





What are life skills?

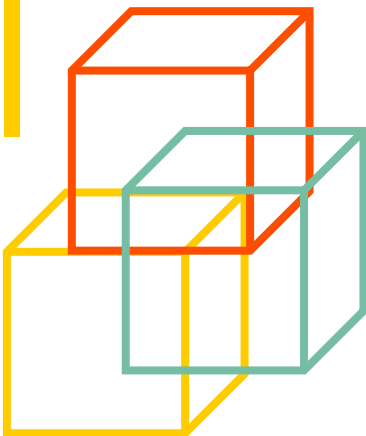
Life skills are a constituent part of capabilities for life and work in a particular social, cultural and environmental context. The types of life skills emerge as a response to the needs of the individual in real life situations.

What is the Life Skills for Europe project about?

The project aims to improve basic skills provision in Europe by explaining, further developing and upscaling the life skills approach. It fosters a common understanding of the benefits of life skills for adult education across Europe.

What will the project achieve?

-  Map out life skills approaches and collect good practices and tools in life skills provision
-  Develop an overarching life skills learning framework and modules that are transferrable across Europe
-  Propose concrete ways to devise and implement a life skills strategy at the local / regional / national levels
-  Propose a concrete advocacy tool to target regional, national and European policy-makers



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Components and benefits of life skills

Numeracy capabilities

Recognizing, engaging with and using numerical information in everyday life – using mathematics to solve problems, describe, explain and predict what will happen



Financial capabilities

Being able to manage money and to use the information and advice services that are required to effectively manage one's own finances



Benefits

Realisation
full poten

Active particip
in society

Health capabilities

Having the necessary knowledge and competences to take care of one's own physical and mental well-being and care for others – knowing how to access and make use of healthcare services – understanding basic health information (e.g. medication, food packaging)



Knock-on effect on
participants' communities
and families

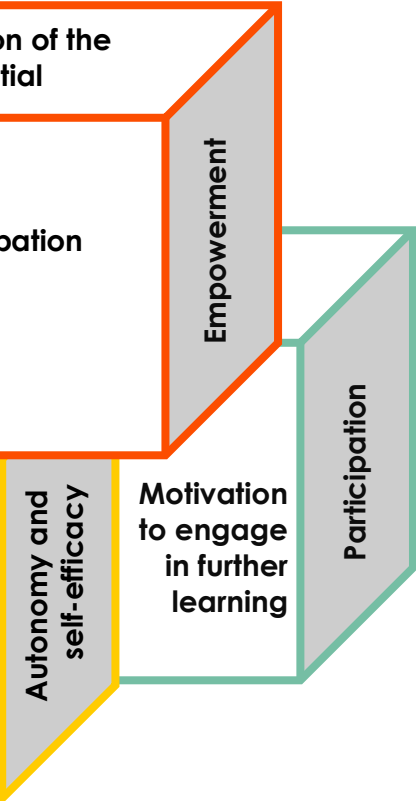
Personal and interpersonal capabilities

Self-management, self-esteem and empathy – being able to make decisions and solve problems – being able to communicate with others in a respectful way, to manage conflicts and collaborate with others across differences



Literacy capabilities

Understanding and creating written text
– interacting with written information in daily life, at home, work and in the community
– using these capabilities to participate in civic life



Digital capabilities

Being familiar with a computer supported and web-based environment and able to use digital tools, media and resources, e.g. to find information, solve practical tasks, create digital content and products, and manage data – having a critical understanding of the nature, techniques and impact of media messages



Environmental capabilities

Understanding the impact of daily actions on the environment (e.g. ways food is produced and consumed, energy, recycling, waste reduction) – understanding the concept of sustainable development and how it connects environmental, social and economic elements



Civic capabilities

Understanding how democracy works in practice, how to participate in democratic processes and be engaged in communities – understanding and respecting religious and cultural differences

National Context—United Kingdom

In the UK around 1 in 6 adults still struggle with reading and writing and around 1 in 4 adults still find maths difficult. Currently 90% of jobs need at least basic computer skills, but international research shows that around half of adults in England and Northern Ireland lack the basic skills to effectively use computers. This increasingly locks people out of opportunity and society.

It is vital that all adults, particularly those from under-represented groups in society, have opportunity to gain these and other essential life skills and capabilities needed for life and work - literacy, numeracy, financial, digital, health, personal and interpersonal, civic and environmental capabilities. These interrelated skills and capabilities enable adults to be part of their communities and contribute fully in society.



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For more information about the project, please visit:
<http://www.eaea.org/en/projects/eaea-coordinated-projects/lse.html>

Project Partners



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