

Your gateway. Your opportunity!

Get oriented. Discover your skills.

Can you **try out life**? Yes, when it comes to work. Working with your hands or working in an office; with plants, with wood or with people: The AusbildungsFit preparatory module will help you find out more about the job - and yourself. Without any pressure or commitments. And with coaches who will help you plan your future: from practical questions to your self-confidence and motivation. Come and check out the **AusbildungsFit preparatory module**.

A good thing: The AusbildungsFit preparatory module.

"Can I cope with vocational training? How? And with which one?"

The preparatory module gives you an idea of how AusbildungsFit works. No appointments, no registration: You simply take a look. A coach will help you: They will show you which jobs you can "try out". They will advise you on your next steps. They will introduce you to shared activities. And don't worry about the others. They all have similar questions and motives!

How the preparatory module **works practically**.

The AusbildungsFit preparatory module helps you with the next steps on the way to your training. You will learn and practice the basics:

Discover your strengths. You can try different things out. Without any stress. If you are particularly good at something, you can find out more and specialise!

Coaching. There is always someone there for you: for your progress; and, of course, to help with any questions and problems.

Knowledge workshop. What will help you with the next steps in your training? Find out here.

Sport & fun. Yes, physical condition is also part of "job fitness".



Important points:

- AusbildungsFit is free and voluntary.
- You must be at least 15 years old.
- After the acclimatisation phase, you receive a small allowance.
- In Austria, education is mandatory until the age of 18 years. The AusbildungsFit preparatory module helps you with this.

And it's that easy:

- You can use the preparatory module when you want and as often as you want. It is up to six months long, with an extension option.
- You can find out the locations of the preparatory modules here:
www.neba.at/ausbildungsfit#anbieter-innen or
- use the QR code:



And then?

You have learnt the basic skills for your future. Perhaps you have decided on **AusbildungsFit**: With the preparatory module, you are ready to get involved! In short: **The preparatory module is your ticket to AusbildungsFit – and for more chances in life!**

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