

SKILLFULL ME: the magazine for youth in their journey to employment



Written by: Agata Pokrzywinska, Gabriela Pucek, Paulina Kleizaitė

Europeans - the happiest people in the world

written by Agata Pokrzywinska

The European Union is seen as a mythical land of prosperity. Indeed, the EU economy is one of the largest economic giants in the world, but apart from the obvious profits, it also has negative consequences.

The crisis in 2008 particularly affected highly developed countries. A shock has occurred in the utopian land of the European Union, which has consumed jobs for many young people. Currently, the states of the community are still rebuilding the foundations of employment.

It is estimated that in the entire European Union, the unemployment rate among young people (up to 25 years of age) is 18.2%. Almost 1/5 of young Europeans struggle with unemployment, which obviously translates into the condition of the EU economy, which the main driving force is Us - Europeans.

It also launched the „European Alliance for Apprenticeships” to support the „Youth Guarantee” and to improve the quality of apprenticeships in Europe. In July 2020, the European Commission renewed the alliance, focusing on digital and green work practices that will facilitate the transition to a climate neutral Europe.

Initiated in 1999, the Intergovernmental Bologna Process facilitates the mutual recognition of higher education diplomas in 48 countries. There is now a European process for the non-binding mutual recognition of bachelor's, master's and doctoral degrees.

In 2018, EU countries adopted a mandate to promote automatic mutual recognition of higher and upper secondary education and training qualifications and learning outcomes achieved during study periods abroad. The Council Recommendation calls on Member States to take action to introduce automatic recognition of diplomas by 2025.

The Erasmus + program is run for education, professional development, youth and sport in Europe. It focuses on mobility and international cooperation. Launched as a student exchange program in 1987, it has developed into a broad program combining initiatives spanning school and higher education, vocational education and training, adult education, non-formal and informal youth learning, and sport. In addition, Erasmus + gives students the opportunity to study abroad, offers teaching and training opportunities for employees in the education sector, supports internships and youth exchanges. Organizations (such as schools, universities, youth organizations, etc.) can also receive funding to build strategic partnerships and alliances with organizations in other countries.

The “Your first EURES” platform promotes job mobility by informing young people about employment opportunities in other EU countries.

This platform matches the CVs of young jobseekers (i.e. people aged 18 to 35 from all EU-28 countries as well as Norway and Iceland who are interested in gaining work

experience abroad) with job or internship opportunities with employers looking for young workers.

In operation since the end of 2016, the “European Solidarity Corps” enables young people to participate in volunteering or professional development projects - at home or abroad - that benefit communities across Europe by the end of 2020. By September 2019, over 161,000 young people had registered to participate in the program.

In May 2021, MEPs approved the new Corps program for 2021-2027, which now includes humanitarian aid and will be a self-budgeted stand-alone program for the first time.

The programs implemented by the European Union enjoy enormous interest. The training provided since 1987 has a real impact on the level of youth employment in Europe. In 2008, the unemployment rate was 25%, now it has fallen below 19%, and although the proportion of young people out of work is huge, it is still falling as a result of preventive measures taken by the EU to prevent future demographic and economic crises.



Curriculum Vitae - the most important tips and information

written by Gabriela Pucek

If you are looking for a new job, the first step to get it is to prepare a correct CV - a summary of your experience, education and skills that may be useful in your future work. Here you will find tips that will help you with creating your CV!

Firstly, your CV should consist of no more than two A4 pages. So not make it too long, your CV needs to reflect all of your selling points, nothing else. You do not have to include a photograph of yourself. Majority of professional companies go to the person with the best looking CV, not the photograph. If you decide to place a photo of yourself at the top of your CV, remember that it should be a representative picture of your face, keep it natural and usual.

Focus on the unnecessary information such as gender and contact (only telephone number and email address). Keep it concise and clear. Remember to use your professional email address.

Begin sentences with verbs, rather than writing in the first person.

Secondly, short your career history and experience that you have. Start with the most recent and end with the most older ones. Clarify and provide more information about your position and responsibilities that you have had in the previous companies. Through your experience, demonstrate how you can work under pressure and that you like to work in a team.

Next step is to make a list of your educational program and your qualifications: provide the names of the universities where you have been learning. Start with the most recent. You don't need to provide the name of the high school.

Write something about your strengths and talents, including your IT skills, courses, training and the level of spoken languages.

Share your hobbies and interests.

Remember to check for errors and to provide only the true information about yourself. Don't lie.

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OBJECTIVE
Take advantages of sales skills & experience and understanding of market to become a professional Sales Staff and bring a lot value to Customers. From that, I will contribute to development of TOPCV Company.

EDUCATION

- TOPCV University
Major: Corporate Administration
- GPA: 3.4
Oct 2010 - May 2014
- TOPCV University
Major: Corporate Administration
- GPA: 3.4
Oct 2010 - May 2014

WORK EXPERIENCE

- TopCV JSC
Digital Marketing
2016 - Present
- Write and upload product advertising post via Facebook, Forum...
- Introduce, consult products and answer customers' queries via phone and email.
- TopCV Shop
Sales man
2016 - Present
- Sell goods for Foreigners and Vietnamese at the Shop
- Advertise products on media publications such as: banner, posters, leaflets...
- Make reports of sales every day.

HONORS & AWARDS
2013: TOPCV Scholarship in 2nd semester 2012-2013 and 1st semester 2013-2014.

CERTIFICATIONS
2018: TOEIC Certificate with score 800 issued by TOPCV

INTERESTS
I like soccer, music...

Arts for health and success: who would wish for more?

written by Paulina Kleizaitė

Is the feeling of needing to do something to feel better familiar to you? You probably have heard about the concept of "me time", "self-care" and even "self love".

Mental health is trending these days and so are many apps created for it. The brand new app **Artsfull**, launched just this year, is one but pretty outstanding of all of these not to mention having 2+ millions downloads from Google play already. So we met one of **Artsfull** founders Paulina Kleizaitė (27 years old) to tell us about its success story.

So, how has it all started?

Actually, it has all started from the time I myself was not in a good place: mentally, emotionally, overly. I had to do something in order to, well, just to survive, so that's how expressive arts came into my life even though I was not an artist myself. Back in those difficult days I mostly moved or danced the way my body wanted, wrote rhymed texts which later turned into experimental poetry, and created melodies which became songs. All of this was not for performance or for anybody else except me. I myself encountered one the arts highly researchable concept nowadays - therapeutic effect. Some months later I started my studies in Arts therapy (specialisation of dance-movement therapy) and gain MA. For now I also lead session of Arts therapy for various groups of children and adults. And how did Artsfull come?

Actually, I have not hold my diploma yet when I saw that one of my friends shared about his latest work in an app which is created for tracking and training workers' mental health at their workplaces. An idea came into my mind - what if this app could suggest some stuff from Art's therapies equipment? So I put together my colleagues from different specialisations of Arts therapies (dance-movement, music, art) to a team (well, first it was just a facebook chat and heads full of bright ideas) and we contacted them and we started collaboration, but at the end it was unsuccsessfull. It was more achy though - we have been rejected. That was not a setback though.

Intresting indeed. So how did you cope with that rejection?

Well, at first angriness and frustration came. But then, you know, because I believe in serendipities, I also believe that rejection was a required push to create further. And we did it. I was thinking - well, after WHO (World Health Organisation) in 2019 announced that "Art is a powerful prescription" I knew from my own experience, from other people's experience and lastly but not least from many medical researches and trends that Arts therapies are future of medicine. And we had this world's pandemic in 2020 started then everything and everyone went online with all the health problems following it. I also went though various apps in the market and there was no official researched based one out which uses the whole spectrum of beautiful methodology and resources of Arts therapies...

Sounds like 2+2. But let me go a bit back - why arts was an answer for success?

I will tell you a story. In 2019 I visited caves in Northern Spain. We had an excursion all in the dark, a guide lead us through these dark, wet, shaky and narrow corridors where the primitive people used to hide from weather and enemies, but we came to see... paintings. I have not expected anything spectacular but then I saw these paintings - it was so beautifully captivating, so alive. I still see it in my eyes how a guide demonstrates us various "animals" changing their appearances and all in motion depending on the light's direction. I was completely in awe by this - these primitive people, our ancestors were the first artists. It is still not known why they did those paintings or was it even on some kind of purpose. But there they are, like an evidence of human nature, so primitive, yet so alive in us nowadays.

I believe that every person is a creator. And everyone also appreciate aesthetics of arts - one form or another. We are born to create. Many researchers of human psychology say that creating is a natural expression of human being. Arts are the creation. And when we stop creating, we get sick. Yes, this is that simple.

So after all of my experiences everything eventually came into places.

To be honest, I would like to try Artsfull already even though I am in a good place in my mind.

Oh, that's a good point you mentioned. You do not have to be in a bad place to open Artsfull. We all encounter many different moments and phases in a day. Are you stressed? Artsfull is the answer. Are you sad? Artsfull is in your service. Are you simple in an unknown place where everything's just too overwhelming? Open Artsfull.

I cannot tell that it will save your life, but it will lead you through your inner processes, reflections. It will invite some discoveries visit you, this one I can promise.



Okay, I believe you, I am gonna try in today. What about technical things, like where did you get money? You did start from zero, didn't you?

Yes. Remember serendipities? I have one again. Long story short, the last drop to start Artsfull was when one day I really had a strong intuition calling to one event which I did not even want to, but knew I somehow had to go. So that day I was accidentally given a lift by a head of mental health apartment of Ministry of Health of

the Republic of Lithuania to go there and after we arrived I met my cousin who has apparently just opened his own business of creating apps. So it turned out it was our own government which first invested in this project which later evolved into business, then we won one of the national hackathons, we got some money from private investors too. Quickly we went to worldwide market and *Artsfull* has been recognised in many international reviews for mental help in various health care focused websites, recently we have been noticed by WHO... Who knows where it goes next?

What would you like to share with young people who dream of successful business?

It's the purpose and serendipities. Always it. Finding the first while believing in the second. Trust that everything will fall in its' places. And you know what is the best thing of my personal success story? It all started from a dark place in my mind where I even found it hard to see my own purpose of living anymore. That's why I admire it the most - it, this "shitty" material, made me create, made me dance, made me full of art - *Artsfull* - inside and out.

Here you can see a game that we prepared :) You just need to find the provided words! Good luck!

CONTACT	COMPANY	WORK	ERASMUS	SKILLS	CHANCE
PROJECT	UE	EDUCATION	BUSINESS	EXPERIENCE	TRAINING
PHOTO	CV	HOBBY			

P S D A S Y Y C V T
H Q E U T F Y W P Y
O L X E S W O A Z W
T N P P C C F B T X
O H E J H O C U H E
V U R C A M E S O E
E P I O N P D I B T
R R E N C A U N B R
A O N T E N C E Y A
S J C A A Y A S W I
M E E C M A T S T N
U C A T R P I R I I
S T F V C R O J H N
U Q O L E Q N C J G
S K I L L S W O R K

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