



YOU GET
COMPETENCIES

FRAMEWORK OF COMPETENCES

TABLE OF CONTENTS

3 What's a
competence

4 Multilingual
competence

5 Personal and social
competence

6 Citizenship
competence

7 Entrepreneurship
competence

8 Cultural awareness
and expression
competence

9 Digital
competence

10 STEM competence

11 Literacy
competence

12 Structures near
from you

What's a competence?

A competence can be defined as the ability to apply knowledge, skills and behaviours in an execution situation.



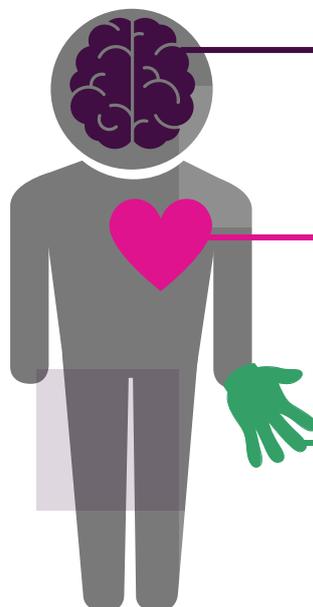
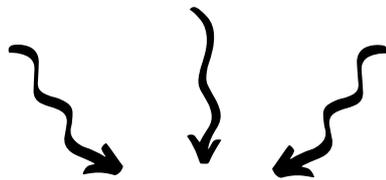
Hard skills : These are the technical skills required for a position, which are learned in school, acquired in training or through various professional experiences.



Soft skills : They are based on relational and emotional intelligence



Know-how: Know-how is the practical knowledge, the mastery to have for a position in our practice



Knowledge

Attitude
Know how to be

Skills
To know how to do

MULTILINGUAL COMPETENCE

Is the ability to use different languages for communication and to understand and express thoughts, feelings and facts orally or in writing



- To reading, writing and speaking in a basic level of literacy in national or foreign language (grammar and vocabulary)
- Learning the basics of signs language
- Non verbal communication

KNOWLEDGES



- Being open to dialogue with others
- Dare to meet foreign people and talk to them
- Active listener
- Going out of your confort zone

ATTITUDES



- To know how to adapt your communication according to the context
- Organized and facilitated workshops
- Public Speaking
- Know how to use tool for translation

SKILLS

**Use your
Europass CV***

**Share your
certificate
in language courses
during an interview**

*<https://europa.eu/europass/fr/create-your-europass-cv>

HOW TO ACQUIRE IT

- Use your notebook to write some vocabulary
- Watching movies, series, news, listening music in foreign language
- Role playing games
- Playing video games in foreign language

PERSONAL AND SOCIAL COMPETENCE

Is the ability to learn, to manage one's own learning and to reflect on oneself. It is about time and information management.



- Knowledge in psychology and sociology
- Knowledge of laws concerning GDPR*
- Basics and techniques about self-developpement

KNOWLEDGES



- Hospitality
- Be motivated and self confident
- Emotional control
- Autonomy
- Empathy

ATTITUDES



- Be able to communicate constructively
- Team work
- Be aware about breathing exercices

SKILLS

Do role-play games (like forum theater)

Practice your social skills in front of a mirror

*European data protection regulations

HOW TO ACQUIRE IT

- Volunteering in an association or a festival
- Practice team sports
- Participate in cultural activities outside of school or university
- Share a house with others people

CITIZENSHIP COMPETENCE

Is the ability to act as responsible citizens and to fully participate in civic and social life, based on understanding of social, economic, legal and political concepts as well as global developments and sustainability



- The methodology of event organization
- Knowledge on geopolitics and the history of your country
- Politics of the country and basic social norms
- Tools and informations to fight against fake news

KNOWLEDGES



- Respect the others' points of view
- Open mindness
- Curious and concern about the society's issues
- Openess to differences

ATTITUDES



- Raise your voice and your ideas
- Be capable to adapt yourself Plan and organize events and activities for the community (group discussions, sensibilize the youngsters...)

SKILLS

You can organize inclusive and citizenship events

You can take part in Erasmus + projects: Volunteering, youth exchange...

HOW TO ACQUIRE IT

- Debate with others, by informing yourself about citizenship topics,
- Being involved in associations (sport, culture, environment...)
- Taking part to the elections (in your class, in your city, association)

ENTREPREUNERSHIP COMPETENCE

is the capacity to act upon opportunities and to turn ideas into action that has value for others.



