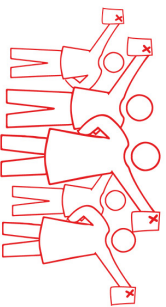


Competence card



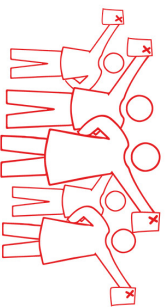
Democratic competence

Competence card



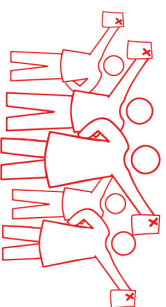
Democratic competence

Competence card



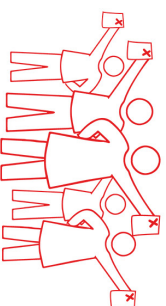
Democratic competence

Competence card



Democratic competence

Competence card



Democratic competence

Competence card



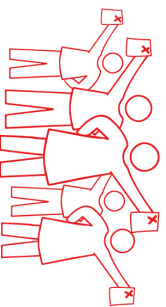
Democratic competence

Competence card



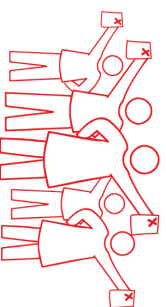
Democratic competence

Competence card



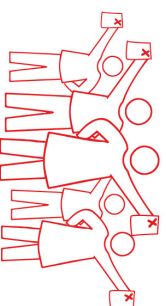
Democratic competence

Competence card



Democratic competence

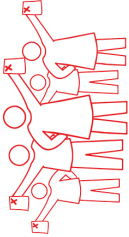
Competence card



Democratic competence

Competence card

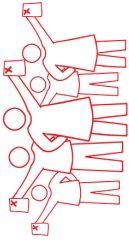
I know how democracy works in practice



Democratic competence

Competence card

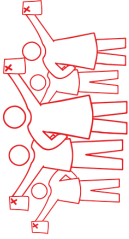
I discuss the way society works with others



Democratic competence

Competence card

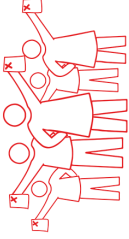
Together with others I develop ideas on how to improve society



Democratic competence

Competence card

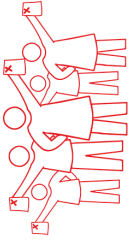
I'm elected a representative in an association/my workplace/my education



Democratic competence

Competence card

I respect different ways of living



Democratic competence

Competence card

I'm engaged in society and pay attention to politics



Democratic competence

Competence card

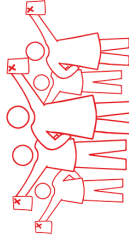
I vote in elections



Democratic competence

Competence card

I try to change conditions in society that I don't approve of



Democratic competence

Competence card

I know and respect the principles of democracy



Democratic competence

Competence card

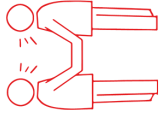
I take responsibility for the community concerning small and big issues in everyday life



Democratic competence

Competence card

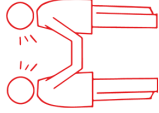
I'm open minded
and enjoy talking
to others



Communications competences

Competence card

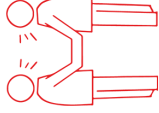
I really try to keep
my promises



Communications competences

Competence card

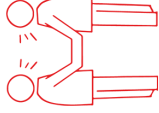
I make myself
clear when
writing to others



Communications competences

Competence card

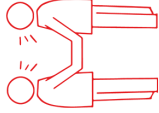
I think about how to
reach different target
groups



Communications competences

Competence card

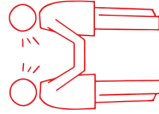
I try to check if my
communication is
being understood



Communications competences

Competence card

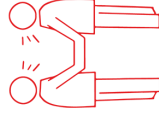
I'm good at listening



Communications competences

Competence card

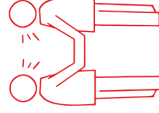
I'm using body
language to express
my feelings or
point of view



