

INSTRUMENT NUMBER 10 | RVCC PROCESS DOCUMENTS - DECODED REFERENCES

> Guide: Citizenship and Professionality

	RD1 – Freedom and personal responsibility	RD2 – Labor rights and duties	RD3– Representative and participatory democracy	RD4 – Global rights, duties and contexts
Soft Skill	Rights and Responsibilities			
CP 1 Rights and Duties	Shared responsibility: managing family budget; bank account sharing; expenditure, etc. Children’s education (even in case of divorce); Civic responsibility as a citizen (sharing of common spaces, paying for car insurance, responsibility for having pets, etc.); Others	Shared responsibility: managing family budget; bank account sharing; expenditure, etc. Children’s education (even in case of divorce); Civic responsibility as a citizen (sharing of common spaces, paying for car insurance, responsibility for having pets, etc.); Others	Right of access to the national health system, protection, defence, etc. (question its operation and indicate alternatives for improvement); Duty to pay taxes (importance of paying them); Duty and right to vote; Others	Show awareness of the fundamental rights of all citizen (right to education, to be respected), etc. Others
	RD1 – Lifelong learning	RD2 – Innovation processes	RD3 – Associative and collective movements	RD4 – Globalization
Soft Skill	Rights and Responsibilities			
CP 2 Complexity and Change	Marriage and following children’s different growth stages, unexpected life situations, illnesses, separations, unemployment, etc. (show how the adaptation to these new situations was made and underline the lessons learned). Others	Explore technological innovations and adapt them to new equipment or new work processes (computer, software, mobile phone, robot, machine, etc.) Explore the lack of adequate or obsolete equipment resources. Others	Know the limits of the institutions and know how to circumvent different situations to solve problems (e.g., knows the conditions and procedures applicable to the renewal of the Citizen Card and knows how to proceed); questions the work methods of institutions/associations and indicates ways/methods of	Example: Appeal to the European Court; Understand and effectively help an organization such as IMA (International Medical Assistance, Boys’ group homes, Portuguese Association for the Fight against Cancer, etc.); Show knowledge of key fundamental institutions in helping the population, namely, Firefighters, Medical Emergency

			improvement. Others	Institute, ... Others
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	RD1 – Prejudice, stereotypes and social representations	RD2 – Personal, professional and organizational retraining	RD3 – Institutions and institutional models	RD4 – Public opinion and critical reflection
Soft Skill	Critical Thinking			
CP 3 Reflexivity and Critical Thinking	Do you think age and nationality are exclusion factors when applying for new jobs? What do you think about marriage between different ethnic groups and cultures? Marriage/relationship between homosexuals? Judgments based on appearance. Others	Propose solutions that you would like to introduce in your company/ workplace to improve performance/ environment (ability to identify what is right and wrong and propose solutions/paths to follow); Do you have experience as a union delegate, shift leader, or the like? Others	When purchasing a house did you check various agencies (bank, notary, real estate, finance, etc.); Divorce procedures with children, require ...; christening/marriage procedures require ...; Process to legalize a car purchased abroad requires; Always reflect on the subject portrayed. Others	Know journalistic language and the ability to communicate, using a language appropriate to the intended audience; Understand sensationalism and/or the gravity of what is addressed, etc. Others
	RD1 – Institutional and community codes	RD2 – Professional and organizational collectives	RD3 – Public policy	RD4 – Cultural identities and assets
Soft Skill	Emotional Intelligence			
CP 4 Identity and Alterity	Refer to attitudes of solidarity, respect, mutual aid and cooperation and show how to adapt to the environment in question; Others	Refer to professional relationship with different cultural levels and the ability to delineate/design/impose/adopt personal strategies to solve conflicts (as it relates to colleagues/hierarchical superiors who are different); Others	Identify reception policies of several institutions; State position on birth policies; maternity/paternity licences, etc; Social policies of unemployment/health, etc. Others	Understand that a polluted river/sea/ forest can harm an entire population; Understand that the culture, traditions, habits and customs (dances, gastronomy, etc.) of each region are a source of wealth for the region and for the country; Others

	RD1 – Ethical and cultural values	RD2 – Deontology and professional standards	RD3 – Codes of institutional conduct	RD4 – Morals and communitarian choices
Soft Skill	Strong Work Ethic			
CP 5 Conviction and Ethical Firmness	Differences and proposals for conflict resolution/less positive situations that are transmitted by the teacher about the child or vice versa, condominium owners, neighbors, relatives, mayor/ parish councilor, parish priest (ability to disagree and ability to discuss and try to solve problems/conflicts); Others	Identify values in your company/workplace that prove to be essential for the correct and rigorous development of your job. See definition of deontology; Others	Be aware of the functioning of an institution/association or related when you use it and know how to act accordingly when your rights are violated (resort to complaints book, ask to speak with the person responsible, etc.) or praise and value the employee/service provided; Do not forget that active and informed citizens can change/improve institutions; Others	To contribute effectively to the improvement of the quality of life of other human beings (to have participated in some mission, to walk in solidarity, to volunteer, to assist in the collection of goods, etc.) Others
	RD1 – Tolerance and diversity	RD2 – Negotiation procedures	RD3 – Pluralism and plural representation	RD4 – Intercultural mediation
Soft Skill	Coordination / Service Orientation			
CP 6 Moral Opening	Present examples of concrete situations in which you have accepted or tolerated different ways of thinking or acting (a child who wears a piercing, a friend who is from a different soccer club, different opinions, etc.); Ways of being and being different; Others	Seeks to be cooperative in the company/workplace and helps colleagues (new and old) when necessary; Adopts an attitude of mutual help, especially replacing the colleague; Others	Effective participation in a parish/association/organization/solidarity campaign; Organizing a movement to help the community, population or family; Others	Participates and shows the importance of: Firefighters; Volunteers; Association X; Civic movement Y; Others



	RD1 – Argumentative capacity	RD2 – Assertiveness	RD3 – Deliberative mechanisms	RD4 – Public intervention debates
Soft Skill	People Management			
CP 7 Argumentation and Assertiveness	Being able to discuss and argue an idea even when another person has a different point of view; Importance of being faithful to what we think/defend; Others	Ability to take self-initiative, to be versatile and flexible in the workplace; Ability to solve/alleviate unexpected problems (which arise without being counted); Others	Apart from work life, do you participate in any associative movement? Which? (soccer club, etc.) How important are these movements/clubs? Others	Participation and intervention in municipal assemblies, parish council assemblies, political / public debates for information of the populations, clarification sessions, etc.); Others
	RD1 – Personal and family projects	RD2 – Work Management	RD3-Collective Projects	RD4- Prospective capacity
Soft Skill	Cognitive Flexibility / Creativity			
CP 8 Programming	What initiatives have you taken to improve your personal life? (choice of partner/husband/wife, decision/option for a life project, recourse to well-known people, investing in training, etc.); Others	To use knowledge in various areas in order to solve labour problems and the ability to organize their own work or the work of others; Others	Ability to organize a pediment/solidarity activity or the like in order to solve a specific situation (e.g. purchase of food, school supplies, wheelchairs, etc.); Others	Move from the city to the countryside and the implications for changing habits, lifestyles and consequent concerns; healthy diets (being careful with what you eat, food hygiene and the production of food: controlled origin/biological); Others

Guide: Society, Technology and Science

	RD1 - Private context	RD2 - Professional Context	RD3 - Institutional context	RD4 - Macrostructural context
Soft Skill	Complex Problem Solving			
STC 1 Equipment and Technical Systems	<p><u>Household Appliances</u></p> <p>Refer to the household appliances you use frequently (washing machine/dishwasher, microwave, iron, oven, refrigerator, etc.), and refer to the inequalities of usage between men and women.</p> <p>In what way does the use of this equipment benefit you daily life? Explain your equipment choice by refer-ring to cost/benefit (class A). Explain how the equipment works (electricity, gas, etc) and the care that should be taken with type of equipment.</p>	<p><u>Work Equipment</u></p> <p>At work, what equipment do you use in the performance of your duties and what is the qualification requirement, identifying which employees work the most with this equipment and why. Please mention the main potentialities and limitations of the equipment. "How did you learn to handle the equipment?" If there is a malfunction, who repairs it?</p>	<p><u>Users, Consumers and Complaints</u></p> <p>As a user, describe what kind of institutions you know, what you use, and why. Describe the responsibilities to consumers of these same institutions.</p> <p>What technical knowledge do you have in relation to manufacturers, vendors and suppliers, regarding warranty issues, product quality and services? Analyze the different equipment/tariffs to get the most out of the cost/benefit ratio.</p>	<p><u>Transformations and Technical Developments</u></p> <p>Refer to the transformations and evolutions of equipment and technical systems, reflecting on the respective consequences (advantages and disadvantages) in society.</p> <p>Take stock of the evolution/profitability ratio. Identify the characteristics of the equipment accurately before and after its evolution.</p>
Soft Skill	Creativity			
STC 2 Environment and Sustainability	<p><u>Consumption and Energy Efficiency</u></p> <p>Relate waste and energy and water consumption to society.</p> <p>In a personal context, what do you do to avoid energy waste? Which equipment has energy saving</p>	<p><u>Waste and Recycling</u></p> <p>Identify the various biodegradable wastes and recyclables.</p> <p>Does your workplace recycle used materials (batteries, ink cartridges, paper, plastics, etc.)?</p>	<p><u>Natural Resources</u></p> <p>Indicate which institutions are responsible for managing natural resources in society.</p> <p>Explore technologies and processes that occur at the level of natural resources.</p>	<p><u>Climate</u></p> <p>Reflect on the extent to which the different social groups, regions and modes of production affect the environment. To what extent is the process of technology evolution responsible for the consequences</p>



	(low consumption lamps, thermal insulation, solar panels, fuels, etc.) What are the biggest benefits of using low consumption equipment (economic, environmental, etc.)?	What entities are involved in the collection and treatment of waste? What is the benefit (direct/indirect) of recycling for your company? Explore the advantages and disadvantages of various forms of waste treatment and recovery (composting, recycling, incineration, landfill, etc.).	In environmental issues, evidence the importance of science, recognizing its relative validity.	associated with environmental stability.
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Soft Skill	<u>Judgement and Decision Making</u>			
STC 3 Health	<u>Basic Care</u>	<u>Healthy Risks and Behaviours</u>	<u>Medicine and Medication</u>	<u>Pathologies and Prevention</u>
	Identify different health care according to social origins and background. What do you do every day to improve your quality of life (food, exercise, hygiene, etc.)? Does this procedure consider the specific needs of the body according to age and state of health? What procedures should you avoid in order to continue to have a healthy life?	Refer occupations with high risk, identifying the factors that place it at this level. What health risk does your work have? What preventive measures should be taken to prevent accidents at work or future diseases? What measures does your company implement regarding safety and hygiene at work? What social benefits are you entitled to in at work (insurance, social security, occupational health and safety, etc.)?	Please note the responsibilities of the institutions for the production and distribution of medicine, including the controversy surrounding the introduction of generics. Identify over the counter and prescription medication and the limits of self-medication (antipyretics, anti-inflammatory, antibiotics, antidepressants). Refer to the therapeutic equivalence between branded and generic drugs.	Understand that the concept of health varies in accordance to historical context and social groups. Relate STD's (sexually transmitted diseases) to the living conditions of specific social groups. Identify means of transmission and prevention. Reflect on the onset/reappearance of STD's. Identify diseases and explore their effects on the human body and prevention methods.
Soft Skill	<u>Coordination / Service Orientation / People Management / Organization</u>			



<p>STC 4 Management and Economics</p>	<p><u>Budgets and Taxes</u></p> <p>Identify the differences in the average incomes of families according to occupations. According to your household, explain how you manage your family budget, identifying fixed and variable expenses. What financial means or products (PPR, term deposits, shares, etc.) do you have to invest your capital? What mathematical procedures do you use to prepare/optimize your budget? What is means (Internet, etc.) you use to send your IRS/IRC statement and why?</p>	<p><u>Companies, organizations and management models</u></p> <p>Refer to the organizational chart of your workplace, explaining in detail the existing departments as well as their responsibilities and benefits. What are the advantages/disadvantages of this organization? State what type of contracts exist in your company and what is the relation-ship with the hierarchical position that each worker occupies. What is your hierarchical position? What are your duties and responsibilities?</p>	<p><u>Monetary and Financial Systems</u></p> <p>Reflect on the economic system of the European Union, its effect on social progress. List the advantages/disadvantages of the euro. Please note the different currency and its characteristics. Relates the technology to the increasing security of the system (introduction of the security chip in detriment of the magnetic strips).</p>	<p><u>Uses and Time Management</u></p> <p>Relate the evolution of working hour regulations over time (agriculture and industry). Technology evolution in time management (air transport and video conferencing). Relate increases in productivity to technological development.</p>
<p>Soft Skill</p>		<p><u>Negotiation / Computer and Technical Literacy</u></p>		
<p>STC 5 Information and Communication Technologies</p>	<p><u>Radio Communications</u></p> <p>Note some of the new technologies that you use in your daily life. Show the link between the functionality of technologically advanced objects and the different social profiles. To what extent is this equipment useful and what are its greatest potentialities? How has this equipment evolved? Has this equipment helped you solve a problem? Which? What are the main physical components of the equipment and</p>	<p><u>Micro and macro electronics</u></p> <p>Do you use a computer at your workplace? What do you use it for? How did you learn to work with the computer? Relate the highest/lowest computer usage to jobs and skill level. Do you work with any specific program? What are your duties? What are the advantages of using certain programs? Talk about the evolution of this equipment at your work. Identify the different characteristics of computers, and the mode of</p>	<p><u>Media and Information</u></p> <p>Reflect on the influence of the media in society. Explore technology associated with the media (television/radio station, information agencies, satellites, etc.) Explore the ways in which advertising can be promoted in reference to certain social problems (smoking, obesity, medicines, children, women, etc.).</p>	<p><u>Networks and Technologies</u></p> <p>Relate the mechanisms of inequality resulting from the (un)articulation between technological networks and social networks. Please note the technological characteristics of the networks. What scientific knowledge is associated with the construction of networks?</p>

	how does this equipment work?	operation.		
Soft Skill	<u>Emotional Intelligence / Adaptability / Communication</u>			
STC 6 Urbanism and Mobility	<p><u>Construction and Architecture</u></p> <p>Relate construction/architecture to sociocultural influences. Did you build your own house or buy your apartment while under construction? Is your house in accordance to your household? What types of (technologically advanced) materials did you choose and why? In this choice what kind of care did you have in relation to the environment and the type of climate (dry, humid, etc.)? Reflect on the evolution of some materials referring to the main factors/benefits that are associated with this evolution.</p>	<p><u>Rurality and Urbanity</u></p> <p>Reflect on the reasons and the adjacent impact of populations moving from rural to urban areas. What is your case? In your county are there industrial zones? Why are these important? Have you worked in several areas of the country? What differences did you notice? Reflect on the types of farming in rural and urban areas. What are the main differences with the agriculture currently practiced and those practiced decades ago (agricultural machines, chemicals, etc.)? What are the advantages and disadvantages of organic farming and genetically modified products?</p>	<p><u>Administration, Security and Territory</u></p> <p>Characterize the regulatory institutions of the administration and security of the territory (DGV, Traffic Police, etc.) Identify technology associated with prevention and safety in mobility. Know rules and regulatory safety codes.</p>	<p><u>Local and Global Mobility</u></p> <p>Reflect on the migratory phenomena in society. Indicate the evolution of technology in relation to the conditioning of mobilities transport and communications. Relate mobility in the animal kingdom to those found in the human population.</p>



Soft Skill	Critical Thinking / Cognitive Flexibility			
<p>STC 7 Fundamental Knowledge</p>	<p><u>The Element</u></p> <p>Identify the diversity of individual characteristics of the elements that make up society. Reflect on ways of integrating individuals in situations of social exclusion or discrimination due to their specific characteristics (elderly, disabled, drug addicts, ex-prisoners, etc.). Indicates the current uses of DNA analysis. Refer to the use of probability theory to establish the probability of descendants inheriting certain characteristics.</p>	<p><u>Scientific Processes and Methods</u></p> <p>At work, what do/could you do to improve production, identify advantages? Do you often experiment with new procedures to improve the efficiency of your business? Give an example. Can you link the choice of a technique to the objectives?</p>	<p><u>Science and Public Controversies</u></p> <p>Refer a topic of your choice that is controversial, recognizing that scientific and technical arguments interact with interests. Refer to the technological process associated with the theme you have chosen, exploring its limitations.</p>	<p><u>Laws and Scientific Models</u></p> <p>Identify factors that cause social change (political factors, revolutions, technological evolution, etc.) Recognize that technical solutions have limited validity and that they tend to change, just as science and society change.</p>



> **Guide: Culture, Language and Communication**

	RD1 - Private context	RD2 - Professional Context	RD3 - Institutional context	RD4 - Macrostructural context
Soft Skill	Complex Problem Solving			
CLC 1 Equipment and Technical Systems	<p><u>Home Appliances</u></p> <p>What domestic equipment do you use frequently? Can you use it to access to culture and for communication (telephone, radio, television, computer, etc.)? When you buy equipment do you read the instruction manual? Do you understand the technical language? Why? Do you know the standards of good use and take these into account when you use the equipment? Explain.</p> <p><u>Foreign Language</u></p> <p>Do you usually read equipment manuals in a foreign language? Which?</p>	<p><u>Equipment related to the profession</u></p> <p>What equipment do you use at work (phone, cell phone, computer, internal networks and external, fax, microphones, etc.). How did you learn to handle this equipment? Did you learn how to handle the equipment and the best ways to solve problems from specialized professionals? Do you call the technician if you have a problem or do you consult instruction manuals? Do you understand the symbols and diagrams used? Explain.</p> <p><u>Foreign Language</u></p> <p>Do you know and apply technical terms in a foreign language? If not, do you translate the terms? How? Does your vocabulary improve?</p>	<p><u>Users, Consumers and Complaints</u></p> <p>Define Technical Assistance, identifying different types of assistance and who provides it. Read and reflect on the law that assigns two-year warranty on appliances. Have you ever needed to file a complaint? How did you do it? By email, letter, phone, etc? To which institutions? Did you solve the problem? Which institutions defend consumers? Have you ever resorted to one? In what situation?</p> <p><u>Foreign Language</u></p> <p>Have you ever travelled abroad and needed to make a complaint? If so, which language did you use?</p>	<p><u>Transformations and Technical Developments</u></p> <p>Identify equipment that has undergone technological evolutions. Ex: television, camera, telephones, etc. Reflect on these evolutions and how they promoted widespread access to cultural goods (music, cinema, theatre, etc.). Formulate a personal and well-founded opinion on the advantages and disadvantages of this evolution on society, etc.</p> <p><u>Foreign Language</u></p> <p>How does the evolution of technical equipment expose you to foreign languages (e.g. access to foreign music, reports, etc.)?</p>



Soft Skill	Creativity			
<p>CLC 2 Environment and Sustainability</p>	<p><u>Consumption and energy efficiency</u></p> <p>What daily actions do you practice that protect the environment and reduce energy consumption? Do these practices have positive impacts on the planet? Why? Do media campaigns help create awareness? How? Do you encourage others to save energy? Who and why? When you buy appliances and equipment do you check the Energy Efficiency Tags? Did this clarify you as a consumer?</p>	<p><u>Waste and Recycling</u></p> <p>At work, do you separate waste? Why? What are the advantages? What follow-up is given to this material? Which jobs are associated with waste treatment? Does it encourage recycling practices at home? How? How does the media currently deal with this issue? Do you think the media has a positive influence?</p> <p>A growing number of artists exhibit recycled or reused materials. Why? What message are they sending out?</p>	<p><u>Natural Resources</u></p> <p>Define and identify natural resources. Reflect on the importance of preserving your region's heritage/natural resources. Collect newspapers, magazines, internet texts on the subject, making a brief comment on the role of the media in building opinions on the subject and promoting attitudes that reveal environmental and civic awareness.</p>	<p><u>Climate</u></p> <p>Define global warming and relate it to climate change. Reflect on how climate change is affecting people's lifestyles and leisure time. Reflect on how you keep up to date by reading texts on the subject, watching informative programs. Reflect on the importance of the media in the dissemination of this topic.</p>





Soft Skill	Judgement and Decision Making			
<p>CLC 3 Health</p>	<p><u>Basic Care</u></p> <p>What do you do to improve your quality of life? Do you exercise? Do you eat a balanced diet? What are your leisure activities? Do you read magazines, posters and pamphlets about basic healthcare? What are your main health concerns? Does the media usually provide information about basic health care?</p> <p>Do you consider this important? Why? Do you watch programs that discuss healthcare issues? Which?</p> <p><u>Foreign Language</u></p> <p>Do you watch programs or read articles about healthy lifestyles in a foreign language? Which?</p>	<p><u>Healthy Risks and Behaviors</u></p> <p>Does your company have a Safety and Hygiene policy? Do you know what risks are associated to your job? What means of risk prevention do you practice when performing your tasks? Why do you think it is important to comply with safety and health rules? Did you receive training in Occupational Safety and Health? When? What aspects did you retain? How do you apply what you learned in your daily tasks? What do you think could be improved by employer(s) and in which sectors should this training be mandatory?</p> <p><u>Foreign Language</u></p> <p>Identify the Occupational Safety and Hygiene signs in a foreign language in your workplace.</p>	<p><u>Medicine</u></p> <p>Define "alternative medicine" and "conventional medicine" and state the relationship to different cultures. Identify advantages and disadvantages and the kind you prefer and why? Reflect on the therapeutic equivalence between brand name drugs and generic drugs. Search the internet, newspapers, books or magazines for articles related to this topic and comment. Have you ever sought alternative therapeutic practices? Why? Why is there an expansion in the use of alternative therapeutic practices by Western societies (massage, acupuncture, etc.)? Do you think this is a phenomenon? Why?</p> <p><u>Foreign Language</u></p> <p>Provide a reflection in a foreign language on the advantages and disadvantages of alternative therapies.</p>	<p><u>Pathologies and Prevention</u></p> <p>Reflect on the aging process, how to deal with it and the importance of preventive care at this stage in life.</p> <p>Surf the Internet on problems inherent to ageing and provide a reflection on the topic.</p>



Soft Skill	Coordination / Service Orientation / People Management / Organization			
<p>CLC 4 Management and Economics</p>	<p><u>Budgets and Taxes</u></p> <p>How you manage your daily and/or family budget, use terms like expenses, income, etc.). Is it important to manage your income well? Why? Do you usually reserve some money for other expenses other than basic needs (e.g. leisure, holidays, books, trips, music, etc.)? How important is it to include these in your budget? Do you fill out your IRS statement? Do you do it online? Why? Explain.</p>	<p><u>Companies, organizations and management models</u></p> <p>Do you know how your company's organizational chart is defined? Does it reflect the relationships between departments? Who reports to you and who do you report to? What is teamwork? Is it important? Why? Is teamwork reflected in the efficiency/productivity of work? Which are the means of communication used by the employees?</p>	<p><u>Monetary and Financial Systems</u></p> <p>Reflect on the theme: "Culture and art can be a good business/investment" (e.g. Soap operas, music, football, painting, craft and gastronomical fairs/exhibitions, etc.). Read one or two texts on economics or finance, highlight and summarize the relevant information. Surf the internet for information on the EU's economic system and how it has affected social progress. Reflect on the advantages and disadvantages on your country.</p>	<p><u>Uses and Time Management</u></p> <p>List the technological developments and its influence on how we manage our time (e.g. Internet, mobile phone, dishwasher and laundry). List different uses of language - verbal, non-verbal, written, etc. and relate it to the element of time (e.g. when we orally communicate with a person it is faster than if we send a letter or even an e-mail.)</p>



Soft Skill	Negotiation / Computer and Technical Literacy			
<p>CLC 5 Information and Communication Technologies</p>	<p><u>Radio Communications</u></p> <p>Identify the new technologies you use in your daily life (mobile phone, computer, PDA, etc.) and how they help you organize your activities. Reflect on the different social uses of mobile phones, e.g. compare the application you use with those of your children, i.e. games, diaries, notepad, calculator, etc. Explain how the mobile phone enables communication and provides access to culture, i.e. photographs, apps, etc.</p>	<p><u>Micro and macro electronics</u></p> <p>The computer is used for many purposes, such as communication and information processing, systematisation, etc., which in some cases involves the mastery of very specific languages (e.g. programming). Do you use a computer in your workplace? What do you use it for? Do you work with any specific software? Which? What is its impact (advantages/disadvantages) on both the organization of work and interpersonal communication between colleagues and/or management?</p>	<p><u>Media and Information</u></p> <p>Do you consider yourself an informed person? Do you know what is going on in your area, region and the world? How do you use to stay informed? Do you remember any cultural event that was promoted by the media? Give your opinion about the service provided by the media? Reflect on how different newspapers deal with the same news. The media are currently considered a fourth power in society - the media power. Give a critical opinion on this power and the need to regulate and control it.</p>	<p><u>Networks and Technologies</u></p> <p>What changes has the Internet brought to society; the behavior and habits of society in general. Mention some cultural manifestations that the Internet provides. Write an opinion about the content available on the Internet, your experience and the contact with this network. Express your opinion about the way people use the Internet today and the dangers it poses.</p>



