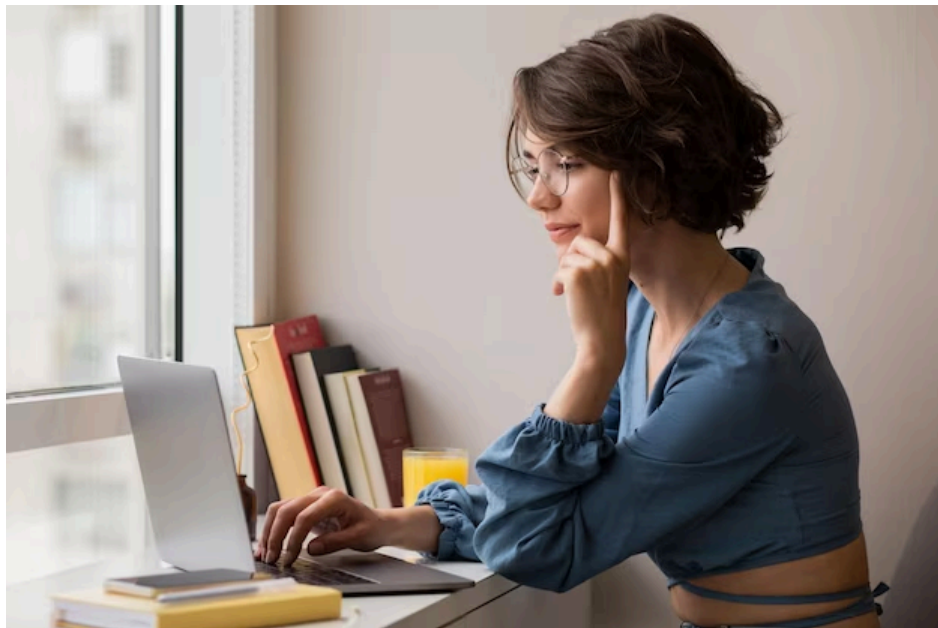




WORKSHOP OUTLINE & LEXICON

INTERNATIONAL WORKSHOPS II

**“Empowerment of women,
soft skills & emotional education”**



Molfetta, Italy

22-26 February 2024

Hosting partner: Associazione InCo-Molfetta APS

INTRODUCTION

The **goal** of this document is to provide a comprehensive summary of the main vocabulary and concepts that will be utilized during our training. It aims to facilitate participation, enhance comprehension, and ensure that all participants can engage fully in discussions and exercises.

For this, we advise you to:

- Familiarize yourself with the vocabulary and concepts presented in this document before attending the workshops.
- Use this document as a reference during discussions and exercises to enhance understanding.
- Don't hesitate to ask facilitators for clarification if something is unclear. Complex concepts will be explained with visual support.
- Engage actively in discussions and exercises to make the most of the training experience.

Document outline

- The document will be organized into sections based on specific fields and topics covered in the workshops.
- Each section will include relevant exercises and vocabulary extracted from the outlines and materials that will be provided.
- Additionally, translations of key concepts and complementary words will be provided in all three languages, with English descriptions offered if needed for clarity.

We hope this document will be useful in preparing you for the workshops and enable you to fully participate and benefit from the learning experience!

If you have any questions or need further assistance, please don't hesitate to reach out to the facilitators.

USEFUL VOCABULARY

Feelings & emotions

- **WS outline:** Emotional Wheel

<i>ENG</i>	<i>ESP</i>	<i>ITA</i>	<i>FR</i>	<i>ROM</i>
Lonely	Sola/o	Sola/o	Solitaire	Singur
Vulnerable	Vulnerable	Vulnerabile	Vulnerable	Vulnerabil
Despair	Desperada/o	Disperata/o	Désespoir	Disperare
Guilty	Culpable	Colpevole	Coupable	Vinovat
Depressed	Deprimida/o	Depressa/o	Déprimé(e)	Deprimat
Hurt	Dolido	Ferito	Blessé(e)	Rănit

Isolated	Aislada/o	Isolata/o	Isolé(e)	Izolat
Abandoned	Abandonada/o	Abbandonata/o	Abandonné(e)	Abandonat
Victimized	Victimizada/o	Vittimizzata/o	Victime	Victimizat
Fragile	Frágil	Fragile	Fragile	Fragil
Grief	Afligida/o	Addolorata/o	Chagrin	Durere
Powerless	Impotente	Impotente	Impuissant(e)	Neputincios
Ashamed	Avergonzada/o	Imbarazzata/o	Honteux/use	Rușinat
Remorseful	Con remordimientos	Avere rimorsi/ rimpianti	Plein de remords	Cu remușcări
Empty	Vacío	Vuota/o	Vide	Gol
Inferior	Inferior	Inferiore	Inférieur(e)	Inferior
Disappointed	Decepcionada/o	Delusa/o	Déçu(e)	Dezamăgit
Embarrassed	Avergonzada/o	Imbarazzata/o	Embarrassé(e)	Rusine

Angry - Anger

This category includes emotions marked by feelings of irritation, frustration, or intense rage triggered by perceived injustices, conflicts, or obstacles.

