

# Music mentor: Your guide to activities



How nice that you wanted to  
meet us!

We wish all children and their families welcome  
to the local music community! Choirs, bands and  
orchestras are open to everyone regardless of  
language, culture, age, economy, gender  
or abilities.

A music mentor is someone who will show the children the music options available. It is completely up to you to choose which activity suits you best.

**On the next pages, you can find more information regarding:**

- Why should children play music?
- The different music activities
- The role of the local team (your local band, choir or orchestra)
- What you can expect from us
- Your role as a parent/guardian
- Questions and answers regarding practical challenges





## Why should your children learn music?

1. Your child will have a fun leisure activity and meet new friends
2. Music promotes good wellbeing and increases learning abilities in school
3. Your child will enjoy learning new skills, and master something which in the beginning might be difficult

## The different music activities

From the music mentor you can get more details about the activities that your child is interested in. In addition to rehearsal times and the number to your contact person in the music activity.

These are the activities the children can choose between:

- **Choir:** In a choir, a group of people gather to sing. It can be sung in unison or polyphonic, with or without instruments. Choirs come in all sizes, from small groups of 4-5 singers to large choirs with several hundred people. Some choirs sing a lot of classical music, while others sing more contemporary music.
- **Band:** In the band, the children receive training in either a wind instrument or percussion, which we play together with others. There are many different instruments to choose from. Everyone can come up with a wish about which instrument they want to learn to play, but it is mostly the conductor (teacher) who decides in the end.
- **Orchestra:** In the orchestra, the children are trained in an instrument which they play together with others. In Norway, the most common orchestras are either a string orchestra with violin, cello, viola and double bass, or a symphony orchestra that also includes wind instruments and percussion instruments.

## **This is what you can expect from us**

The music mentor you meet, has been thoroughly trained, and has a duty of confidentiality and a police certificate for working with children and young people.

The music mentor will follow up your family for 3-6 weeks, depending on the need. During this period, the music mentor can help with the following:

- Show which music activities the children can join in the local community, when and where they happen, and where to find more information about this.
- Apply for financial support when necessary.
- Accompany the child to the activity, and help finding out how the child can get to the activity in the future.
- Put you in touch with a contact person in your local choir/band/orchestra, who can help your family after the music mentor's work is done.

### **The follow up period ends after 3-6 weeks.**

- The music mentor will in cooperation with your local choir/band/orchestra do their best in finding long term solutions, if your family still need help with practical challenges.
- If you have questions and/or challenges after the cooperation with the music mentor has ended, contact your contact person in the choir/band/orchestra.
- You will be called by the manager of the Music mentor scheme approximately two months later to hear how things are going and whether the child is still active.

**The music mentor cannot assist with any challenges that do not concern the children's participation in musical activities.**







## Your role as a parent/guardian

### Be curious:

- If you are wondering about anything, just ask, and tell your children that they can do the same!
- If you have the opportunity, feel free to join a rehearsal together with the child and the music mentor, in order to get to know the activity and those in charge better.

### Be involved:

- Answer texts/phone calls from the music mentor.
- Make sure you are updated. Make sure you are up to date on when rehearsals and other activities are happening and that you know where to find information about these things.
- Make sure that the child gets to practice on time.
- Encourage the child to practice their instrument/sing between rehearsals and lessons.
- Try to find solutions to challenges together with the music mentor and make a plan, so that your child can continue with the activity even after the music mentor's follow-up period is over.

## The role of the local team(the local choir/orchestra/band)

Local team or music team is what we call the local choir, band or orchestra. Why is it actually called a team? That's because it's a team of parents who work together voluntarily to plan fun and educational music activities for the children. The parents help organize the practical aspects of rehearsals, social activities and trips, while the music lessons themselves are led by a trained conductor (teacher).

You and your children will have a contact person in the local team who can help if you have any questions. If necessary, they can make regular phone calls with you, to keep you up to date on what is happening.

The parents are an important piece in the local team. They ensure that the local team has a good environment by planning concerts, social activities and trips. As a parent, you can help by, for example, baking a cake or cleaning when there is a concert. If you want to contribute as a volunteer, you get to join a pleasant community where you get to know other parents.



## Questions and answers

***I cannot accompany my children to practice. What can the music mentor do?***

- The music mentor can, together with the local team, try to find a solution to this.

***Recreational activities can be expensive and we can't afford it right now. What can the music mentor do?***

- The music mentor can apply for various financial support schemes for you, or help you apply for these yourself. The support schemes usually last one year.

***Do we have to pay extra for instruments and other equipment?***

- No. All children get to borrow an instrument, and all they have to do is take good care of it.

***Do we have to pay extra for tours and social activities?***

- The local team always does its best to ensure that everyone can take part in everything, regardless of finances.

***My child wants to play the piano, but it was not mentioned. Can the music mentor help us with this?***

- The music mentor can investigate the possibilities for this.

***I'm already very busy. Does this take a lot of time?***

- The most important thing is to ensure that the child arrives at the rehearsals on time. It's great if you have time to attend a concert, or follow up rehearsals at home.

***Will this get in the way of school?***

- No. Through leisure activities, children learn structure, which they need both at school and later in life.

***Do you help us with things other than music activities?***

- No, the music mentors can only help with things related to music activities for your children.

## Music mentor is a collaborative project between:

MNR, UNOF, Korpsnett, MiR, Ung i Kor

## For more information:

<https://www.musikk.no/nmr/inkludering/musikkfadder>

## Sign up:



## If you have any questions, you may contact:

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