

HOW DO YOU ENTER THE EDUCATION-FIT PROGRAMME?

The conditions for entering the education-fit programme are having completed a youth coaching and having applied to the AMS.

Contact data for youth coaching and education-fit advisers can be found at www.neba.at

WHAT COMES NEXT?

After completing the education-fit programme, you can

- > undergo an apprenticeship/an integrative vocational training in a company or an inter-company vocational training,
- > attend a secondary school,
- > participate in a qualification measure by the AMS or an educational institution.

... TRAINING FOR YOUR FUTURE

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WHY ATTEND THE EDUCATION-FIT PROGRAMME?

- > Are you 15 years of age or older and looking for your ideal career path?
- > Do you want to train in the competences required for it?

The education-fit programme can help you make the next educational step that is best for you.

You can stay in the education-fit programme for up to one year.

... **DEVELOPMENT OPPORTUNITIES FOR YOUR VOCATIONAL MATURITY**

WHAT IS THE EDUCATION-FIT PROGRAMME?

The education-fit programme is an offer for adolescents and young adults who are seeking support for their further educational or professional training after completing their compulsory education.

The education-fit programme trains you on your:

- > behaviour at work (concentration capacity, diligence, punctuality, independence, ...)
- > behaviour around other people (manners, external appearance, handling criticism and conflicts, ...)
- > career choice maturity (assessing one's own capacities)

... **THE EDUCATION-FIT PROGRAMME IS FREE OF CHARGE AND VOLUNTARY**

HOW DOES THE EDUCATION-FIT PROGRAMME WORK?

The education-fit programme is built upon four pillars:

Training modules

There are training modules which focus on the following topics:

- > Activation (introduction)
- > Exercise (training, professional orientation, ...)
- > Specialisation (for your specific professional training)

Coaching

Your coach accompanies you throughout your time in the education-fit programme and:

- > discusses your progress with you every 3 months
- > supervises you during courses which involve trying out jobs in commercial enterprises

Knowledge workshop

This is where you can be optimally trained in the competences required for your next educational step.

Sport activities

Sports and movement are of great importance at the education-fit programme and are offered at different levels.

An education-fit "map of the future" is handed over at the end.

