

Innovative approaches for participation and inclusion of migrant and senior women

Training resource

ANNEX 2

GRID of LEARNING OUTCOMES

Please rate yourself on a scale of 1-5 (1 the worst and 5 excellent) in relation with how well you think you manage the below work

Key Competences	1	2	3	4	5
Communication in mother tongue/foreign language					
Mathematical competencies					
Digital competencies					
Learning to learn					
Interpersonal and civic competencies					
Cultural expression					
Entrepreneurship					

Other Skills	1	2	3	4	5
Awareness of different local realities					
Presentation skills					
Knowledge of culinary traditions and natural remedies					
Creativity					
Sense of Initiative					

Problem solving					
Group work					
Management of events					
Internal and external communication					
Self-reflection					

EQF-Level 3	1	2	3	4	5
Knowledge of facts, principles, processes and general concepts, in a field of work or study					
Arrange of cognitive and practical skills required to accomplish tasks and solve problems by selecting and applying basic methods, tools, materials and information					
Taking responsibility for completion of tasks in work or study					
Adapting own behaviour to circumstances in solving problems					

Comments by trainers:
