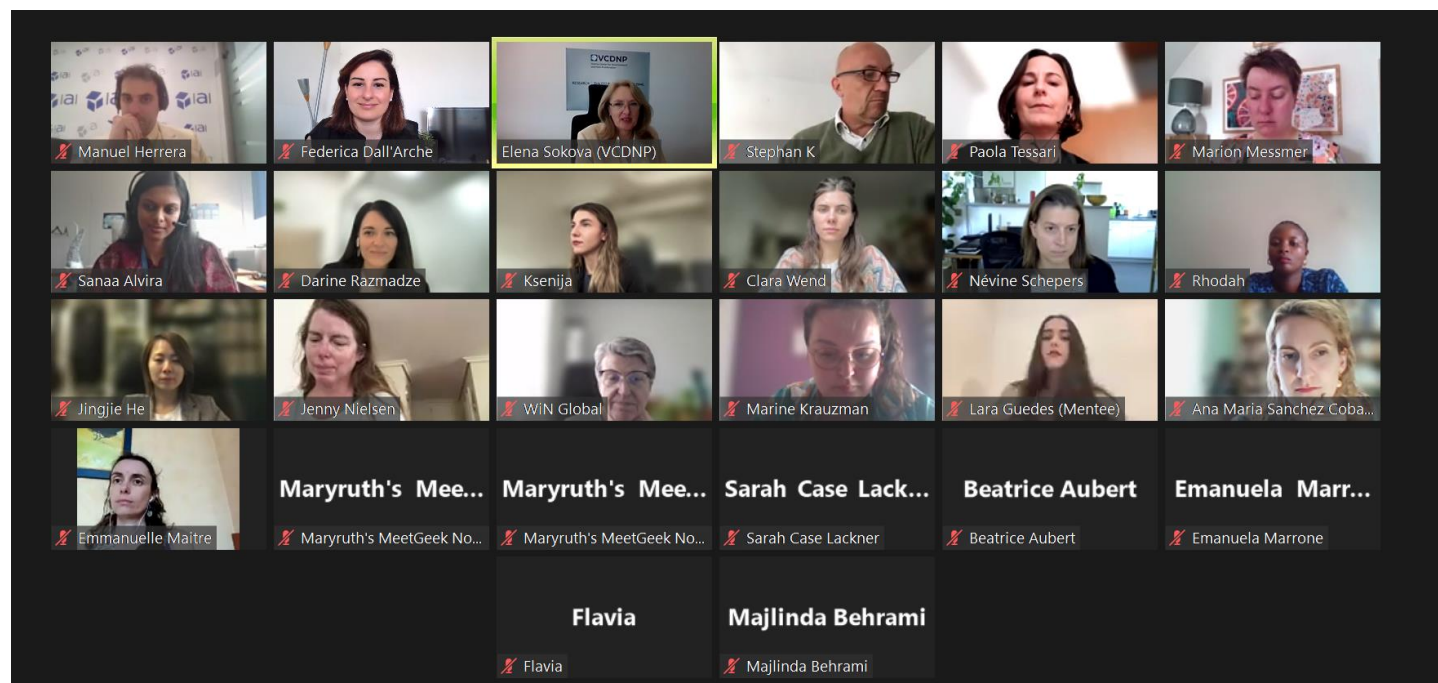


Young Women in Non-Proliferation and Disarmament Mentorship Programme – 3rd Edition Final Meeting

The VCDNP and IAI convened the final meeting of the third edition of their Mentorship Programme for young women in non-proliferation and disarmament.



On 10 May 2024, the VCDNP and the International Affairs Institute (IAI) organised the final meeting of the third edition of the Young Women in Non-Proliferation and Disarmament Mentorship Programme.

This year, the programme paired 22 driven young women with 22 established experts in the field. These pairs engaged in a mentoring relationship that included regular videoconferencing sessions, among other activities. The programme also gave participants the opportunity to attend relevant conferences and outreach events on non-proliferation, disarmament, arms control, and related topics, including the [EUNPDC Annual Conference](#) and [Next Generation Workshop](#).