Communications competences

Competence card

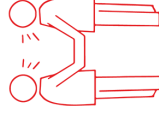
I make myself
clear when
talking to others



Communications competences

Competence card

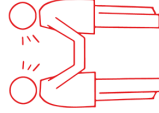
I dare speaking up
in bigger crowds



Communications competences

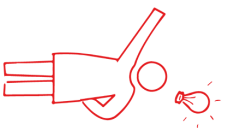
Competence card

I'm aware of using the type of
communication most suited
for any given situation (e.g.
when to look someone up in
person, use social media like
facebook etc.)



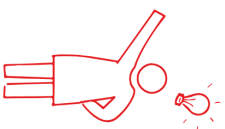
Communications competences

Competence card



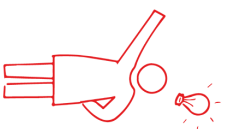
Creative-innovative competences

Competence card



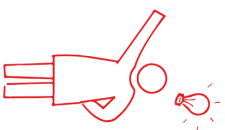
Creative-innovative competences

Competence card



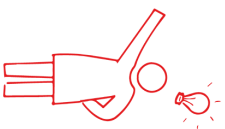
Creative-innovative competences

Competence card



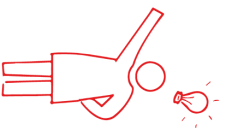
Creative-innovative competences

Competence card



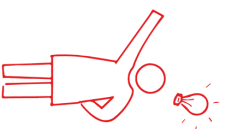
Creative-innovative competences

Competence card



Creative-innovative competences

Competence card



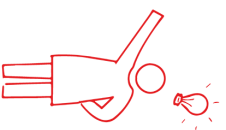
Creative-innovative competences

Competence card



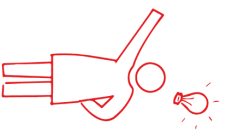
Creative-innovative competences

Competence card



Creative-innovative competences

Competence card



Creative-innovative competences

Competence card

I see possibilities
instead of limitations



Creative-innovative competences

Competence card

I learn from
my mistakes



Creative-innovative competences

Competence card

I don't give in,
but try to find
alternative ways



Creative-innovative competences

Competence card

I know how to use
knowledge in
new settings



Creative-innovative competences

Competence card

I create an
atmosphere of
enthusiasm and drive



Creative-innovative competences

Competence card

I dare thinking
'out of the box'



Creative-innovative competences

Competence card

I get ideas for new
things and methods
to try out



Creative-innovative competences

Competence card

I'm open to the ideas
of others and to
elaborate on them



Creative-innovative competences

Competence card

I see change as
something positive



Creative-innovative competences

Competence card

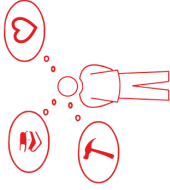
I like developing new
goals and visions



Creative-innovative competences

Competence card

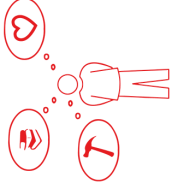
I don't give in even when it's difficult



Learning competences

Competence card

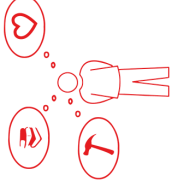
I combine new and earlier/previous experiences



Learning competences

Competence card

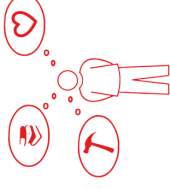
I'm open to new ways of learning



Learning competences

Competence card

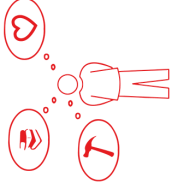
I can teach others and learn from others



Learning competences

Competence card

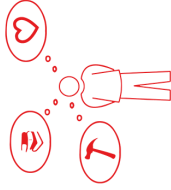
I attend courses and use the learning outcome in new settings



Learning competences

Competence card

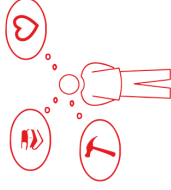
I'm curious and like learning new matters



