

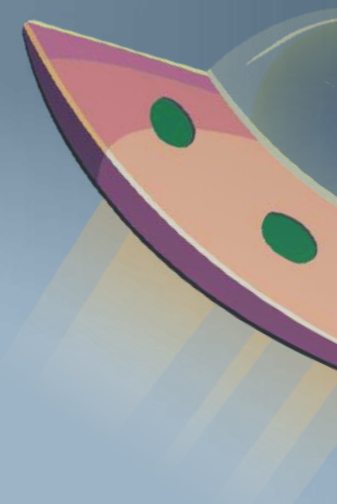


E-BROCHURE



**Unlocking
Future
Opportunities**

Erasmus+ Small-scale partnership
Project number: 2024-3-PT02-KA210-
YOU-000279519





ABOUT THE PROJECT

Opening doors to education, employment and participation.

Unlocking Future Opportunities – UFO is an Erasmus+ Small-scale Partnership in the field of youth, bringing together organisations from Portugal, Germany, North Macedonia and Slovenia.

The project was created with a simple belief: every young person has potential, but not every young person has the same access to opportunities, information, guidance and support.

UFO focuses especially on young people who face fewer opportunities, social or economic barriers, isolation, uncertainty about their future, or difficulties remaining connected to education, employment and their communities.

Through international cooperation, non-formal education and practical resources, the project creates spaces where young people can discover their strengths, develop new skills, gain confidence, meet peers from different backgrounds and explore different possibilities for their future.

UFO recognises that young people need strong support around them. For this reason, the project also works with youth workers, educators, mentors and organisations, providing them with new approaches, creative methods and practical tools that can be adapted to their everyday work with young people.



MEET THE PARTNERS



CRESCER SEM RISCO

São Vicente, Madeira – Portugal



Crescer Sem Risco is a Social Solidarity Association based in São Vicente, Madeira, supporting around 60 children and young people from disadvantaged backgrounds. The organisation provides educational support, study assistance, recreational activities and creative workshops that promote self-awareness, life skills and personal development.

Its team includes social workers, youth workers and a sociologist who work to create a safe and inclusive environment where young people can grow, build confidence and access new opportunities. Crescer Sem Risco also takes part in national and international youth projects, particularly through Erasmus+, helping young people connect with new experiences beyond their local community.



TABANA e. V.

Bad Neustadt – Germany



Tabana NGO e. V. is a youth organisation based in Bavaria, Germany, working with young people through non-formal education, Erasmus+, youth mobility and intercultural learning. Its activities focus on digital skills, inclusion, career development, creativity and active participation, with particular attention to young people with fewer opportunities.

The organisation supports young people through workshops on topics such as job searching, CV and motivation letter writing, digital tools, media literacy, inclusion and personal development. Tabana also promotes the use of AI and digital technologies as practical learning tools and creates opportunities for young people to participate in local, national and international projects.

FOUR COUNTRIES. ONE SHARED MISSION.



MEET THE PARTNERS

 INFO FRONT – PRILEP
Prilep – North Macedonia



Info Front – Prilep is a youth association from North Macedonia with extensive experience in youth work, Erasmus+, volunteering and non-formal education. Its activities focus on digitalisation and digital tools, employability, human rights, inclusion, self-promotion, gender equality, creativity, environmental topics and active youth participation. The organisation runs a local Youth Centre offering workshops on career development and language skills, and works directly with young people from diverse social, cultural and economic backgrounds. Info Front has also organised numerous training courses and youth exchanges on employability, entrepreneurship, digital skills, volunteering, empowerment, inclusion and anti-discrimination.

 DRUŽINSKI INŠTITUT OBJEM
Maribor – Slovenia



Družinski inštitut OBJEM is a non-profit organisation based in Maribor, Slovenia, dedicated to supporting young people and their families through psychosocial support, mentoring and educational activities. Its work focuses strongly on mental health, personal growth, resilience, citizenship, responsibility and volunteering.

The institute works mainly with teenagers and offers psychotherapy, consultations for young people and parents, mentoring programmes, preventive activities and non-formal learning opportunities. It also encourages young people to become volunteers and support younger children, creating a supportive environment where they can grow, participate and build confidence.

FOUR COUNTRIES. ONE SHARED MISSION.



A SHARED CHALLENGE

The idea for Unlocking Future Opportunities – UFO came directly from the everyday work of the four partner organisations and the situations they were seeing among young people in their communities.

In Portugal, Germany, North Macedonia and Slovenia, many young people were struggling with similar questions: What should I do next? What opportunities do I have? Where can I get support? Some were unsure about continuing education, others were finding it difficult to enter the labour market, while some were already disconnected from education, employment or training.

The partners also saw that many young people lacked clear career guidance, practical experience and emotional support. Motivation, confidence and mental wellbeing often influenced whether a young person felt able to make decisions or take the next step. In many cases, the opportunities existed, but young people did not always know how to find them, access them or understand which path was right for them.

Youth workers, educators and mentors were facing the same reality from another side. They wanted more practical and engaging tools to work with young people, especially those facing fewer opportunities, and better ways to connect career guidance, personal development, motivation and non-formal learning.

Seeing the same needs across four different countries made it clear that this was not an isolated issue. The partners decided to combine their experience, learn from one another and develop something together.

This is how UFO started: first by listening and researching the real needs of young people, and then by creating practical resources, international learning activities and new methods that could support them in finding their own way forward.

The project started with a simple question:
How can we help young people see more possibilities for their future?





FIRST STEP TOGETHER

Trnasnational Project Meeting 1 in Prilep



The first Transnational Project Meeting was important because it gave the four partner organisations the chance to meet in person, build a common understanding of the project and agree on how the cooperation would work. Before starting the main activities, it was necessary to make sure that everyone shared the same goals, understood their responsibilities and had a clear plan for the next steps.

The meeting took place in Prilep, North Macedonia, from 14–17 March 2025 and was hosted by Info Front – Prilep. During the meeting, the partners presented their organisations and experience, discussed the challenges they were seeing in their work with young people, divided responsibilities and planned the project timeline.

A major part of the meeting was also dedicated to preparing the research and campaign. The partners discussed what they wanted to learn from young people, how the research would be carried out in the four countries and how the findings would later support the development of the project activities and resources.





FIRST STEP TOGETHER

Trnasnational Project Meeting 1 in Prilep



Turning a Shared Vision into a
Coordinated Plan



LISTENING BEFORE CREATING - THE RESEARCH -

Before developing the main project resources, we wanted to understand the situation more clearly and base our work on the real experiences of young people, rather than only on what we assumed they needed.

The research was carried out in Portugal, Germany, North Macedonia and Slovenia and combined desk research with field research. The desk research helped the partners understand existing information, trends and challenges related to young people, NEET situations, education, employment and social inclusion.

The field research brought in the voices of people directly connected to these issues. Questionnaires collected perspectives from young people in NEET situations, high-school students, teachers, educators and youth workers. They were asked about their future expectations, motivation, access to opportunities, education and employment, mental wellbeing and the kind of support they receive or feel is missing.

The partners then compared the findings from all four countries. Although the local situations were different, several common issues appeared, especially around uncertainty about the future, lack of clear guidance, motivation, mental health and gaps in support systems.

This research became an important foundation for the next stages of UFO. It helped the partnership decide what topics should be addressed and what kind of support the project resources should provide through the campaign, Career Guide, Methodology and e-brochure.



LISTENING BEFORE CREATING THE RESEARCH

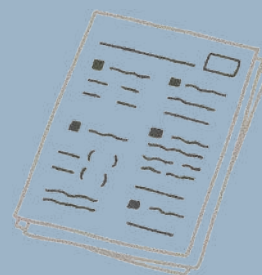
The research showed a strong gap between young people's ambitions and the support available to them. 75% of NEET respondents said they wanted to work, but most did not know how to start. At the same time, 83.4% rated the school guidance they had received at 3 out of 5 or lower, while 65.8% of high-school students rated school support for entering the workforce at 3 out of 5 or lower.

This confirmed one of the main needs identified across the project: young people need clearer guidance, practical support and better preparation for their next steps.

CLICK HERE



Follow the link to read the full research and explore all findings from the four partner countries.

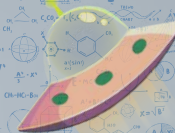


OR



Scan the QR code to read the full research and explore all findings from Portugal, Germany, North Macedonia and Slovenia.