Some of them include:

ENG	ESP	ITA	FR	ROM
Let down	Defraudada-o	Abbandonata-o	Abandonné(e)	Dezamăgit
Humiliated	Humillada-o	Umiliata-o	Humilié(e)	Umilit
Bitter	Amargada-o	Amareggiata-o	Acharné(e)	Amară
Mad	Enfadada-o	Arrabiata-o	En colère	Nebun
Aggressive	Agresiva-o	Aggressiva-o	Aggresif	Agresiv
Frustrated	Frustrada-o	Frustrata-o	Frustré(e)	Frustrat
Distant	Distante	Distante	Distant(e)	Distantă
Critical	Crítica	Critica-o	Critique	Critic
Betrayed	Traicionada-o	Tradita-o	Trahi(e)	Trădat

Resentful	Resentida-o	Risentita-o	Rancunier	Resentimenta r
Disrespected	No respetada-o, despreciada-o	Mancata-o di rispetto	Méprisé(e)	Nerespectat
Ridiculed	Ridiculizada-o	Ridicolizzata-o	Ridiculisé(e)	Ridiculizat
Indignant	Indignada-o	Indignata-o	Indigné(e)	Indignat
Violated	Vulnerada-o	Offesa-o	Offensé(e)	Violat
Furious	Furiosa-o	Furiosa-o	Furieux-euse	Furioasă
Jealous	Celosa-o	Gelosa-o	Jaloux-ouse	Gelos
Provoked	Provocada-o	Provocata-o	Provoqué(e)	Provocat
Hostile	Hostil	Ostile	Hostile	Ostil
Infuriated	Enfurecida-o	Infuriata-o	Furieux-euse	Înfuriat
Annoyed	Molesta-o	Infastidita-o	Agacé(e), contrarié(e)	Supărat
Withdrawn	Retirada-o	Contrariata-o	Déçu(e), contrarié(e)	Retrasă
Numb	Aturdida-o	Intorpidita-o	Engourdi(e)	Amorțit
Skeptical	Escéptico/a	Scettica-o	Sceptique	Sceptic
Dismissive	Reticente	Sprezzante	Dédaigneux-euse	Disprețuitor

Fearful - Fear

It comprises emotions characterized by dread, nervousness, or unease in response to perceived threats, uncertainties, or potential dangers.

Some of them include:

<i>ENG</i>	<i>ESP</i>	<i>ITA</i>	<i>FR</i>	<i>ROM</i>
Scared	Asustada-o	Spaventata-o	Effrayé(e)	Speriat
Anxious	Ansiosa-o	Ansiosa-o	Anxieux-euse	Anxios
Insecure	Insegura-o	Insicura-o	Incertain(e)	Nesigur
Weak	Débil	Debole	Faible	Slab

Rejected	Rechazada-o	Respinta-o	Rejeté(e)	Respins
Threatened	Amenazada-o	Minacciata-o	Menacé(e)	Amenințat
Helpless	Indefensa-o, desamparada-o	Senza aiuto/supporto	Impuissant(e)	Neajutorat
Frightened	(muy) Asustada-o	Terorizzata-o	Terrifié(e)	Înfrișat
Overwhelmed	Abrumada-o	Sopraffatta-o	Submergé(e)	Copleșit
Worried	Preocupada-o	Preoccupata-o	Préoccupé(e)	Îngrijorat
Inadequate	Inadecuada-o	Inadeguata-o	Inadéquat(e)	Inadecvat
Inferior	Inferior	Inferiore	Inférieur(e)	Inferior
Worthless	Inútil	Svalutata-o, senza valore	Inutile	Fără valoare
Insignificant	Insignificante	Insignificante	Insignifiant	Nesemnificativ
Excluded	Excluída-o	Esclusa-o	Exclu(e)	Exclus
Persecuted	Acosada-o	Perseguitata-o	Persécuté(e)	Persecutat
Nervous	Nerviosa-o	Nervosa-o	Nerveux-euse	Nervos
Exposed	Expuesta-o	Esposta-o	Exposé(e)	Expus

Disgusted - *Disgust*

This category highlights the reaction to something perceived as offensive, repulsive, or unpleasant.