Learning competences

Competence card

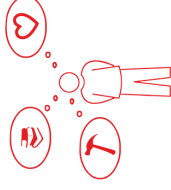
I'm aware of which new matters I'm learning



Learning competences

Competence card

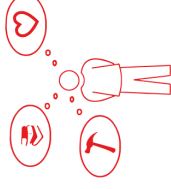
I'm aware of in which way I learn the best



Learning competences

Competence card

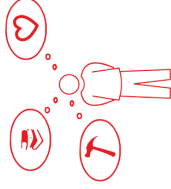
I have an aim of what I want to learn



Learning competences

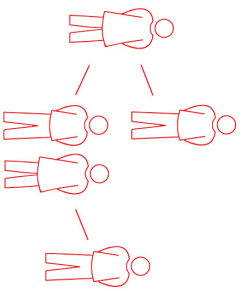
Competence card

I know that not all kinds of knowledge or information are true, e.g. things I read on the internet



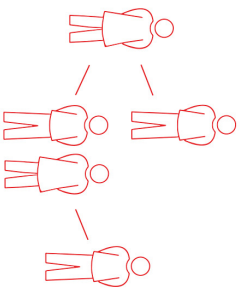
Learning competences

Competence card



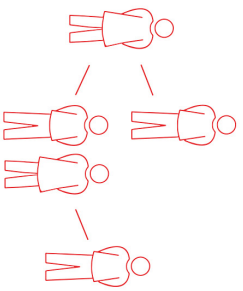
Organizational competences

Competence card



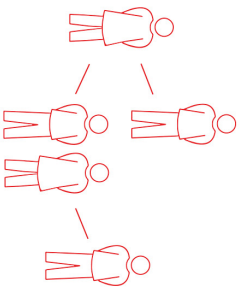
Organizational competences

Competence card



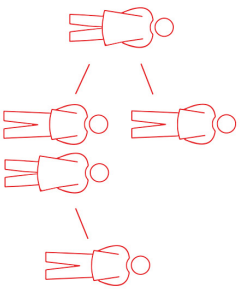
Organizational competences

Competence card



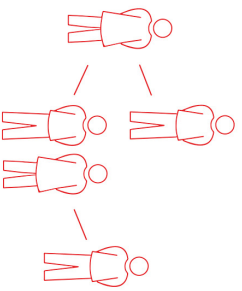
Organizational competences

Competence card



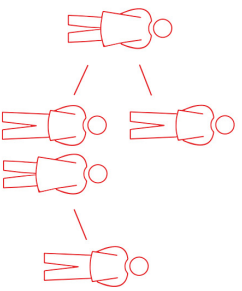
Organizational competences

Competence card



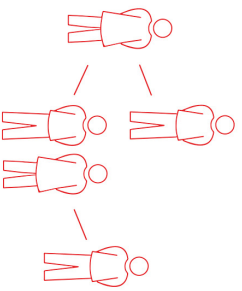
Organizational competences

Competence card



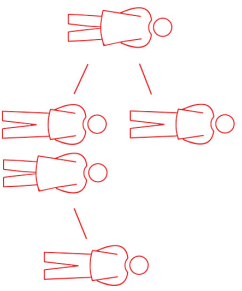
Organizational competences

Competence card



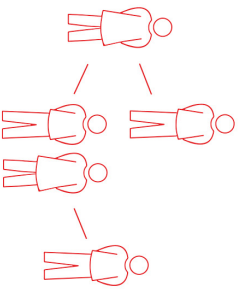
Organizational competences

Competence card



Organizational competences

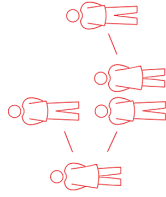
Competence card



Organizational competences

Competence card

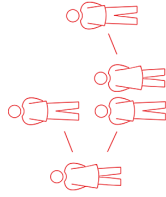
I like to plan and implement projects/activities



