

EQF Level*	Knowledge	Skills	Competence
	<p>In the context of EQF, knowledge is described as <i>theoretical and/or factual</i>.</p>	<p>In the context of EQF, skills are described as</p> <p><i>cognitive</i> (involving the use of logical, intuitive and creative thinking), and</p> <p><i>practical</i> (involving manual dexterity and the use of methods, materials, tools and instruments)</p>	<p>In the context of EQF, competence is described in terms of <i>responsibility and autonomy</i>.</p>
Level 6	<p>Advanced knowledge of a field of work or study, involving a critical understanding of theories and principles</p>	<p>Advanced skills, demonstrating mastery and innovation, required to solve complex and unpredictable problems in a specialized field of work or study</p>	<p>Manage complex technical or professional activities or projects, taking responsibility for decision-making in unpredictable work or study contexts; take responsibility for managing professional development of individuals and groups</p>

* Descriptors defining levels in the European Qualification Framework (EQF) (<https://ec.europa.eu/ploteus/content/descriptors-page>)

STEP 3

Your specific competences/green abilities and soft skills.

STEP 4

Follow your training path to gain them!