

EQF Level*	Knowledge	Skills	Competence
	In the context of EQF, knowledge is described as <i>theoretical and/or factual</i> .	In the context of EQF, skills are described as  <i>cognitive</i> (involving the use of logical, intuitive and creative thinking), and  <i>practical</i> (involving manual dexterity and the use of methods, materials, tools and instruments)	In the context of EQF, competence is described in terms of <i>responsibility and autonomy</i> .
Level 5	Comprehensive, specialized, factual and theoretical knowledge within a field of work or study and an awareness of the boundaries of that knowledge	A comprehensive range of cognitive and practical skills required to develop creative solutions to abstract problems	Exercise management and supervision in contexts of work or study activities where there is unpredictable change; review and develop performance of self and others

\* 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!