



# salto | youth

Support, Advanced Learning and Training Opportunities  
within the European Youth in Action programme

# EU



# PURPOSE OF THE PROJECT





A photograph of two hands shaking in a firm grip. The background is a light, neutral color. Overlaid on the image are several terms in a bold, black, hand-drawn font, each surrounded by a colorful, textured brushstroke. The terms are arranged around the hands: 'LEARNING' (blue) at the top, 'KNOWLEDGE' (red) on the left, 'EXPERIENCE' (yellow) on the right, 'SKILLS' (cyan) in the center, 'ABILITY' (green) on the right, 'COMPETENCE' (purple) on the left, 'TRAINING' (pink) at the bottom left, and 'GROWTH' (orange) at the bottom right. The hands are positioned in the center, with the fingers interlocked. The person on the right is wearing a light blue shirt and a gold ring on their ring finger.

LEARNING

KNOWLEDGE

EXPERIENCE

SKILLS

ABILITY

COMPETENCE

GROWTH

TRAINING

# ADDITIONAL OBJECTIVES







**TARGET AUDIENCE**

# COACHING

HOW TO APPLY IT TO  
THE UNIVERSITY?





# METHODS AND APPROACHES







**SHORT LECTURES**  
**CASE STUDIES**  
**GROUP DISCUSSIONS**



**DIGITAL  
PLATFORM**



**FOR  
MUTUAL ASSISTANCE**



# WORKSHOP

**TRAINING**

BASED ON SIMULATIONS AND DISCUSSIONS





**WEBINARS**

**ADDITIONAL MATERIALS**





**FLEXIBILITY**  
**IN EDUCATION**





TAKING  
RESPONSIBILITY  
FOR

THEIR OWN  
**CHOICES**  
AND **ACTIONS**



# GROUPS WITH SPECIFIC INTERESTS





ADDITIONAL

# PSYCHOLOGICAL SUPPORT