Some of them include:

<i>ENG</i>	<i>ESP</i>	<i>ITA</i>	<i>FR</i>	<i>ROM</i>
Disapproving	Desaprobación	Disapprovata-o	Désapprouvé(e)	Dezaprobat
Disappointed	Decepcionada-o	Delusa-o	Déçu(e)	Dezamăgit
Awful	Terrible	Terribile, orribile	Terrible, horrible	Îngrozitor
Repelled	Rechazada-o	Respinta-o	Rejeté(e)	Respingător
Judgmental	Juiciosa-o, crítica-o	Critico	Critique	Judecător

Embarrassed	Avergonzada-o	Imbarazzata-o	Embarrassé(e)	Rușinat
Appalled	Concernada-o	Sconvolta-o	Buoleversé(e)	Revoltat
Revolted	Asqueada-o	Disgustata-o	Dégoûté(e)	Revoltat
Nauseated	Disgustado	Disgustato	Dégoûté(e)	Dezgustat
Detestable	Aborrecida-o, detestable	Detestabile	Détesté(e)	Detestabil
Horrificed	Horrorizada-o	Inorridita-o, terrorizzata-o	Horrifié(e)	Îngrozită
Hesitant	Vacilante	Esitante, titubante	Hésitant(e)	Ezitant

Bad

It encompasses unpleasant and negative feelings of different intensities that cannot be classified in the above-mentioned categories.

Some of them include:

<i>ENG</i>	<i>ESP</i>	<i>ITA</i>	<i>FR</i>	<i>ROM</i>
Bored	Aburrido	Annoiato	Ennuyeux	Alezaj
Busy	Ocupado	Occupato	Occupé	Ocupat
Pressured	Presionado	Sotto pressione	Pressé	Presată
Rushed	Apresurado, con prisas	Affrettato	Pressé	Grăbit
Stressed	Estresado	Stressato	Stressé	Stresat
Overwhelmed	Abrumado	Sopraffatto	Débordé	Copleșit
Tired	Cansado	Stanco	Fatigué	Obosit
Indifferent	Indiferente	Indifferente	Indifférent	Indiferentă
Apathetic	Apático	Apatico	Apathique	Apatic
Out of control	Fuera de control	Fuori controllo	Incontrôlable	Fără control
Sleepy	Somnoliento	Sonnolento	Somnolent	Adormit

Unfocused	Desconcentrado	Non concentrato	Déconcentré	Neconcentrat
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INVOLVING BOTH NEGATIVE AND POSITIVE emotions

Surprised - Surprise

Sudden and unexpected reaction to a stimulus or event. It would encompass feelings of astonishment, unexpectedness, and novelty, and can be both negative or positive, depending on the situation you react to.

Some of them include:

<i>ENG</i>	<i>ESP</i>	<i>ITA</i>	<i>FR</i>	<i>ROM</i>
Startled	Asombrada/o	Stupita/o	Étonné(e)	Înspăimântat
Confused	Confundida/o	Confusa/o	Confus(e)	Confuz
Amazed	Asombrada/o	Meravigliata/o	Émerveillé(e)	Uimit
Excited	Emocionada/o	Entusiasta, eccitata/o	Enthousiaste	Excitat
Shocked	Conmocionada/o	Scioccata/o	Choqué(e), surpris(e)	Șocat
Dismayed	Consternada/o	Sconcertata/o	Déconcerté(e)	Dezamăgit
Disillusioned	Desilusionada/o	Disillusa/o	Désabusé(e), désillusionné(e)	Dezamăgit
Perplexed	Perpleja/o	Perplessa/o	Perplexe	Perplexă
Astonished	Asombrada/o	Attonita/o	Stupéfait	Uimit
Awe	Asombrada/o	In soggezione	Intimidé(e)	Uimit
Eager	Ansiosa/o (con ganas)	Impaziente	Impatient(e)	Nerăbdător
Energetic	Enérgico	Energico	Énergique	Energic

POSITIVE emotions

Happy - Happiness and joy

Emotions associated with positivity, pleasure, and contentment.