FROM RESEARCH TO ACTION – THE CAMPAIGN



The research showed that many young people were dealing with uncertainty about their future, pressure, lack of clear guidance and difficulties knowing where to start. It also showed that young people were looking for support that felt more personal, practical and connected to real experiences.

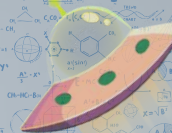
Based on these findings, the partners developed the UFO Campaign to turn the research into content that young people could easily understand and relate to. The campaign combined real stories, practical advice and motivational messages, with a focus on career readiness, confidence, resilience and taking the next step.

The aim was not only to inform young people, but also to show that feeling uncertain or experiencing setbacks does not mean that there is no way forward. The campaign therefore included short videos and motivational messages that could be shared through social media, youth centres, schools and workshops.



 **TAKE
ACTION**

FROM RESEARCH TO ACTION – THE CAMPAIGN



The campaign transformed the research findings into accessible and relatable content for young people, combining practical guidance with motivational messages around confidence, uncertainty and future choices.

It was designed to be easy to share and use in social media, youth centres, schools and workshops, helping the project reach young people beyond the direct activities.

CLICK HERE



**Follow the link to watch
the motivational story.**



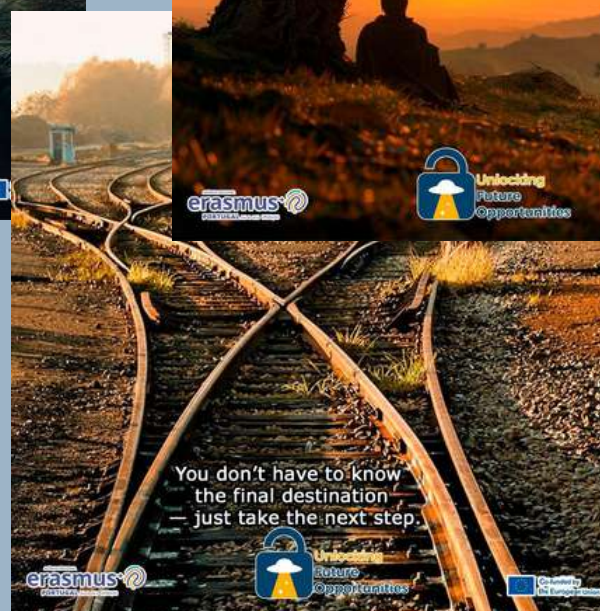
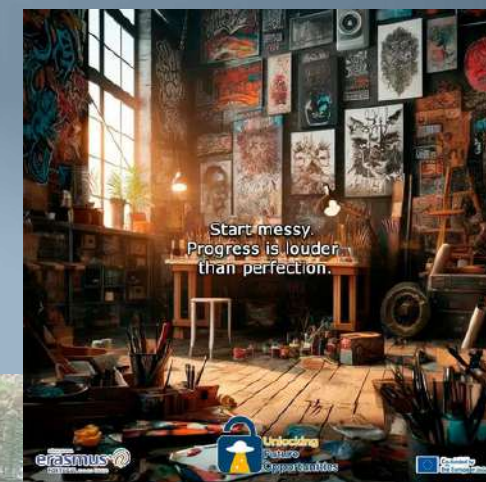
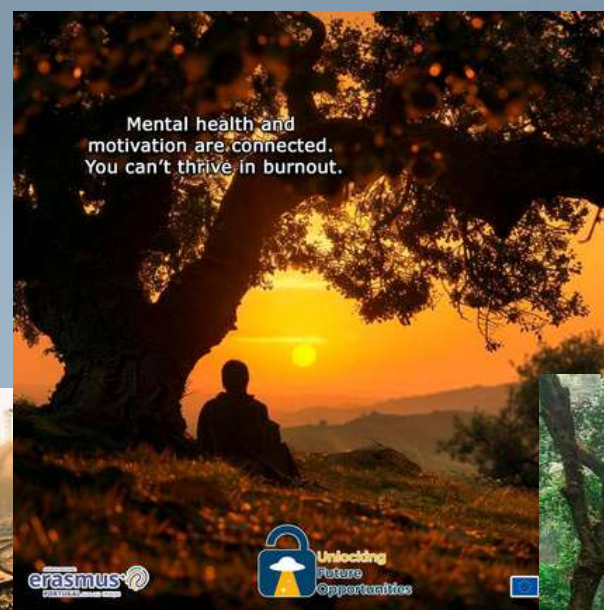
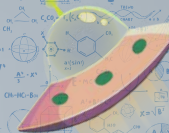
CLICK HERE