Organizational competences

Competence card

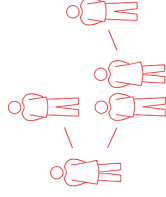
I'm used to planning and implementing projects/activities



Organizational competences

Competence card

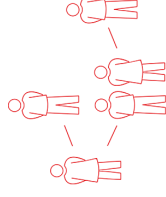
I can spot who is good at doing what



Organizational competences

Competence card

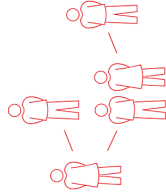
I make others involve themselves



Organizational competences

Competence card

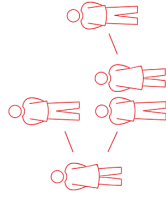
I collaborate with other organizations



Organizational competences

Competence card

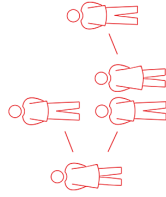
I understand how an association or an activity is organized and works



Organizational competences

Competence card

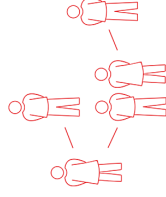
I set goals and direction for an activity



Organizational competences

Competence card

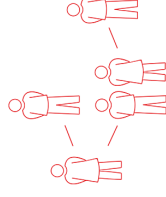
I'm able of multitasking



Organizational competences

Competence card

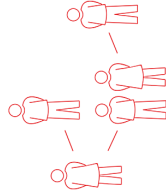
I establish consensus on how to solve a problem/complete a task



Organizational competences

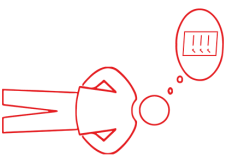
Competence card

I know how to get important information/ to make activities/ projects work



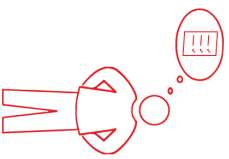
Organizational competences

Competence card



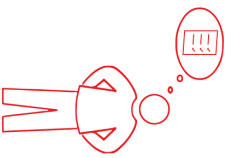
Self-leading competences

Competence card



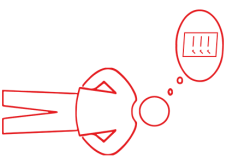
Self-leading competences

Competence card



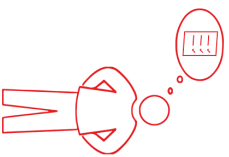
Self-leading competences

Competence card



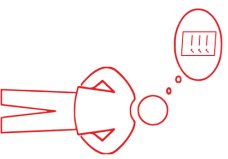
Self-leading competences

Competence card



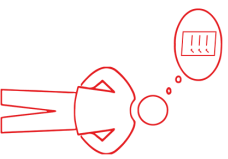
Self-leading competences

Competence card



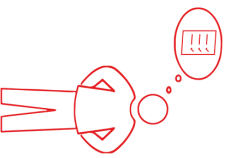
Self-leading competences

Competence card



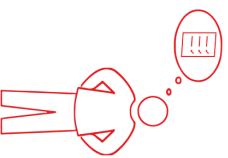
Self-leading competences

Competence card



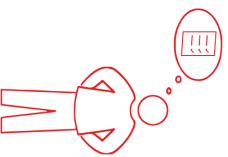
Self-leading competences

Competence card



Self-leading competences

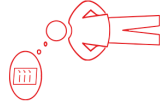
Competence card



Self-leading competences

Competence card

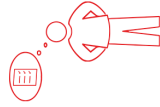
I'm aware of my own strong and weak points



Self-leading competences

Competence card

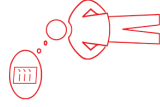
I take ownership and I'm ready to make an extra effort



Self-leading competences

Competence card

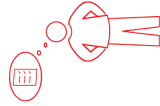
I'm good at making decisions



Self-leading competences

Competence card

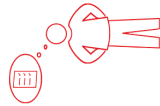
I work in a structured and determined way



