

Press Release 1

Immersing the EU in Virtual Reality

Applying Fun Immersive Learning Techniques to raise soft skills development throughout EU workplaces!

In a post-pandemic world, workplaces have had to adapt in a major way to survive and remain resilient for the future. Individuals have also faced significant upheaval and their ability to be able to reflect, reorientate, and take action to achieve personal and professional ambitions now requires a unique set of skills. European citizens need to grow their “soft skills”, skills that the EU LifeComp Framework describes as one’s personal, social and learning to learn competences, if they are to survive in an adaptable and dynamic post-pandemic working environment.

The LifeX project aims to support the development of these soft skills through the creation of a new virtual reality gamified training programme that uses Immersive Learning Experiences (ILx) to develop these crucial and sought-after skills. The LIFEx training programme will empower tutors and trainers to deliver life-learning skills via a dynamic and engaging Virtual Reality method to young people, trainees, adults, and employees.

FIP’s project manager, Mr. Etienne Beardmore said *“LifeX strives to provide a truly engaging curriculum and experience that we think will go a long way to give EU workers the soft skills training they need to succeed in today’s workplace”*.

During the LIFEx project, trainers and learners will play a key role in reviewing materials produced in Ireland, Portugal, Italy, Romania, and Greece. The rich training and learning curriculum developed by the LIFEx project team will be freely available in June 2023 and steps are being taken through its

sustainability strategy to ensure that the VR training is developed with universal application across any mobile phone device minimising the cost and equipment requirements to engage with the immersive learning experiences.

To guide the work of the project, the team has developed the LIFEx Competence Profile which sets out the desired learning outcomes that will be achieved through the LIFEx Immersive learning experiences. Benchmarked against the EU LifeComp Framework, the LIFEx ILx will centre on three skill areas of Personal, Social and Learning to Learn and will explore the following nine competences through Virtual Reality based training: self-regulation, flexibility, well-being, empathy, communication, collaboration, growth mindset, critical thinking and managing learning.

It is our intention that the LIFEx training package will integrate smoothly into business, vocational and adult training courses throughout Europe offering a dynamic and cost-effective solution to develop these important skill areas.

To download the LIFEx Competence Profile or to follow the developments of the project, please visit the project website www.life-x.eu or contact your local project partner.

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Notes for the editor:

LifeX is a cooperation project for vocational education funded under the European Union's Erasmus+ programme that focusses on developing personal, social, and learning to learn competences based around the EU's LIFEComp framework. The LifeX project is running between January 2022 – December 2023 and is being delivered by a consortium of 5 European partner organisations from Ireland, Portugal, Italy, Romania, and Greece. Press Release prepared by Future In Perspective, Ireland on behalf of the project consortium. For more information, please contact the local project partner as below:

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