Some of them include:

<i>ENG</i>	<i>ESP</i>	<i>ITA</i>	<i>FR</i>	<i>ROM</i>
Playful	Juguetón	Giocosa/o	Joyeux/use	Jucăușă
Content	Satisfecha/o	Contenta/o, soddifatta/o	Content, satisfait(e)	Conținut
Interested	Interesada/o	Interessata/o	Intéressé(e)	Interesat
Proud	Orgullosa/o	Orgogliosa/o	Fier/fière	Mândru
Accepted	Aceptada/o	Accettata/o	Accepté(e)	Acceptat
Powerful	Poderosa/o	Potente, con potere	Puissant(e)	Puternic
Peaceful	Tranquila/o, serena/o	Serena/o	Paisible	Pașnică
Trusting	Confiada/o	Fiduciosa/o	Confiant	Încrezătoare
Optimistic	Optimista	Ottimista	Optimiste	Optimist
Aroused	Excitada/o	Stimolata/o	Encouragé(e)	Excitat
Cheeky	Descarada/o, atrevida/o	Impertinente	Impertinent(e)	Obraznic
Free	Libre	Libera/o	Libre	Liber
Joyful	Alegre	Gioiosa/o	Joyeux-euse	Vesel
Curious	Curiosa/o	Curiosa/o	Curieux-euse	Curios
Inquisitive	“Preguntón(a)”	Curiosa/o	Curieux-euse	Curioasă
Successful	Exitosa/o	Di successo	(Personne) qui réussit	De succes
Confident	Segura/o de sí mismo	Sicura/o di sé	Confiant(e)	Încrezător
Respected	Respetada/o	Rispettata/o	Repectée	Respectat
Valued	Valorada/o	Apprezzata/o	Apprécié(e)	Apreciat
Courageous	Valiente	Coraggiosa/o	Courageux-euse	Corigent
Creative	Creativa/o	Creativa/o	Creatif	Creativ
Loving	Cariñosa/o	Amorevole	Affectueux-eus	Iubitor

			e	
Thankful	Agradecida/o	Grata/o	Grille	Recunoscător
Sensitive	Sensible	Sensibile	Sensible	Sensibil
Intimate	Íntima/o	Intima/o, accogliente	Intime, profonde	Intimă
Hopeful	Con esperanza	Speranzosa/o	Plein(e) d'espoir	Plin de speranță
Inspired	Inspirada/o	Inspirata/o	Inspiré(e)	Inspirat

Competences

- **WS outline: “Job Tree”**

To reflect on the skills and competences participants possess, we will leave here some useful information and examples:

Definition

“Competences can be defined as broader attributes that refer to an ability to use knowledge, skills social and/or methodological abilities in work or study situations and in professional and personal development.”

([EU Science Hub](#), n.d.)

Synonyms and related vocabulary: skill, ability, capability, capacity; *also: know-how, expertise*

They can be:

- Technical competences = hard skills
 - *can be job or task-specific, e.g., use of digital tools (instruments or softwares), handicraft/manual work, languages...*
- Transversal competences = soft skills*

*Some of them include:

ENG	ESP	ITA	FR	ROM
Strategical & innovative thinking	Pensamiento estratégico e innovador	Pensiero strategico e innovativo	Réflexion stratégique et innovante	Gândire strategică și inovatoare
Flexibility & adaptability	Flexibilidad y capacidad de	Flessibilità e adattabilità	Flexibilité et adaptabilité	Flexibilitate și adaptabilitate

	adaptación			
Organisation & time management	Capacidad organizativa y de gestión del tiempo	Organizzazione e gestione del tempo	Organisation et gestion du temps	Abilități de organizare și de gestionare a timpului
Decision making	Capacidad de toma de decisiones	Capacità di prendere delle decisioni	Capacité à prendre des décisions	Capacitatea de a lua decizii
Team work	Capacidad de trabajar en equipo	Capacità di lavorare in squadra	Capacité à travailler en équipe	Capacitatea de a lucra în echipă Empatie
Empathy	Empatía	Empatia	Empathie	Empatie
Problem solving	Capacidad de resolución de problemas	Capacità di risolvere i problemi	Capacité à résoudre des problèmes	Abilități de rezolvare a problemelor
Leadership	Liderazgo	Leadership	Leadership	Leadership

To deepen in common European definitions and classifications of competences and skills, consult the [Join Research Centre report](#). Instead, to learn more on transversal competences, key to the job market, read [this](#).