Self-leading competences

Competence card

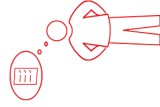
I view my own efforts in a realistic way



Self-leading competences

Competence card

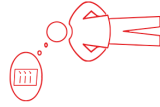
I take the lead in solving different problems/completing tasks



Self-leading competences

Competence card

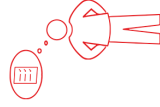
I myself plan how and when I will solve a problem/complete a task



Self-leading competences

Competence card

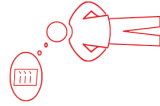
I challenge myself



Self-leading competences

Competence card

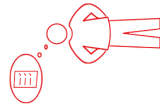
I know when I need the help of others



Self-leading competences

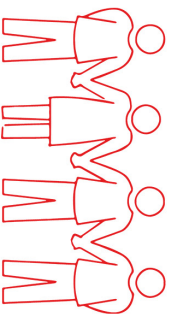
Competence card

I'm good at prioritizing what's the most important



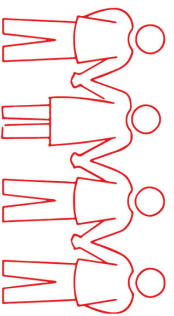
Self-leading competences

Competence card



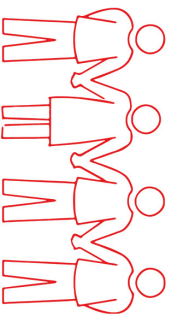
Social competences

Competence card



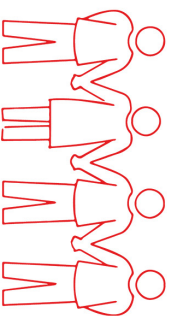
Social competences

Competence card



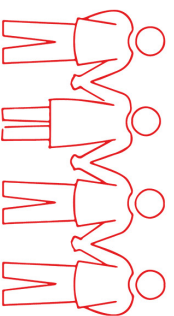
Social competences

Competence card



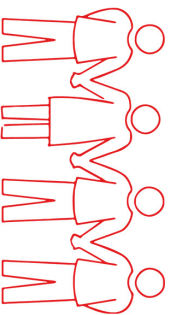
Social competences

Competence card



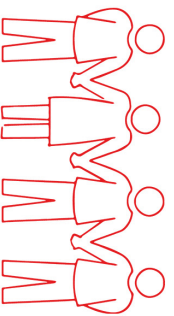
Social competences

Competence card



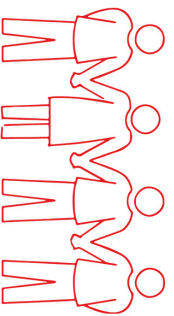
Social competences

Competence card



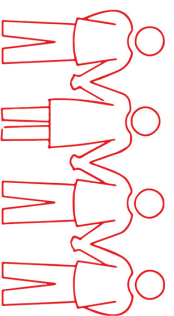
Social competences

Competence card



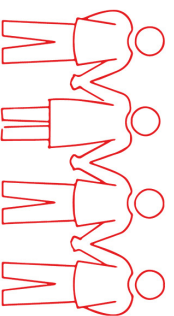
Social competences

Competence card



Social competences

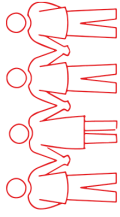
Competence card



Social competences

Competence card

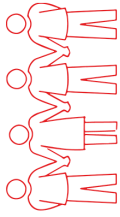
I help solving
conflicts



Social competences

Competence card

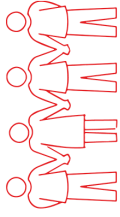
I try to understand
the situation
of others



Social competences

Competence card

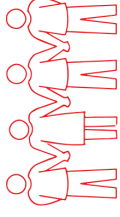
I like solving
problems/completing
tasks together with
others



Social competences

Competence card

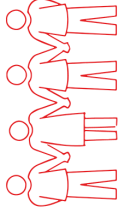
I have trust in others
even though they have
another background
than my own



