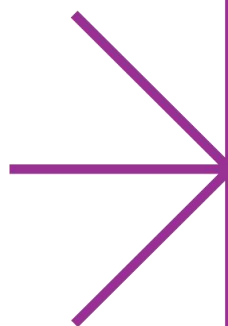




HVET Student Workbook: Designing Your Pathway



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Let's protect our environment!

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Welcome to Your HVT Workbook: Designing Your Pathway

This workbook is your personal tool for exploring what matters to you and discovering exciting educational opportunities that could shape your future.

HVT stands for *Higher Vocational Education and Training*—programs that combine hands-on learning with real-world experience to prepare students for careers in growing sectors across Europe, such as digital technology, green energy, healthcare, and more. These programs usually come after upper secondary school and are closely connected with companies and industries.



What's Inside?

This workbook is divided into three parts:

1. *Self-Assessment* – You'll reflect on your interests, passions, and strengths.
2. *HVT Exploration* – You'll discover vocational training options in different European countries using the [HVT Digital Gateway](#).
3. *Goal Setting* – You'll define clear steps to reach your future vision and explore how HVT might help you get there.

How to Use This Workbook

- you can complete it during a classroom activity, a workshop, or at home;
- you can work alone or share your reflections with a teacher, counselor, or family member;
- be honest and curious—there are no right or wrong answers!

By the end of this workbook, you will have a clearer picture of yourself, your goals, and how HVT could support your next steps in life.

Let's begin your journey toward the future you want to create.



Section 1: Self-Assessment



Activity 1: What Makes Me Tick?

List five things you really enjoy doing (in or outside school):

1.
2.
3.
4.
5.

Now answer:

- What do these activities have in common?
- What do they say about what you enjoy or value?



Activity 2: My Strengths

Mark with an X what describes you best (you can mark more than one): (the list has to be created)

-
-
-

Write 2 examples of something you've done that made you feel proud:

1.
2.



Section 2: HVET Exploration



Activity 3: Exploring the HVET Digital Gateway

Visit: <https://quahvet.eu/hvet-digital-gateway/>

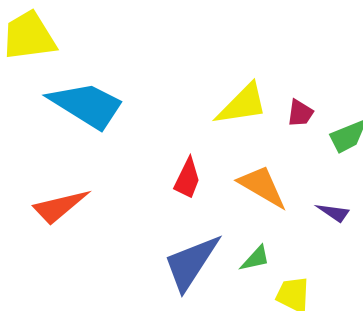
Choose one country you're curious about: _____

Answer the following:

- What types of HVET programs are available in this country?
- What sectors are most represented?
- What entry requirements do they list?

Now choose a second country and compare:

- What's similar?
- What's different?



Activity 4: My Program Match

Using the Gateway, identify at least two HVET programs that interest you:

1. Program: _____ | Country: _____ | Sector: _____
2. Program: _____ | Country: _____ | Sector: _____

Explain why these programs caught your attention:

.....

.....

.....



Section 3: Goal Setting



Activity 5: My Vision Statement

This activity helps you think about your **future direction** and write a *clear and inspiring statement* about what you want to do in life.

► Step 1: Reflect

Think back on what you discovered in the previous activities—your interests, strengths, and the HVET programs that caught your attention. What kind of future do you imagine for yourself?

► Step 2: Start with “I want to...”

Use this phrase to write a *one-sentence vision*. It should express what motivates you or what impact you’d like to make.

Examples:

- “I want to design things that make people’s lives easier”
- “I want to work in healthcare to help others feel better”
- “I want to explore the world and learn from other cultures”

► Step 3: Be honest and ambitious

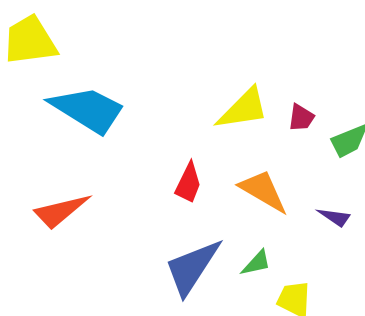
There’s no right or wrong answer. This vision is personal—it’s about your dreams and values. Be bold and true to yourself!

Once you’ve written your vision, you’ll use it in *Activity 6* to start planning how to make it real.

Write one sentence that describes what you hope to do in the future: “I want to...”

.....

.....





Activity 6: My Goals to Get There

This activity helps you break your vision into concrete, achievable steps.

► Step 1: Re-read your vision

Look at what you wrote in Activity 5. Think: “What do I need to do to make this happen?”

► Step 2: Set 3 types of goals

- *Short-term (next 6–12 months)*: Small actions you can start now (e.g., research a course, talk to a counselor).
- *Medium-term (2–3 years)*: Bigger steps you’ll take during or after school (e.g., apply to a program, get work experience).
- *Long-term (4+ years)*: What you hope to reach in the future (e.g., working in a certain field, living in a specific place).

► Step 3: Fill in the table

For each goal, write:

- *What you will do* (action steps)
- *Who can help **you*** (teachers, family, friends)

This plan turns your vision into real possibilities. Review it often and update it as you grow!

Short-Term Goal (Next 6–12 months)	Action Steps	Who can support me?
Medium-Term Goal (2–3 years)	Action Steps	Who can support me?
Long-Term Goal (4+ years)	Action Steps	Who can support me?



Activity 7: My Commitment

What's one small action you can take this week to move closer to your goal?

.....

.....

.....

Who will you share your commitment with?

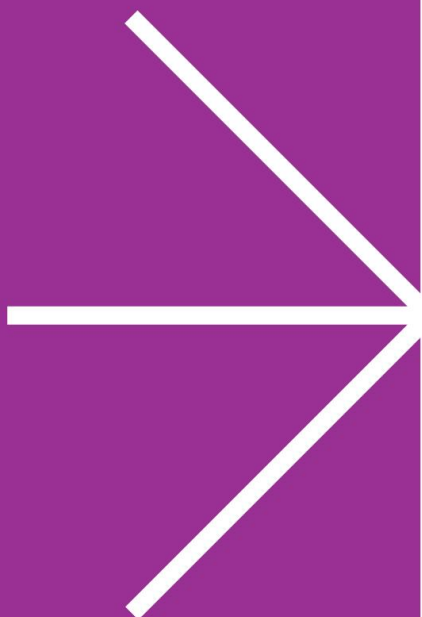
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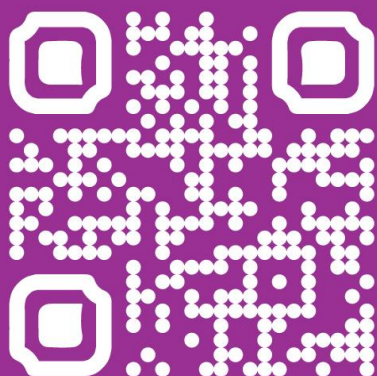
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This workbook is part of the QUAHVET guidance toolkit for upper secondary school students.





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