

## WHAT HAPPENS NEXT?

After taking the pre-module you can

- > participate in the Education-Fit programme
- > participate in other appropriate projects
- > switch to an apprenticeship or secondary school

... **TRAINING FOR  
YOUR FUTURE**

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NETZWERK BERUFLICHE  
ASSISTENZ  
AUSBILDUNGSFIT



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## Pre-module

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## WHAT DO WE DO IN THE PRE-MODULE?

### Training

- > Cooking
- > Creative work in the workshop or garden
- > Work on IT skills

### Coaching

Your coach will support you throughout the entire pre-module and:

- > Support you in developing a goal
- > Support you in achieving a goal

### Knowledge workshop

- > Here we train you to improve your concentration, endurance, memory and much more.
- > We talk about current topics such as music, media and politics.

### Sport

- > Ball games
- > Table football
- > Yoga
- > And lots more

## WHO IS THE PRE-MODULE FOR?

- > For young people between the ages of 15 and 24
- > For people who are not yet sure what their future will look like.
- > For people who want a change in life.
- > For people who need support in achieving their goals.
- > For people who still have to get used to (fixed) working hours.
- > For people who are out of school but haven't taken any kind of apprenticeship or job yet.

### ... DEVELOPMENT OPPORTUNITIES FOR YOU TO GROW PROFESSIONALLY

## HOW DOES THE PRE-MODULE WORK?

- > You can drop by during opening hours without having to register.
- > If you like what you see, you're always welcome to come back again.
- > If you want to come more often and work on your goals, we agree on fixed attendance times (maximum 15 hours per week).
- > You'll then receive 2 euros per hour that you're with us. You're insured against accidents and the travel costs are reimbursed.
- > Duration: up to 6 months

### ... THE PRE-MODULE IS FREE AND VOLUNTARY