European framework

According to the European instrument **Youthpass**, there are **8 key competences** that participants can develop within their participation in non-formal education experiences:

ENG	Definition	ESP	ITA	FR	ROM
Multilingual competence	"Ability to use different languages for communication and to understand and express thoughts, feelings and facts orally or in writing"	Competencia multilingüística	Competenza multilinguistica	Compétence multilingue	Competența multilingvistică
Personal, social and learning to learn competence	"Ability to learn to learn, to manage one's own learning and to reflect on oneself"	Competencia personal, social y de aprendizaje ("aprender a aprender")	Competenza personale, sociale e di apprendimento	Compétences personnelles, sociales et d'apprentissage	Competența personală, socială și de a învăța să înveți
Citizenship	"Ability to act as	Competencia	Competenza in	Compétences	Competențe

competence	<i>responsible citizens and to fully participate in civic and social life, based on understanding of social, economic, legal and political concepts as well as global developments and sustainability"</i>	(social y) cívica	materia di cittadinanza	citoyennes/déocratiques	cetățenești
Entrepreneurship competence	<i>"Capacity to act upon opportunities and to turn ideas into action that has value for others. It includes taking initiative, creativity, innovation, critical thinking and problem solving"</i>	Emprendimiento, competencia de iniciativa emprendedora, empresarial	Competenza imprenditoriale	Compétences sur l'entrepreneuriat et l'esprit d'entreprendre	Competența antreprenorială
Competence in cultural awareness and expression	<i>"Understanding of how ideas are creatively expressed in different cultures, through different arts"</i>	Sensibilización y expresión cultural	Competenza nella consapevolezza nell'espressione culturale	Compétence en matière de sensibilité et d'expression culturelles	Competențe de sensibilizare și expresie culturală
Digital competence	<i>"Responsible use of digital technologies; communication and collaboration, media literacy, digital content creation, safety, intellectual property related questions, problem solving and critical thinking (...) use of information via a range of digital technologies"</i>	Competencia digital	Competenza digitale	Compétence numérique et digitale	Competența digitală
Mathematical competence and competence in science, technology, engineering (STEM)	<i>"Ability to use mathematical thinking to solve problems in everyday situations; to use knowledge to identify questions and to base opinions on evidence; to use logical and critical thinking, to handle technological tools and to communicate conclusions and reasoning behind them"</i>	Competencia matemática y en ciencia, tecnología e ingeniería (STEM)	Competenza matematica e competenza in scienza, tecnologia, ingegneria (STEM)	Compétence mathématique et compétence en sciences, technologie et ingénierie (STEM)	Competența matematică și competența în domeniul științei, tehnologiei, ingineriei (STEM)
Literacy	<i>"Ability to understand and</i>	Alfabetización	Alfabetizzazione	Alphabétisation	Competența de

competence	<i>express thoughts, feelings and facts orally, in writing or in other forms, and to interact with others. It is the basis for further learning"</i>			n	alfabetizare
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Read more on Youthpass and the revised key competences [here](#).

Mobility

EU-funded opportunities for adults refer to programmes like...

- Erasmus+ Mobility of Youth Workers
- Erasmus for Young Entrepreneurs
- EURES (EUROpean Employment Services)

We will explore them during our last day of training, but you can start to check out the different programmes.

Other useful vocabulary related to mobility schemes are:

ENG	ESP	ITA	FR	ROM
Reimbursement	Reembolso (de los gastos)	Rimborso (dei costi)	Remboursement (des frais)	Rambursarea (a cheltuielilor)
Call	Convocatoria (para solicitantes)	Bando, convocazione (per i candidati)	Appel (pour les candidats)	Convocatoria (pentru solicitanți)
Beneficiaries	Beneficiarios (<i>no solo son los participantes</i>)	Beneficiari (<i>non sono solo i partecipanti!</i>)	Bénéficiaires (<i>pas seulement les participants!</i>)	Beneficiari (<i>nu doar participanți!</i>)
(Participants with) Fewer opportunities*	(Participantes) con menos oportunidades	(Partecipanti) con minori opportunità	(Participants) moins favorisés	(Participanți) cu mai puține oportunități

* Definition and more information on the categories expected to be included and supported [here](#). Check also a [full article](#) in SALTO on inclusion and diversity and fewer opportunities participants.

FURTHER INFORMATION

Shall you face any language problems during the exchange, please feel free to stop our facilitators and ask!

We can provide live translations of some concepts and try to simplify the discourse to make it accessible for everyone, independently from their level of English. Acknowledge that most activities will be practical, too, and frontal lectures are not planned.