



## **Act. 1 Arts-based workshop concept development**

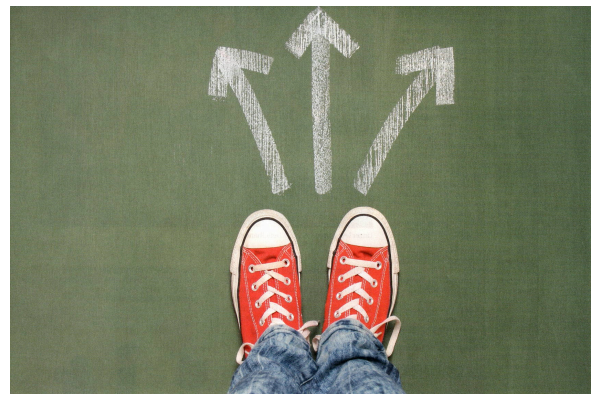
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This is an overall concept idea for students on their way to an apprenticeship embedding the preparation phase, the arts-based workshop and the follow-up phase at OŠ FRAM for students aged 12-14.

This information is based on “The Swiss magazine for parents”, September 2024, containing orientation for young people to find their way and expert knowledge and tips for a successful transition into the world of work.

This guide leads young people, teachers and parents through challenging years. It is about finding the student’s own path in nine steps.

**BRIDGE finds its realization in steps 2 – 4.**



### **(OUTSIDE BRIDGE)**

STEP 1: Start choosing a career, clarify tasks and responsibilities

#### **Who is responsible for what?**

Many players are involved in choosing a career: Student, parents, friends, colleagues, teachers. If everyone works well together, a lot has already been achieved.

#### **Ideas:**

- List of tips for parents: Do’s and Don’t’s
- find a mentor to accompany the student for i.e. 3 or 6 months with one meeting per month

## BRIDGE – PREPARATION PHASE

STEP 2: Get to know your own interests and strengths

### **What makes me special?**

Knowing your own interests and strengths is a prerequisite for finding a suitable career.

#### **Ideas:**

- Assign professions
- Questionnaire: What I like and what I am good at
- My three main characteristics
- Imagination trip perceiving strengths and weaknesses
- Who am I? My values
- Make a profile with strength and weaknesses
- Game: Reinforcing the strengths and turning weaknesses into positives

## BRIDGE – ARTS-BASED WORKSHOP

3-day-workshop with 25 students aged 12-14 years.

CONCEPT see separate file.

## BRIDGE – FOLLOW-UP-PHASE

STEP 3: Familiarize yourself with professions and training courses

### **Which path is mine?**

Whether an apprenticeship, a secondary school or an intermediate solution:

There are many options open to young people.

#### **Idea:**

- Exercises to improve self-esteem and self-confidence  
(Self-confidence: three papers, level 1 and 2)  
(Self-Realization: one paper)

STEP 4: Compare your own strengths with the requirements of professions and training courses

### **Where do I fit in?**

The requirements of the profession and training should match your own strengths.

#### **Idea:**

- Game: Write own job advertisement

## CONCRETE ACTION PHASE (Outside BRIDGE)

STEP 5: Get to know interesting professions in a trial apprenticeship

**How do I get to know professions?**

In order to find a suitable apprenticeship, there is no way around trying out different professions.

**Idea:**

- List with tips for the trial apprenticeship

STEP 6: Review possible professions and apprenticeships and make a decision

**Where do I feel comfortable?**

When it comes to making a decision, young people should attach sufficient importance to soft factors.

STEP 7: Look for an apprenticeship or register with a school

**How do I introduce myself?**

When applying for a job, whether in writing or in an interview, young people should bear certain things in mind.

**Ideas:**

- List with tips for a convincing application portfolio.
- List with questions to which the student should have an answer ready in the interview

STEP 8: Prepare for your apprenticeship or school or choose a bridge course

**How do I gain time?**

Bridging opportunities offer young people the chance to gain valuable experience for the rest of their lives.

STEP 9: Settle into your apprenticeship or secondary school

**How do I get off to a good start?**

The transition from school to an apprenticeship is tough. Not everyone copes with it equally well.

It is advisable to carry out the nine steps in this order. However, it may be useful to go back one or two steps if something has changed.