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**KilátóSáv: felnőtt tanulási program nehéz élethelyzetben
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Thematic Digital Learning Material Collection – Developed with the Professional Background of the Viewpoint Project

The collection was created by the staff of the Váltó-sáv Foundation and the Antropos Mental Health Association.

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The digital learning materials and supporting resources developed within the Viewpoint project provide comprehensive support for social and labor market reintegration of individuals starting from vulnerable life situations — such as former incarceration, addiction recovery, long-term inactivity, or chronic unemployment. The materials are professionally grounded, structured, and specifically designed to be used in self-directed learning, small group sessions, and mentoring contexts alike.

The learning materials operate on multiple levels. The self-awareness modules contain simple yet deeply reflective questions that encourage participants to explore their identity, sense of value, and direction in life, without being overly psychological. Themes like identity, self-confidence, and inner security are not only essential from a mental health perspective but also serve as foundations for successful social and workplace adaptation.

The job-coaching-oriented materials – for example offer well-structured, practice-based guidance for participants who wish to enter or re-enter the world of work. These materials go beyond the technical aspects of job searching; they also support inner preparation and conscious self-presentation. Thanks to their clear language, structured content, and practical examples, participants can easily work through them independently and adapt the content to their own life situation. They help develop key employability competences, such as writing a motivational letter, preparing for interview questions, and understanding what to focus on during the first period of employment.

The digital materials vary in length and depth, consciously reflecting the diverse needs of the target group. Some are short, concise, and quickly applicable, offering immediate practical knowledge; others are deeper and more complex, designed for longer reflection and personal development. This diversity allows participants to progress at their own pace and according to their individual learning styles and life situations. The structure and balance of the materials ensure that everyone can access relevant knowledge in a format that suits their competences, emphasizing gradual progression, self-directed learning, and intrinsic motivation.

During the development process, special attention was paid to creating interconnected modules that complement and build upon one another. Many materials include internal links and clickable recommendations leading to related topics. Thus, if a material briefly touches upon stress management or self-assertion without exploring it in depth, the participant can easily move on to another material for further, independent exploration.

This system enables learners to experience not isolated lessons but a coherent, modular, and expandable learning journey — one that evolves naturally with their interests, needs, and personal development goals.



The complexity of the digital learning materials

The complexity of the digital learning materials is reflected not only in their themes, but also in their content and methodology. During the development process, a key objective was to ensure that the materials include diverse, motivating, and credible sources of information. To achieve this, each module integrates professionally validated articles, video materials, practical case videos, and topic-specific podcasts. The goal was to engage participants through multiple forms of stimuli and learning — whether through text-based materials, visual or auditory content, or creative exercises. This diversity ensures that participants with different learning styles and abilities can find the entry points that suit them best.

A particular challenge was ensuring this richness and complexity in multiple languages. The digital materials are available in English and Serbian, and great care was taken to make sure that each text and multimedia element is not only linguistically accurate but also culturally and socially relevant in its context. In many cases, localized Serbian-language articles, videos, or examples were included to reflect local realities — such as social conditions, employment opportunities, legal frameworks, and labor market dynamics. As a result, the materials function not merely as translations, but as localized and contextually relevant learning resources that remain authentic and meaningful for learners in different linguistic and cultural environments.

For this reason — and with a clear focus on practical usability — not all digital materials are identical across the various language versions. While maintaining professional and conceptual consistency, several elements were adapted or modified to align with cultural, social, or legal contexts. This was a conscious choice: rather than striving for word-for-word equivalence, the priority was to ensure real-life applicability and authenticity. Thus, each version remains relevant, accessible, and credible for its specific audience.

The structure and methodology of the training program

The training program itself is comprehensive and interdisciplinary: alongside self-awareness and psychological foundations, it covers stress management, emotion regulation, conflict resolution, assertive communication, goal setting, and career planning. One of the program's most distinctive features is its methodological diversity. The digital learning materials are often complemented by individual or group mentoring, as well as art therapy and drama-based elements, which help reach different learning styles and create an experiential learning process.

During the design and testing phase, the team primarily used the Gamma.app platform, as it offers a user-friendly, interactive, and visually engaging interface that fits the needs of the target groups. Other tools (such as Padlet, Redmenta, LearningApps, and Canva) were also tested but served mainly as supplementary tools. The choice of Gamma was a deliberate decision, aimed



at supporting self-directed learning, participant engagement, and a positive user experience.

Overall, the digital learning materials developed within the Viewpoint project provide a comprehensive, socially relevant, learner-centered, and flexible toolkit. They can be used by social workers, educators, helping professionals, career counselors, and civil organizations alike. The digital format not only offers technical flexibility, but also enables the learning process to adapt to the individual's pace, life situation, and rhythm. This personalization is one of the key conditions for successful, sustainable learning — especially for those for whom every opportunity to start again truly matters.

Professional Justification for the Use of the Wordwall Platform

During the project, the team tested and partially used the Wordwall online platform; however, from a professional perspective, it is important to emphasize that the platform is not suitable for displaying the mandatory visual identity elements of the project and cannot be considered a full-fledged digital learning platform. The main limitation is that Wordwall relies on fixed templates and does not allow for the integration of visual and graphic elements (such as logos, brand colors, or typography), nor does it enable customization in line with Erasmus+ visual identity guidelines.

Main Disadvantages of the Wordwall Platform

- Limited customization options – it is not possible to display mandatory EU or project logos, brand colors, or other visual identity elements.
- Restricted editing flexibility – the interactive tasks are bound to fixed templates, with minimal adaptation possibilities.
- Lack of integration – Wordwall activities cannot be embedded into a unified learning structure; they function only as standalone, gamified modules.
- Limited offline accessibility – created materials are not downloadable with full functionality and can only be accessed online.
- No user tracking – the platform does not provide tools for monitoring learner activity or measuring progress.

According to the project team, Wordwall does not meet the professional and functional requirements of a digital learning material and therefore cannot be regarded as a comprehensive e-learning platform. However, within the framework of the project, it was used as a complementary, gamified element, suitable for creating and testing certain types of interactive tasks in an engaging way.



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As a result, a selection of Wordwall tasks — in multiple languages — has been published on the project's official website under the “Useful Resources” section, allowing participants and visitors to access them independently:

Learn About Basic Emotions – Wordwall Exercise

HUN: <https://wordwall.net/resource/84662882>

ENG: <https://wordwall.net/resource/94781535>

SRB: <https://wordwall.net/resource/94781942>

In summary: Wordwall proved to be a useful supplementary tool, offering simple interactive and gamified elements, but it does not replace the comprehensive digital learning materials developed within the project and cannot display the required Erasmus+ visual identity elements.

Use of Redmenta and Padlet Platforms – Professional Justification

During the implementation of the project, as part of the digital learning material development process, several online platforms were tested — among them, the Redmenta and Padlet applications. Both platforms proved to be useful and effective tools, as they allowed for the creation of interactive exercises, made the learning process more engaging and visually appealing, and enhanced participant involvement throughout the training activities. From a professional standpoint, however, it is important to note that these platforms offered limited options for the full integration of the project's mandatory visual identity elements. Both Redmenta and Padlet operate within preset, template-based frameworks, which do not always allow for the consistent display of logos, Erasmus+ branding, or other visual identity elements of the supporting organizations — at least not to the same extent as in fully editable materials, such as Word or PDF documents.

Nevertheless, the project team made every effort to ensure that, within the available technical constraints, the required visual identity elements were as visible and consistent as possible — always including the names and logos of the supporting organizations and ensuring the presence of the mandatory Erasmus+ visibility references. Although perfect implementation was not always technically feasible, the project's visual and branding requirements were met and remained clearly identifiable across all materials. In conclusion, both Redmenta and Padlet served as valuable supplementary tools to the digital learning materials developed and delivered within the project.

While the integration of branding elements was technically limited, their use was professionally justified and effective, as these platforms contributed to:

- increasing participant engagement,
- making the learning process more experiential, and
- supporting the testing and wider dissemination of the project's results.



Use of the Gamma.app Platform – Professional Justification

During the development of the digital learning materials, several online platforms were tested (including Wordwall, Redmenta, and Padlet). However, based on the feedback received from the professional team and participants involved in the testing process, Gamma.app proved to be the most suitable and effective platform for the project's objectives.

The main advantage of Gamma.app lies in the fact that it meets all professional and technical requirements defined for digital learning materials. It enables the creation of visually appealing, interactive, well-structured, and user-friendly learning resources that simultaneously enhance learning motivation, user experience, and content credibility. Its high degree of customizability and rich functionality allow for the integration of mandatory visual identity elements (logos, Erasmus+ branding, partner recognition), as well as multimedia and interactive components such as videos, infographics, quizzes, and checklists.

Feedback gathered during testing confirmed that the learning materials developed on Gamma.app were clearer, more engaging, and easier to navigate than those created on other platforms. Participants highlighted the flexibility of the interface, its modern visual design, and the ability of the learning paths to maintain user attention more effectively. It is important to note that, although Gamma.app is a paid service, the Váltó-sáv Foundation is committed to maintaining access to the platform in the long term, beyond the project's closure and sustainability period. This is a crucial decision, as the platform not only guarantees the quality of the current project's digital materials, but also provides a reliable and scalable framework for future development.

