

UMJ Project Team



UMJ Project aims to develop tools to support young people and youth workers in the process of conscious and structured soft skills development (SSD).

Understanding My Journey. Soft Skills Development for Young People (UMJ) is a three-year (Feb-2018 – Aug-2020) educational project implemented by non-governmental organisations from 8 European countries: Croatia, Greece, Ireland, Italy, Poland, Portugal, Spain and United Kingdom.

All project partners work with young people on initiatives that aim to increase employability and develop soft skills (SSD).



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Contact us



<https://www.facebook.com/Understanding-my-Journey>



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Soft Skills Development for Young People

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Soft Skills Development

In the European context, Soft Skills Development (SSD) is seen as essential to career development- if young people cannot identify or articulate relevant soft skills, they are at risk of being excluded from the labour market.

UMJ Project proposes to help young people identify the soft skills they already have to increase their educational success and promote their future employability.



Target groups of UMJ activities:

Young people, aged 16-30,

Youth workers and practitioners (teachers, trainers, mentors...).

“(...) soft skills that can help [students] to succeed in the college classroom will also be those they will need to enter and thrive in the workplace after they graduate.”

(Appleby, D. (2017))

By involving Young People in the research on SSD, UMJ Project expects youth to:

- Understand the value of SSD,
- Recognise where they have demonstrated strengths/improvement in their SSD,
- Take personal ownership of SSD and work independently to reflect on their personal journey,
- Be motivated and willing to engage with their SSD.

As result of Youth Practitioners’ participation on UMJ Project, it is expected to:

Provide guidance to help them integrate the tools and materials to be developed by UMJ Project, to ensure young people are empowered to take ownership of their SSD.

UMJ Project: Resources

During the three years of UMJ Project, the consortium will be working together to develop IOs that will provide young people the opportunity to develop their soft skills and equip themselves for employment in the future:

- **IO1:** Interpreting soft skills: Research to identify the most important and relevant soft skills for young people, in terms of their personal and professional development,
- **IO2:** Understanding my Journey Toolkit,
- **IO3:** Understanding My Journey App,
- **IO4:** Understanding My Journey Practitioners’ Guide.