**Follow the link to learn how
to create your first CV.**



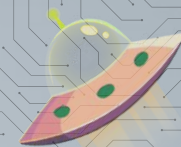
FROM RESEARCH TO ACTION – THE CAMPAIGN





LEARNING THROUGH EXPERIENCE

– Youth Exchange in Madeira –



The first Youth Exchange, “Steps to the Future”, took place in Madeira, Portugal, and brought together young people from the four partner countries. It created an international space where participants could step away from their usual environment, meet others with different experiences and reflect more openly on their own future.

The programme focused on self-awareness, mental wellbeing, personal goals, communication and future opportunities. Through non-formal education, group discussions, creative activities, journaling, teamwork and reflection, participants explored their strengths, talked about challenges they face and considered possible next steps in education, employment and personal development.

Special attention was given to young people facing social exclusion, fewer opportunities or NEET situations. Participants had space to discuss feelings of isolation, frustration and uncertainty, while also learning from each other and looking for practical ways to overcome barriers.

By the end of the exchange, participants had gained new knowledge and practical skills, while also building confidence, stronger connections and a clearer view of the opportunities available to them.





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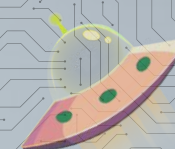
Steps to the Future



New people. New perspectives. New possibilities.



BUILDING YOUR FUTURE – The Career Guide –



Following the research and the first Youth Exchange, the partners developed the UFO Career Guide, led by Družinski inštitut OBJEM from Slovenia. The guide was created to give young people practical support when thinking about their future, especially when they are unsure which direction to take.

It helps young people first understand their interests, strengths and skills, and then connect these with possible education and career pathways. The guide does not focus only on choosing a profession. It also looks at the skills young people need to prepare for a changing labour market, including communication, networking, self-presentation, digital skills, AI, interviews and financial awareness.

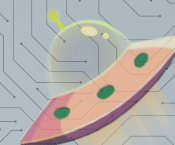
The activities are practical and interactive, encouraging young people to reflect, discuss, test ideas and prepare for real situations. For example, they can explore their career personality, practise networking, use AI to explore possible career areas and learn how Erasmus+ experiences can strengthen their future opportunities.

The goal is to create a resource that young people and youth workers can return to whenever they need guidance, ideas or practical preparation for the next step.





EXPLORE YOUR CAREER JOURNEY – The Career Guide –

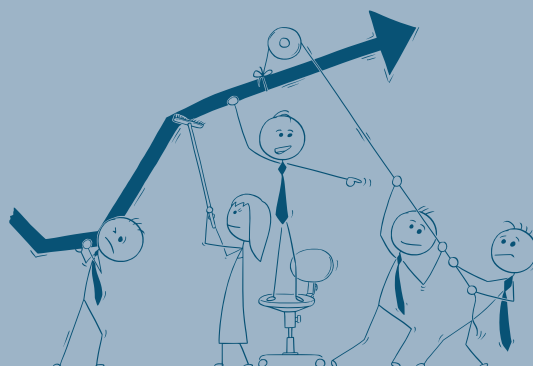


The Career Guide can be used from beginning to end or session by session, depending on the needs of the group. Youth workers and educators can choose one topic for a single workshop or combine several sessions into a longer learning programme.

Each session includes practical activities, exercises and reflection that can be adapted to different groups and learning settings.