The professional relevance of Gamma.app is further demonstrated by the fact that most of the project's digital learning materials were developed, published, and implemented through this platform. This clearly indicates that Gamma.app functioned not merely as a supplementary tool, but as the primary platform for digital learning material development. According to participant feedback, the platform performed outstandingly across all key criteria — including clarity, user experience, motivation, branding compliance, and content richness.

In summary: The use of Gamma.app was a professionally sound and sustainable decision. The platform fully meets the needs of the project and serves as the primary medium for presenting digital learning materials and training content. Furthermore, it ensures the long-term dissemination of project results and continued access for the target groups, supporting the project's sustainability and impact beyond its official duration.



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Digital Learning Material	Details
Build Your Personal Toolkit – From the Inside Out	What helps you move forward? What do you already have – and what might still be worth adding? Interactive reflection tool supporting self-awareness and identification of personal strengths and inner resources. QR code:  Link: https://gamma.app/docs/Building-Your-Toolkit-g0t6dk86252m9p1
Point of View – One Image, Multiple Thoughts	Visual reflection exercise encouraging diverse perspectives and empathy through imagery. QR code:  Link: https://gamma.app/docs/Point-of-View-One-Image-Multiple-Thoughts-se7dcdw5klynpn1
The Story of My Name: Identity, Meaning and Self-Expression Reflected in a Name	A creative self-reflection activity about personal identity and meaning — exploring what our name tells about who we are, where we come from, and who we can become. QR code:  Link: https://gamma.app/docs/The-Story-of-My-Name-Identity-Meaning-and-Self-Expression-Reflect-3mzyl0vd75a6po8



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Start Your Own Journey!

QR code:



Link: <https://padlet.com/valtosavalapitvany/start-your-own-journey-gn6k512m4ic6s464>

Write the CV You'll Be Proud to Hand Over One Day

QR code:



Link: <https://gamma.app/docs/Plan-your-future-with-a-future-resume-nrccez6xilon0nu>

6 Skills That Open the Door to New Opportunities

QR code:



Link: <https://gamma.app/docs/6-Essential-Skills-That-Open-Doors-in-the-Job-Market-sf8xcwl86b32z8a>



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Stand Out in Job Interviews – Tell Your Story in a Way They’ll Remember	Learn the STAR Method – and shine where it matters most. QR code:  Link: https://gamma.app/docs/Shine-with-the-STAR-method-in-job-interviews-1nq9t7g0lhx8wtm
Changing Perspective	Exercise promoting flexible thinking, resilience, and adaptation to new life situations. QR code:  Link: https://gamma.app/docs/Changing-Perspective-due2dzdkg87nz10
What would you say if you had the world's attention for 5 minutes?	You have 5 minutes for the whole country to hear you. What would you say? This exercise will help you discover what is truly important to you. QR code:  Link: https://gamma.app/docs/Copy-of-Mit-mondanal-el-ha-5-percig-tied-lenne-a-vilag-figyelme-6hsqg2sddy71ahx



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Self-Awareness – The Key to Successful Job Hunting

QR code:



Link: <https://gamma.app/docs/Self-Awareness-The-Key-to-Successful-Job-Hunting-dexnb3otmyb96u5>

The Pomodoro Technique: Time Management in Small Blocks of Time

QR code:



Link: <https://gamma.app/docs/The-Pomodoro-Technique-Time-Management-in-Small-Blocks-of-Time-qv184zxcbhws0j>



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Design Your Future – with the Wish Diagram

QR code:



Link: <https://gamma.app/docs/Consciously-Plan-Your-Future-with-the-Wish-Diagram-x8ah26offd7qln3>

5 Questions to Reflect On – About You and Your Future

QR code:



Link: <https://gamma.app/docs/5-Sentences-That-Can-Change-Your-Job-Search-onsja8rdlc5j5z9>

EMOTIONS, STRESS AND COPING

QR code:



Link: <https://gamma.app/docs/EMOTIONS-STRESS-AND-COPING-tundmm3ntiosuzx>



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Emotion Journal	To better understand ourselves, the first step is to observe what we feel in our everyday lives. QR code:  Link: https://padlet.com/valtosavalapitvany/emotion-journal-fy02t3ve2amxmrp2
Values: What motivates you?	Reflective tool exploring the process and emotional stages of change. QR code:  Link: https://gamma.app/docs/Values-What-motivates-you-i68e33eo8sqgip0
Discover what drives you!	In this playful activity, we'll help you define what matters to you, what your strengths are, and how you can build on them as you move toward your goals.. QR code:  Link: https://wordwall.net/resource/94810599



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TIME MANAGEMENT

QR code:



Important or Urgent? – Redesign your day!