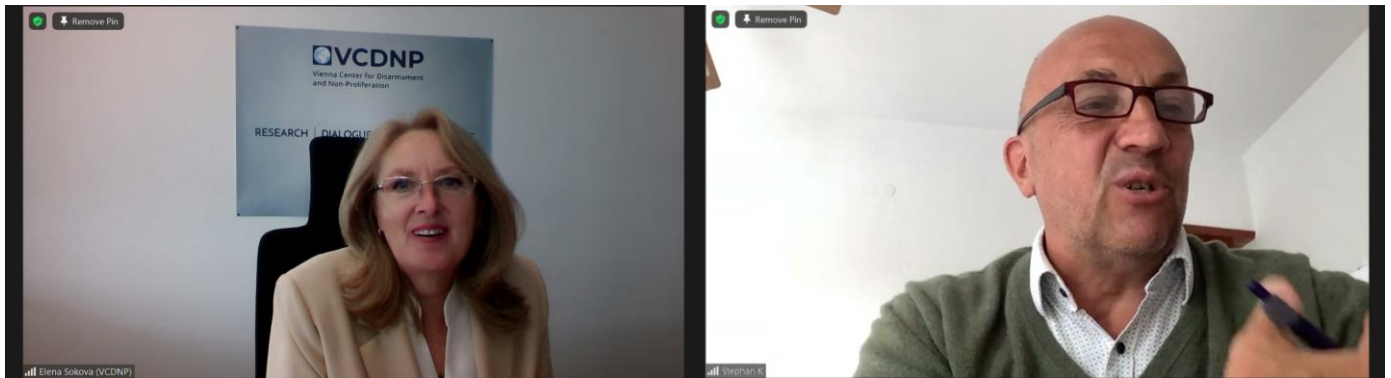
The Mentorship Programme has also provided networking and career development opportunities through seminars, social events, and other activities. The Mentorship Programme is part of the [Young Women and Next Generation Initiative](#) under the [EU Non-Proliferation and Disarmament Consortium](#).

“The mentorship programme definitely is a unique opportunity for young female professionals or students to gain a foothold in the world of disarmament and non-proliferation. Not only can you learn from the experiences of an experienced and established mentor in the field, but you also get to connect with young like-minded colleagues who are also at the start of their career. I can definitely recommend it as the

connections you are able to make are extremely valuable - both in the professional and the private sphere!”

- *Mentee*

The final meeting was opened by **Elena K. Sokova**, VCDNP Executive Director, and **Stephan Klement**, Special Envoy for Disarmament and Non-Proliferation and Disarmament at the European External Action Service (EEAS).



The event was held online and divided into three sessions.

The first session was dedicated to mentees' presentations and moderated by **Paola Tessari** (IAI). Several mentees presented the results of their research conducted during the Mentorship Programme. The presentations addressed issues related to arms control, disarmament, and non-proliferation, including regional challenges, chemical, biological, radiological, and nuclear (CBRN) threats, military expenditure and data collection, as well as the nexus between climate change and disarmament.

Presentations were delivered by:

- *Lara Maria Guedes*, Intern at Stockholm International Peace Research Institute (SIPRI)
- *Ksenija Trajkovska*, Analyst at Fenix Insight LTD
- *Clara Wend*, Student at Technical University Vienna
- *Beatrice Aubert*, Trainee at EEAS

“I really like the concept of this Programme and how refreshing it felt to coach a mentee/someone who is hopeful and positive about the field and I learned a lot too as a mentor!”

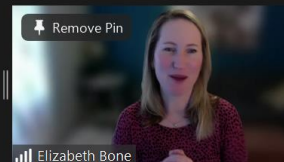
- *Mentor*

The second panel focused on providing career advice and featured a presentation by **Elizabeth Bone**, Career and Academic Advisor at the Middlebury Institute of International Studies at Monterey. Ms. Bone shared helpful tips when searching for a job and offered guidance for dealing with rejection and building resilience. The panel was moderated by **Manuel Herrera** (IAI).

Boosting Your Resiliency During Your Job Search

Elizabeth Bone
Career and Academic Advisor
Middlebury Institute of International Studies (MIIS)

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“The many opportunities provided by the mentorship programme have definitely deepened my understanding of arms control and non-proliferation. Especially the in-person conference in December 2023 was a particularly enriching experience. I also enjoyed both the issue-related and skill-building opportunities that took place online”

- *Mentee*

The last panel was devoted to a comprehensive evaluation of the Programme to collect feedback from participants and brainstorm improvements for future editions. The open discussion was moderated by **Federica Dall’Arche** (VCDNP).



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