

Let's get started **together!**

Improve your skills. Choose your future.

School is over. **So what now?** Have you completed your compulsory schooling but still don't have any plans? You might lack the basics for some things: What is expected of you during an apprenticeship? And how can you cope with it all? Or should you continue with your education with a certain profession in mind? No matter if it is training or a job: Whatever you want to do – you can achieve it! With the help of **AusbildungsFit**.

Why AusbildungsFit is a good idea.

"What jobs and training are there? What do I need to succeed in my apprenticeship or at school?"

Get to know the world of work: from skilled trades to commerce to IT. Hands-on, and with fun. With coaches, trainers and others who have the same questions as you. That is AusbildungsFit, and the goal is clear. You'll find out what you want and what you can do. And you'll feel ready to learn a profession "for real" or to take on other training.

How AusbildungsFit **works practically.**

You will spend your days in a varied environment with our coaches, trainers, and other participants for up to twelve months.

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:

- The prerequisite for participation is that you have completed **youth coaching** or the **AusbildungsFit preparatory module**.
- You can find AusbildungsFit providers near you on this website:
www.neba.at/ausbildungsfit#anbieterinnen

- use the QR code:



And then?

After AusbildungsFit, you are ready for an **apprenticeship in a company** – with an extended apprenticeship period if necessary. Or for **further schooling**. Or for participation in a **further qualification through the AMS** (Austrian Public Employment Service) or an educational establishment. One thing is for sure: **After AusbildungsFit much more is possible!**

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