EQF Level*	Knowledge	Skills	Competence
	In the context of EQF, knowledge is described as *theoretical and/or factual*.	**In the context of EQF, skills are described as** ***cognitive* (involving the use of logical, intuitive and creative thinking), and** ***practical* (involving manual dexterity and the use of methods, materials, tools and instruments)**	**In the context of EQF, competence is described in terms of *responsibility and autonomy*.**
Level 6	Advanced knowledge of a field of work or study, involving a critical understanding of theories and principles	Advanced skills, demonstrating mastery and innovation, required to solve complex and unpredictable problems in a specialized field of work or study	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

* 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!