



# Validation of non-formal and informal learning with ValiAnte

## ValiAnte

*Everything started almost ten years ago when the trade union movement realized the need to show the informal knowledge that was built due to peoples' engagement in union matters as activists and trustees. Today ValiAnte has grown to a concept and methodology of recognition of non-formal and informal learning that works for all, regardless of background or areas of interest. Those participants that have completed the validation programme agree that "it was worthwhile and all the efforts they put in"! This becomes very clear if you look at the different evaluations done over the years. The benefits on an individual level are obvious. These positive outcomes strengthen us to continue to develop, offer and work with ValiAnte!*

### What is validation and ValiAnte?

Valiante/validation/recognition of prior learning takes its starting point in and with you and your experiences. A mayor difference from other validation systems is that you recognize what you have learnt through your life whereas in the most common validation systems you are validated vis-a-vis grades or curriculums. ValiAnte takes its starting point in your experiences and skills and knowledge you have acquired through working life, leisure interests, and education after school, travels, activities in associations, from being a parent etcetera. Quite simply what is not recorded in your grades from the formal school system or in employers certificate you received via employment but is important in order to document a complete description of what you learnt. One could say that this is competences you don't really recognize as competences but only something you know.

### How is it done?

You will be going guided through the process of recollection and documentation of all your knowledge and experiences in short what you have learnt through life. The ValiAnte process is a combined study circle and Folk High School course.

The Valiante process is implemented both through group work and individual studies. The areas of recollection work are descriptions of employment, engagement in associations and organizations, travels and other activities you have been part of e.g. as a trustee. To help us out during the validation process we have at our disposal the web-based tool "Valiante" where you save, organize and display your documents and descriptions. This results in a description of your generic competences and skills as a narrative. And we can assure you that the greatest benefit for you are realising all what you have learnt during a life-time and this will make you grow as a person!



## What are the results?

This will result in your own Competence Certificate where everything is compiled in a descriptive text.

The Competence Certificate describes what you have experienced under seven head-lines or general skills/competences. They are called general competences, sometimes “soft skills”, and are recognized by the European Commission based on academic research.

These competences are:

- Democratic
- Social
- Intercultural
- Cultural
- Learning
- Communicative
- Organizational and leading

In addition the Competence Certificate also can display “specific skills/competences” e.g. you have acquired competences as a trustee in collective bargaining, as environmental activist, beekeeper, or vegan.

This is an example of how Social Competence can be described:

*...“My knowledge on how groups develop and work are good, and in this context also the importance of the role of leadership and influence in how groups form and develop...”* to support this conclusion you can go back to the texts you already have written where you described what you have done and in addition to this you always have a dialogue with the ValiAnte process leader that collaborate the conclusions.

## When can I use the Competence Certificate?

For most of us the Competence Certificate is a document that builds up self-esteem. The document shows in a very concrete way all what I have learnt in life – my competences. There are a number of occasions where you can make use of the Certificate e.g. in a CV when you apply for a position as an employee, in general to describe who you are, or applying for an education.



## What courses/study circles lead up to Competence Certificate?

You can choose different routes to a complete Competence Certificate. But you have to count on putting in some effort when you are compiling your life experiences. If you are not sure of your goal and not from the very start convinced that you want to make a full validation you can always start with the study circle “Valiante – my merits”. But if you are convinced to make a full validation you start with “ValiAnte – journey of life” which suits anybody or if your focus is on validation as a trustee in associations or in public you can choose “Valiante – trustee” directly.

### ValiAnte – my merits

**Suits/target group:** All

**Duration:** approx. 4x3 hours in group + individual work

**Goal:** A CV (curriculum vitae) and insights that can lead you to continue making a complete validation

In the study circle you reveal and gather all experiences you acquired through life. Doing this you create the basic documentation you need if you want to continue and complete a full validation with a Competence Certificate.

But most important you discover what you have learnt and know! This boosts your self-esteem and you will regard your-self in a new perspective.

When you have taken part in the study circle “ValiAnte – my merits” you have achieved the basics you need to in order to complete a validation.

### ValiAnte - journey of life

**Suits/target group:** All

**Duration:** 2 days start at a Folk High School + studies in a study circle approx. 40 hours + individual work and to finish one day at a Folk High School. Total amount of planned studies approx. 70 hours.

**Goal:** Validation completed with a Competence Certificate.

During “ValiAnte – journey of life” you reveal and get aware of all “hidden” knowledge, skills and competences that you cannot validate with grades or employment certificates. You get the basis for your own development e.g. towards formal education or professional life, in short you become aware of your strengths. But above all you boost your self-esteem when you concretely realise and can describe your competences.



## ValiAnte - trustee

**Suits/target group:** trustees

**Duration:** 2 days start at a Folk High School + studies in a study circle approx. 40 hours + individual work and to finish one day at a Folk High School. Total amount of planned studies approx. 70 hours.

**Goal:** Validation completed with a Competence Certificate.

During "ValiAnte - trustee" you reveal and get aware of all "hidden" knowledge, skills and competences that you cannot validate with grades or employment certificates. In this specialized course we focus particular on experiences you acquired as a trustee. You get the basis for your own development e.g. towards formal education or professional life, in shot you become aware of your strengths. But above all you boost your self-esteem when you concretely realise and can describe your competences.

Even your organization benefit from your validation when it realises what kind of competences that working as a trustee enhances and how to offer better education for future trustees.

### For more information get in contact with:

Catrine Arvidsson

Medlefors Folkhögskola

[catrine.arvidsson@medlefors.se](mailto:catrine.arvidsson@medlefors.se)

Åsa Stenlund Björk

ABF:s Kompetensutvecklingsprojekt

[asa.stenlund-bjork@abf.se](mailto:asa.stenlund-bjork@abf.se)

Anders Svedjevik

ABF Skellefteå

[anders.svedjevik@folkbildning.net](mailto:anders.svedjevik@folkbildning.net)

Bo Carselid

LO

[Bo.carselid@lo.se](mailto:Bo.carselid@lo.se)

