

My

Youthpass

Journal

eupa

agencija programmi tal-unjoni ewropea  
european union programmes agency



Youth  
in Action  
Programme





YouthPass is a way for participants in the Youth in Action Programme to describe what they have done and to show what they have learnt during projects they participated in.

My YouthPass Journal should serve as a tool to help you as a participant of a Youth in Action project to reflect on what you have learnt, achieved and discovered throughout your experience. It is a tool that will help you compile your YouthPass certificate better, making it a better quality document for you.

Ultimately YouthPass is what recognizes non-formal education. You won't be asked to do a written exam for which you get marks. It's a self-reflection of your experience on and during a project. Whether it was a good or a bad experience, it still can be a learning experience. This journal will help you to focus on exactly that: **Learning**.



*“Learn everything you can, anytime you can, from anyone you can, there will always come a time when you will be grateful you did.”*

















“Live as if you were to die  
tomorrow. Learn as if you  
were to live forever.”

*Mahatma Ghandi*

























“Tell me and I forget, teach  
me and I may remember,  
involve me and I learn.”

Benjamin Franklin



























“Wisest is he who knows  
he does not know.”

*Socrates*



































“ Learning never  
exhausts the mind.”

Leonardo da Vinci







































































“A man, though wise,  
should never be ashamed  
of learning more, and  
must unbend his mind.”

*Sophocles*

















































“ Learning is an ornament  
in prosperity, a refuge  
in adversity, and a  
provision in old age. ”

*Aristotle*















































“Teaching is only  
demonstrating that it  
is possible. Learning is  
making it possible for  
yourself.”

Paulo Coelho, *The Pilgrimage*





















































“Real learning comes about  
when the competitive spirit  
has ceased.”

*Jiddu Krishnamurti*



































“ You have to learn from the mistakes of others. You won't live long enough to make them all yourself. ”

*Hyman G. Rickover*



# Year Planner

January	1	2	3	4	5	6	7	8	9	10	11	12	13
February	1	2	3	4	5	6	7	8	9	10	11	12	13
March	1	2	3	4	5	6	7	8	9	10	11	12	13
April	1	2	3	4	5	6	7	8	9	10	11	12	13
May	1	2	3	4	5	6	7	8	9	10	11	12	13
June	1	2	3	4	5	6	7	8	9	10	11	12	13
July	1	2	3	4	5	6	7	8	9	10	11	12	13
August	1	2	3	4	5	6	7	8	9	10	11	12	13
September	1	2	3	4	5	6	7	8	9	10	11	12	13
October	1	2	3	4	5	6	7	8	9	10	11	12	13
November	1	2	3	4	5	6	7	8	9	10	11	12	13
December	1	2	3	4	5	6	7	8	9	10	11	12	13

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## This month in a nutshell



**I found out that**

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**I achieved**

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## This month in a nutshell

**I found out that**

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## This month in a nutshell



**I found out that**

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## This month in a nutshell

**I found out that**

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## This month in a nutshell



**I found out that**

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## This month in a nutshell

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## This month in a nutshell



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## This month in a nutshell

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## This month in a nutshell



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## This month in a nutshell

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## This month in a nutshell



**I found out that**

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**I achieved**

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## This month in a nutshell

**I found out that**

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**I achieved**

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# I got to know these people



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## Useful links:

[www.youthpass.eu](http://www.youthpass.eu)

[www.yia.eupa.org.mt](http://www.yia.eupa.org.mt)

[eacea.ec.europa.eu/youth/index-en.php](http://eacea.ec.europa.eu/youth/index-en.php)

[www.europa.eu/youth](http://www.europa.eu/youth)

[www.facebook.com/yiamalta](https://www.facebook.com/yiamalta)

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# The 8 Key Competences

How to organise your own learning

To be able to deal with obstacles

Being responsible for your own learning

To evaluate/assess the outcome of your learning



**Learning to learn**

**The ability and willingness to use mathematical modes to deal with problems and challenges in everyday life**

**The ability/willingness to use knowledge to explain the natural world, to identify questions and to draw evidence based conclusions**



**Mathematical competence and basic competences in science and technology**

The ability to express and understand in a foreign language according to your needs

A positive attitude towards cultural differences and diversity

Curiosity in languages and intercultural communication



**Communication in foreign languages**

The ability to express thoughts, feelings and words (oral/written)

To be able to interact linguistically in an appropriate way



**Communication in the mother tongue**



## Digital Competence

Is about the confident and critical use of Information Society Technology

Basic skills to use computers and internet



## Interpersonal, intercultural and social competences and civic competence

The ability to communicate in a proper way with friends, family and colleagues

To be able to deal with people from all kinds of different backgrounds

To be able to deal in a constructive way with conflicts

Knowledge about what is going on in your village, city, country, Europe and the world

Knowledge of concepts/ideas of democracy/citizenship/civil rights

Your participation in civil life



## Key Competences What are they about?



## Cultural expression

To appreciate the importance of creative expression of ideas, experiences and emotions

Everything which has to do with media, music, performing arts, literature and visual arts



## Entrepreneurship

The ability to turn ideas into action

To be creative and innovative

To dare to take risks

Project management



## My personal details

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Nationality:** \_\_\_\_\_

**Mobile number:** \_\_\_\_\_

**Email:** \_\_\_\_\_



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