

Module 5

Employment and Vocational Skills

2023-1-RO01-KA210-VET-000166400

Erasmus+ KA210-VET – Small-Scale
Partnerships in Vocational Education and Training



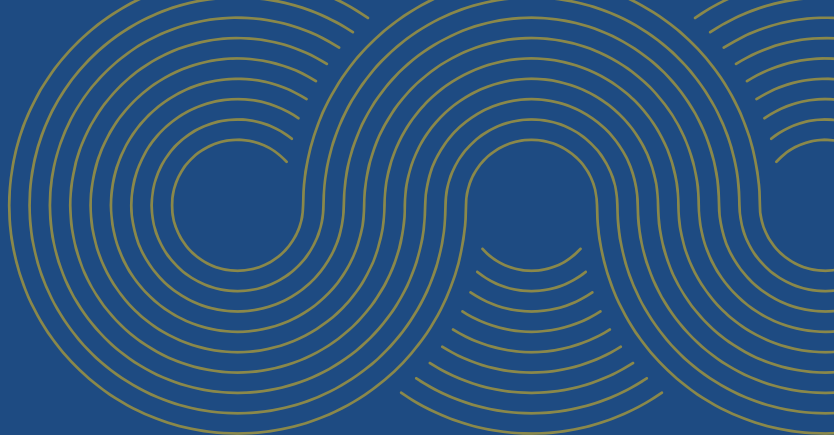
Co-funded by
the European Union



Erasmus+

“The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the National Agency and Commission cannot be held responsible for any use which may be made of the information contained therein”

TABLE OF CONTENTS



WHAT DOES “EMPLOYMENT” MEAN?

WHY IS WORK IMPORTANT?

WHAT ARE VOCATIONAL SKILLS?

SMALL JOBS YOU CAN START WITH

HOW TO PREPARE FOR WORK

PRACTICAL EXERCISES

REFLECTION QUESTIONS

MY ACTION PLAN

KEY MESSAGE

WHAT DOES “EMPLOYMENT” MEAN?

Employment means **having a job or doing useful work** for which you are paid or appreciated.

Work can be **full-time, part-time, volunteering, or training.**

Even small tasks (helping in a kitchen, cleaning, gardening) count as valuable work.



*Asociația de Reziliență și Suport în
Sănătate Mintală a Spitalului de
Psihiatrie și pentru Măsurile de
Siguranță Jebel*



WHY IS WORK IMPORTANT?

- Gives **independence** (you earn money or learn skills).
- Creates **purpose** (you feel useful).
- Helps build **confidence** and self-worth.
- Allows you to **meet new people** and feel part of the community.

WHAT ARE VOCATIONAL SKILLS?

Vocational skills are **abilities that help you do a job**.

Examples:

- Being on time
- Following instructions
- Keeping your workplace clean
- Working in a team
- Using tools safely
- Talking politely to others

SMALL JOBS YOU CAN START WITH

- Cleaning rooms or hallways
- Helping in a kitchen
- Gardening or watering plants
- Folding laundry
- Simple packaging tasks
- Animal care (feeding pets, cleaning cages)

HOW TO PREPARE FOR WORK

- **Know your strengths:** What are you good at? (e.g., cooking, organizing)
- **Start small:** Practice tasks at home or in therapy sessions.
- **Learn punctuality:** Arrive on time for meals, appointments, activities.
- **Follow routines:** Workplaces like order and planning.
- **Practice teamwork:** Share tasks and talk politely to colleagues.

PRACTICAL EXERCISES

Exercise 1: “My Skills List”

Write or draw:

- Things I do well:
- Things I want to learn:

Exercise 2: “Work Routine Practice”

- Choose one simple task (e.g., sweeping a floor).
- Practice it **every day at the same hour** for 5 days.
- Tick ✓ each day you do it.

➡ This builds discipline and routine.

Exercise 3: “Punctuality Game”

- Set a daily alarm.
- Be ready for an activity 5 minutes before it starts.
- Reward yourself with something nice (music, tea) if you succeed.

Exercise 4: Role Play “Job Interview”

With a therapist:

- Practice saying your name.
- Practice answering: “What do you like to do?”
- Practice shaking hands or greeting calmly.

Exercise 5: “Teamwork Activity”

In a group, do one shared task:

- Cleaning a table together
- Cooking a simple meal as a team
- Planting flowers outside

➡ Talk kindly, listen, and help each other.

Exercise 6: “Volunteer Experience”

Find a safe, supervised place to help for 1 hour a week:

- Library, garden, kitchen, or center
- Write:
- What task I did:
- How I felt:

Exercise 7: “Work Behavior Checklist”

- ☐ Say “hello” to colleagues
- ☐ Follow instructions
- ☐ Ask for help if unsure
- ☐ Take short breaks
- ☐ Say “thank you”

Tick each one after practice!

REFLECTION QUESTIONS

- 1.What type of work do I enjoy most?
- 2.How do I feel when I finish a task?
- 3.Who can help me find small work or training?
- 4.What is one new skill I want to learn this month?

MY ACTION PLAN

- **One task I will practice daily:**
- **A place I'd like to volunteer or train:**
- **A skill I will focus on learning next:**

KEY MESSAGE

Work is not about being perfect.

It's about **trying, learning, and improving step by step.**

Every small effort — cleaning a table, greeting someone — is part of your journey toward independence.

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the National Agency and Commission cannot be held responsible for any use which may be made of the information contained therein"