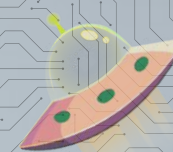
The guide includes 11 sessions:

- DISCOVER YOUR CAREER PERSONALITY
- EXPLORING TOMORROW'S WORLD OF WORK
- CAREER MYTHBUSTERS – FACT OR FICTION?
- BUILD YOUR PROFESSIONAL BRAND
- NETWORKING WITHOUT AWKWARDNESS
- THE HIDDEN JOB MARKET
- AI FOR CAREER SUCCESS
- THE SOFT SKILLS OLYMPICS
- THE INTERVIEW ESCAPE ROOM
- FINANCES FOR BEGINNERS 101
- ERASMUS+ OPPORTUNITIES





BUILDING YOUR FUTURE – The Career Guide –



The complete UFO Career Guide is available online and can be accessed whenever needed. It was created to remain useful beyond the project and can be used by young people, youth workers, schools and organisations in future activities and learning settings.



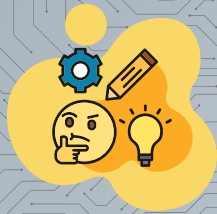
Follow the link to explore the full
UFO Career Guide.



OR



Scan the QR code to explore the
full UFO Career Guide.



THE UFO METHODOLOGY



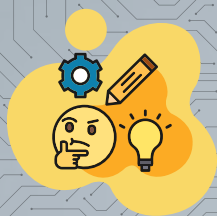
The UFO Methodology was developed to give youth workers and educators practical ways to support young people who may feel uncertain about their future, lack confidence or need more guidance when making decisions about education and work.

Instead of focusing only on career information, the methodology connects personal development with career development. Young people first reflect on who they are, what is important to them and what strengths and experiences they already have, before moving towards future goals and practical career decisions.

The methodology uses non-formal and participatory activities, including individual reflection, pair and group work, creative exercises and practical tasks. The idea is to give young people space to explore different possibilities, make their own decisions and gradually become more confident about the direction they want to take.

It was created as a resource that can be used in youth work, workshops and other learning settings, helping young people move from understanding themselves towards being better prepared for education, employment and their next steps.





THE UFO METHODOLOGY



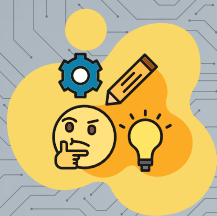
The methodology is organised into eight connected sessions, following a gradual process from self-awareness and personal values to career preparation and long-term motivation.

The sessions can be followed step by step as a complete programme, or selected individually depending on the needs of the group. Each topic includes practical exercises, reflection and activities that can be adapted to different youth-work settings.

The methodology includes 8 sessions:

- **BUILDING SAFETY & SELF-AWARENESS**
- **VALUES & IDENTITY**
- **SETTING A CAREER VISION**
- **SKILL DEVELOPMENT & LIFELONG LEARNING**
- **CAREER PLANNING & DECISION MAKING**
- **GAINING EXPERIENCE**
- **JOB-READINESS SKILLS**
- **MONITORING PROGRESS & STAYING MOTIVATED**





THE UFO METHODOLOGY



The complete UFO Methodology is available online for continued use beyond the project. It can support youth workers, educators and organisations in planning future workshops, adapting activities to their groups and applying the project approach in different learning settings.



Follow the link to explore the full
UFO Methodology.



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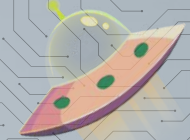


Scan the QR code to explore the
full UFO Methodology.



LEARNING THROUGH EXPERIENCE

– Youth Exchange in Würzburg –



The second Youth Exchange, “Unlocking Youth Potential”, took place in Germany and brought together young people from all four partner countries. At this stage of the project, the focus moved more strongly towards applying what had already been developed and giving participants space to work with the project resources in practice.

The programme included workshops and group activities on career planning, digital tools, self-promotion, entrepreneurship and communication. Participants worked on practical tasks, exchanged ideas and looked at different ways of presenting themselves, identifying opportunities and preparing for future education or employment.

A key part of the exchange was testing activities from the UFO Career Guide and Methodology. This allowed participants to experience the materials directly, reflect on what was useful for them and provide feedback that could support the final development of the project results.

The exchange also encouraged participants to take more initiative, work with people from different backgrounds and think more concretely about their own next steps. By combining practical learning with international cooperation, the programme helped them strengthen useful skills and become more confident in using the opportunities available to them.



Unlocking Youth Potential



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Building skills. Creating opportunities.



**Unlocking
Future
Opportunities**

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