Soft Skill	Emotional Intelligence / Adaptability / Communication			
<p>CLC 6 Urbanism and Mobility</p>	<p><u>Construction and Architecture</u></p> <p>Did you buy an apartment under construction, build or rebuild a house? Did you consider leisure spaces: garden, living room, etc? Are these spaces important? Why? Can you characterize the location where you built/bought your house? Are there any leisure, cultural or recreational places nearby? When building or buying the house, were you able to interpret and understand the terminology and specifications inherent to the house plan? In the relationship with the architect, contractor, etc., did you easily master all the technical terms? What difficulties did you experience? How did you overcome them? What were the bureaucratic procedures: deeds, banks, real estate, city hall, requisitions for living permits, light, gas, phone, etc.?</p>	<p><u>Rurality and Urbanity</u></p> <p>Consider the rural and urban environment and identify the advantages and disadvantages of each, particularly in terms of job opportunities. Are there industrial areas in your municipality? Are they important? Why? What advantages do they have for the economic development of your region? Have you worked in other areas of the country? What differences have you noticed? In cultural terms, what are the differences between rural and urban environments? Currently why do people move from urban areas to rural areas? A few years ago, the opposite happened, reflect why?</p>	<p><u>Administration, Safety and Territory</u></p> <p>Identify the road connections in your region, highlighting those you use most and its advantages. Do you use highway connections, maps, GPS? Address its importance as well as road signs and even legislation. Identify the functions of cultural equipment networks in your area of residence, such as the Public Reading Network - Libraries, Museums, etc. Analyze how you can find safety conditions on the roads in your locality. Are there any important changes to be made to increase safety levels (e.g. more traffic signs, location of traffic signs, changing or building of roundabouts, etc.)? Mention the importance of road connections and land-use planning, which promotes proximity between municipalities and regions, enabling access to cultural goods, etc.</p>	<p><u>Local and Global Mobility</u></p> <p>Explore the meanings of the terms migration/emigration/immigration and establish the differences. Identify different immigrant communities in Portugal and state how these communities contribute to the diversity of cultural offers and define multiculturalism. Reflect on economic, political and cultural causes of migratory flows. Have you ever had a migratory experience? Why? What differences did you encounter? What habits and customs do you have that related to the habits of the community you were inserted in? At the social level: do you think you were well integrated? At the institutional level: what is your opinion on how migrant/emigrant populations are received? (talk about the infrastructures in the area where you lived/live: nurseries, schools, jobs, etc).</p>



Soft Skill	Critical Thinking / Cognitive Flexibility			
<p>CLC 7 Fundamental Know-ledge</p>	<p><u>The Element</u></p> <p>Reflect, on your life journey, considering that individual pathways are affected by different social conditions and that trajectories are (re)built from the experience of different contexts. Please mention the reasons why you dropped out of school and if you feel it was a good or bad decision? If you could go back would you change your decision? Do you think that your trajectory would have been different? Why?</p> <p>Foreign Language Did you study a foreign language at school? Which? If you had not drop- ped out, do you think you would have acquired more language skills?</p>	<p><u>Scientific Processes and Methods</u></p> <p>Relate work experiences with theoretical knowledge acquired during training and reflect on the importance of lifelong learning (experience, teachings from co-workers, self-learning).</p> <p>Foreign Language Do you consider foreign language training important? Have you completed any formal or non-formal foreign language course?</p>	<p><u>Science and Public Controversies</u></p> <p>Express your opinion on a controversial issue that has given rise to public de- bate, pointing out the various points of view including your own (e.g. Domestic violence; school violence; legalizing drugs; informal career status, etc.) Have you every spoken in public and expressed your opinion, giving suggestions on various issues, such as in condominium meetings, assemblies, associations, opinion articles in newspapers and magazines, internet forums...</p> <p>Foreign Language Provide a reflection on a current controversial topic in a foreign language.</p>	<p><u>Laws and Scientific Models</u></p> <p>Identify some factors that cause social change (political factors, revolutions, evolution, science, technology and language evolution).</p>