- Knowledge on business management
- Basics and techniques on digital marketing
- Knowledge about job market in my country
- Project management

KNOWLEDGES



- Adaptable
- Decision maker
- Taking risks
- Creativity
- Dreaming of change

ATTITUDES



- Team management
- Leadership
- Problem solving
- Financial management
- Innovation capacities

SKILLS

Talk about personal initiatives implemented (blog, workshop, personal projects,...)

To be part of professional/associative network and partnerships

HOW TO ACQUIRE IT

- Attend training courses, seminars and workshops for entrepreneurship (including MOOCs)
- Startup events, contests for finding funds and mentors
- Short term internships
- Gamification strategy online (and badges achievements)

CULTURE AWARENESS AND EXPRESSION COMPETENCE

Is the understanding of how ideas are creatively expressed in different cultures, through different arts. It involves developing and expressing own ideas.



- Intercultural communication
- Knowledge of other culture's habits
- Sharing and receiving cultural practices
- To be aware of arts in different countries (cinema, music, dances...)

KNOWLEDGES



- To be interested in cultural activities
- Be sensitive to cultural differences
- Communicative
- Curiosity

ATTITUDES



- To promote tolerance and intercultural dialogue
- To organize intercultural activities
- To adapt yourself in multicultural context

SKILLS

Make a list of the books, movies and series I'm watching right now before an interview

Develop foreign friendship network

HOW TO ACQUIRE IT

- Travel in different countries
- Take part of artistic workshop in your city
- Participation to an intercultural event
- Watching foreign movies
- Go to cultural events

DIGITAL COMPETENCE

Digital competence involves the responsible use of digital technologies; communication and collaboration, media literacy, digital content creation, safety, intellectual property related questions, problem solving and critical thinking.



- Knowledge of the main office software and computer (Word, Excel, Power point)
- Creative techniques on social media
- Basic knowledge on digital security (Anti-viral software)
- Coding and programming

KNOWLEDGES



- Creativity
- Curiosity
- Rigorous
- Critical and thoughtful attitude towards web information

ATTITUDES



- Analyse and filter information (fake news)
- Community management : social media and digital space (platform, applications)
- Using the website Canva (flyers or visuals)
- Create a website or Youtube channel

SKILLS

Create an original CV or cover letter to apply for a job interview

Be the person who will implement the digitalization of the enterprise or introduce cooperative tools!

HOW TO ACQUIRE IT

- Participating in online practical courses (several on Youtube)
- Playing online games
- Using "Tik tok" and other social media (to create a video)
- Using digital tools (Kahoot, Google translate...)

S.T.E.M. COMPETENCE

Is the ability to use mathematical thinking to solve problems in everyday situations. Competence in science refers to the ability to use knowledge; to identify questions and to base opinion on evidence.



- Knowledge of financial situation of our environment
- Specific knowledge on a subject
- Basics on risk management

KNOWLEDGES



- Logical
- Organised
- Critical and analytic spirit
- Work under pressure

ATTITUDES



- How to communicate in different environments
- Ability to analyse and solve problems
- To use software programs

SKILLS

You can use a Mindmap to facilitate your organisation on your job research

You can do a MOOC online to manage a business plan

HOW TO ACQUIRE IT

- Discover science events in your city
- Have an animal or a plant
- Plan a budget for an experience (travel, studies, etc)

LITERACY COMPETENCE

Is the ability to understand and express thoughts, feelings and facts orally, in writing or in other forms and to interact with others.



- Vocabulary and orthographic rules
- Speech knowledge
- Reasoned reading
- To know how to transcribe information in a simple and understandable way (synthesize)

KNOWLEDGES



- Verify your sources
- To have a thirst for knowledge
- Don't be afraid of judgement

ATTITUDES



- To adapt your speech on your target
- To write an article
- Organization skills for a writing
- How to express myself with redaction

SKILLS

Talk about your past presentation (in school, workshops during a seminar...)

Bring your documents (articles, videos...) in a job interview

HOW TO ACQUIRE IT

- Do theater activities
- Read the news, social medias and books
- Create a blog or a travel notebook
- Use social medias to express yourself



Produced as part of the "You Get Competencies"
KA2 project, funded by:



Erasmus+

The contents of this booklet are the sole responsibility of the author and the European Commission is not responsible for any use that may be made of the information contained therein.