Link: https://padlet.com/antroposmental/kil-t-s-v_adapted-eisenhower-matrix-lln5uoj1yd8hrhq3

Who am I – where am I going?

QR code:



Self-awareness workbook on three topics.

Link: <https://gamma.app/docs/Who-am-I-where-am-I-going-Self-awareness-workbook-on-three-topics-ih4sx2yg7cq8xn0>

How to Use Your Network in Job Searching?

QR code:



This material provides a brief overview of how your personal and professional network can support your job search: who to inform, how to reconnect with former contacts, which online and in-person opportunities to use, and why seeking advice can be valuable. Building and activating your network consciously is a powerful tool for successful employment.

Link: <https://gamma.app/docs/HOW-CAN-YOU-USE-YOUR-NETWORK-FOR-JOB-SEARCH-06cc33wdrbuftgu>



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Draw out what's inside you – Art Therapy II

QR code:



Link: <https://gamma.app/docs/Copy-of-Rajzold-ki-ami-benned-van-Muveszetterapia-II-d2eveljyyx781i6>

Declared Work or Undeclared Work: Consequences and Decisions

QR code:



Link: <https://gamma.app/docs/Declared-Work-or-Undeclared-Work-Consequences-and-Decisions-qxppweuhtb0olbn>



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This learning material is a self-awareness journey that uses the SWOT analysis method to help you recognize your own mental resources and challenges.

It is important to stop occasionally and reflect on who we are, where we are, and where we want to go.

QR code:



Link: <https://kilatosav.my.canva.site/eng-swot-elemz-s>

Values: What motivates you?

Before you start the task, create a calm environment around you. Take out a piece of paper or open a blank document, turn off distractions and focus only on this exercise. This task is exclusively about you – there are no right or wrong answers.

QR code:



Link: <https://gamma.app/docs/Values-What-motivates-you-i68e33eo8sqgip0>

Beyond Words – The Hidden Impact of Emojis on Communication

Emojis have become an inseparable part of modern communication. These small icons not only express our feelings, but also influence the interpretation of our words. But how do these graphic symbols actually affect us?

QR code:



Link: <https://gamma.app/docs/Beyond-Words-The-Hidden-Impact-of-Emojis-on-Communication-f6n4cbtk55jqu8z>



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Play and prepare for the job interview!	The job interview is a mutual getting-to-know process. While your potential employer is assessing your skills and personality, you can also gather valuable information about the company, the work environment, and whether the position truly aligns with your goals and values. QR code:  Link: https://gamma.app/docs/Play-and-prepare-for-the-job-interview-igs0smkyiz4e3vz
How to Prepare for a Job Interview?	Preparation is not just about answering the questions, but also about making the right decision for your future! QR code:  Link: https://wordwall.net/resource/93506571
Write a letter from the future!	Writing holds a special power — often, simply putting your thoughts and feelings on paper can bring relief; by writing down your desires, you may feel closer to achieving them. QR code:  Link: https://padlet.com/valtosavalapitvany/write-a-letter-from-the-future-n3ulxclqxs7gdt3



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Learn about basic emotions! Match the name of the emotion with the corresponding facial expression!

QR code:



Link: <https://wordwall.net/resource/94781535>

The World of Conflicts: Understanding and Management

QR code:



Link: <https://gamma.app/docs/The-World-of-Conflicts-Understanding-and-Management-bi592d6jeurpk2i>

Draw out what's inside you – Art therapy made easy

QR code:



Link: <https://gamma.app/docs/Draw-out-whats-inside-you-bwa8rpo3xu7muek>



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Learning to Learn – How to Better Understand and Remember What We Read?

Many people think that learning just means reading something and trying to remember it. But effective learning is much more than that: it's an active process in which we seek meaning, connect to things we already know, ask questions, take notes and look for connections. This material will help you learn more consciously and find your own learning style.

QR code:



Link: <https://gamma.app/docs/Learning-to-Learn-How-to-Better-Understand-and-Remember-What-We-R-ch5aq1y7mukdj6q>

What You've Already Done, and What Still Lies Ahead

Emotional intelligence is not an inborn trait – it's a skill that develops with practice. Even taking the time to pause, pay attention to yourself, and start becoming aware – “I'm feeling something, and I want to understand what it is” – is already a huge step.

QR code:



Link: <https://wayground.com/join?gc=20684682>



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The Two Wanderers' Choice

QR code:



Link: <https://gamma.app/docs/ViewpointThe-Choice-of-the-Two-Wanderers-The-Search-for-Self-Know-2hnoknnqvozf3b7>