Social competences

Competence card

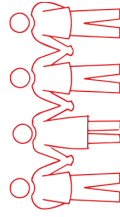
I contribute to
creating a sense of
community



Social competences

Competence card

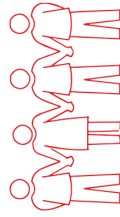
I make sure
everyone is feeling
at ease



Social competences

Competence card

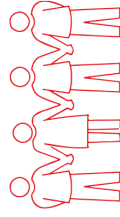
I listen to others



Social competences

Competence card

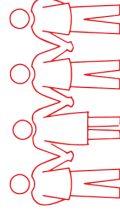
I am able to work
with other people
even though I don't
like them



Social competences

Competence card

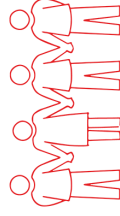
I make
collaboration work



Social competences

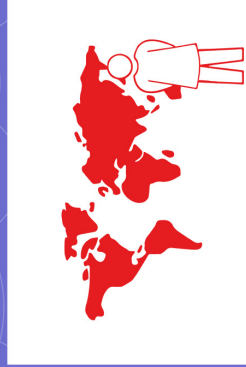
Competence card

I keep up relations
and contacts



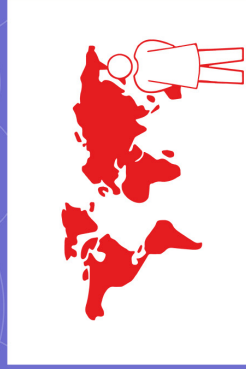
Social competences

Competence card



Intercultural competences

Competence card



Intercultural competences

Competence card



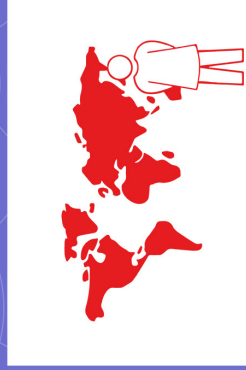
Intercultural competences

Competence card



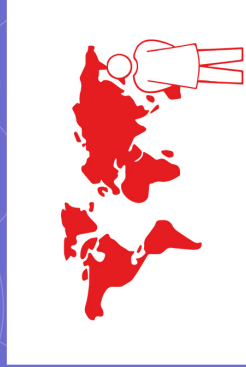
Intercultural competences

Competence card



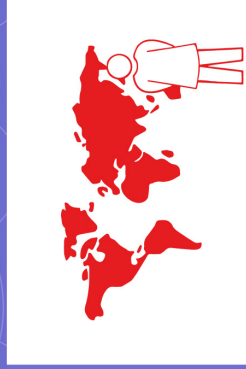
Intercultural competences

Competence card



Intercultural competences

Competence card



Intercultural competences

Competence card



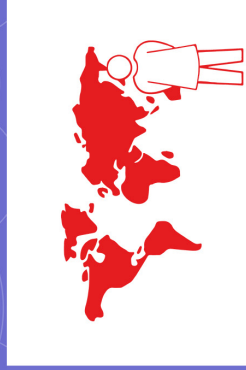
Intercultural competences

Competence card



Intercultural competences

Competence card



Intercultural competences

Competence card

I'm curious about others that doesn't look like me, e.g. people with different culture or religion



Intercultural competences

Competence card

I'm used to being around others with a different background than my own, e.g. lifestyle, age etc.



Intercultural competences

Competence card

I know what's special in my own culture



Intercultural competences

Competence card

I contribute to using differences in creating development



Intercultural competences

Competence card

I accept that my opinions and my way of living can be changed when meeting other people



Intercultural competences

Competence card

I'm aware of the impact of differences



Intercultural competences

Competence card

I am curious to hear how others look upon our culture



Intercultural competences

Competence card

I contribute to building bridges between differences



Intercultural competences

Competence card

I focus upon what unite across differences



Intercultural competences

Competence card

I contribute to respect and tolerance



Intercultural competences