

VETech

Digital Skills for Tomorrow's SMEs
2024-2-HU01-KA210-VET-000295830

Small-scale partnerships
in vocational education and training
(KA210-VET)



TOOLKIT
FOR VET Trainers
BEGINNER LEVEL

ARTIFICIAL INTELLIGENCE

- Use of ChatGPT in Vocational Education and
Training (VET)



CHAMBER OF COMMERCE
AND INDUSTRY
VESZPRÉM



Erasmus+



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The goal of the VETech toolkit:

The development of digital skills of students and teachers participating in vocational education, and the support of the digital transformation of small and medium-sized enterprises (SMEs) with free-of-charge digitally accessible learning materials that promote the development of the stakeholders' digital skills, thereby ensuring that the digital skills acquired in vocational education are aligned with the needs of market players.

The Artificial Intelligence – use of ChatGPT for Vocational Training and Education (VET) learning material's aim:

This online learning material is designed to help VET trainers and educators effectively integrate the **basic use of artificial intelligence** (in this case ChatGPT) into their daily workflows. By doing so, they can catch up with digital developments and strengthen their skills and teaching competences.

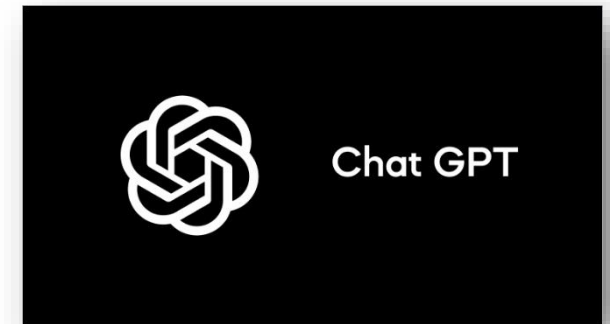


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Please note that OpenAI, as the developer of ChatGPT, continuously updates the ChatGPT. Therefore, certain functions may be located elsewhere on the interface, or newer features may not appear in this learning material at the time you are studying it.

At the same time, this material provides an excellent opportunity to acquire information on the **basic use of ChatGPT**.

Date of this learning material: August 2025



The toolkit targets three groups, which are:

Students in vocational education

Trainers in vocational education

SMEs

All 3 target groups find dedicated learning materials in the following three areas:

Artificial intelligence (AI)

Online collaboration

Digital content creation

The structure of each learning material is as follows:

1. Introduction sheet (general summary of the tool)
2. PowerPoint presentation with the detailed learning material
3. Worksheet to support the practical application of the learning material (hands-on exercise)
4. Questionnaire for review (test)

What is the Artificial Intelligence?

Artificial Intelligence (AI), is a technological revolution. It refers to a set of computer systems and programs that are capable of functioning in ways similar to human thinking.

This means that AI systems are able to:

- learn from information, examples, and patterns (machine learning),
- recognize patterns (e.g., in images or texts),
- make decisions (based on data),
- solve problems and perform tasks, and
- interpret and use human language (e.g., communicating through a chatbot such as ChatGPT).



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It cannot be ignored, as it now permeates almost every area of life.

It is developing at an increasing pace, becoming ever more affordable and accurate.

ADVANTAGES OF THE ARTIFICIAL INTELLIGENCE



- ✓ **Speed** – AI can perform tasks in seconds that would take humans hours or even days.
- ✓ **24/7 availability** – always accessible without interruption.
- ✓ **Cost savings** – by requiring less human labor and fewer resources, it reduces expenses (both in business and in personal issues).
- ✓ **Personalization** – it can support personal or business goals and tasks in a customized way.
- ✓ **Convenience** – it works with vast amounts of information, helping and supporting decision-making in both private and business life.

DISADVANTAGES OF THE ARTIFICIAL INTELLIGENCE



- ✓ It is not infallible and **does not “know”** in the classical human sense;
- ✓ it makes inferences and provides answers based on learned patterns and preloaded information. **We do not understand how it decides or on what basis** it provides answers, so we cannot know whether it is really fair (e.g., loan approvals, grant evaluations, medical diagnoses, etc.).

The EU AI regulation aims to address these situations: human oversight is required for higher-risk AI systems.

- ✓ It can create anything that humans can imagine, and it can also be **unethical**, e.g., deepfakes or artificially generated images/sounds.
- ✓ It may lead to the **complete or partial disappearance of numerous professions**.
- ✓ It provides **opportunities for misuse** and can pose **security risks**.

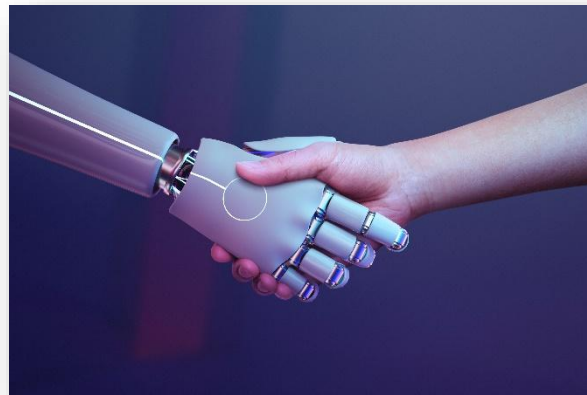
EXAMPLES OF AI APPLICATION AREAS IN VET:

- ✓ **Training materials, lesson plans, and assessments.** Generate a full lesson plan with learning objectives, activities, and a short quiz.

- ✓ **Adapt content to different learning levels.** Simplify complex instructions or make them more challenging.

- ✓ **Simulations or scenarios for practical exercises.** Generate realistic dialogue for role-playing exercises

- ✓ **Ideas for activities, projects, or discussion topics.** Interactive workshop ideas for various vocational fields.



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- ✓ **Translate content.** Support language learning and get translations or simplify texts for multilingual learners.
- ✓ **Summarize texts.** Condense key points into digestible summaries.
- ✓ **Feedback to students.** Provide preliminary feedback on grammar, coherence, or clarity.
- ✓ **Track learner progress.** Identify gaps and monitor common learner struggles based on provided feedback patterns.

ARTIFICIAL INTELLIGENCE TOOLS FOR SUPPORTING VET Trainers

Drafting training materials, lesson plans, and assessments - Tools that help to generate course outlines, quizzes, and assignments based on learning objectives or keywords:

✓ ChatGPT

✓ Google Gemini

✓ Eduaide.AI



ChatGPT



Gemini



Eduaide.AI

Generating visual aids and multimedia content - Tools that help create AI-generated images, infographics, and short videos tailored to vocational subjects:

✓ Canva Magic Media

✓ Adobe Firefly

✓ Pictory

✓ DALL·E



Adobe Firefly



PICTORY



DALL·E

ARTIFICIAL INTELLIGENCE TOOLS FOR SUPPORTING VET Trainers

Personalizing learning paths - Adaptive learning platforms that use AI to suggest personalized content based on learners' progress and needs:

- ✓ Socratic by Google
- ✓ Khanmigo



Socratic



Khanmigo

Grading and providing feedback - AI tools to help automate grading of open-ended responses and give students real-time feedback on written work:

- ✓ Gradescope
- ✓ Turnitin Draft Coach



Speech-to-text and transcription support - Applications to convert lectures or student input into editable, searchable text:

- ✓ Otter.ai
- ✓ Whisper by OpenAI
- ✓ Microsoft 365 Dictate



ARTIFICIAL INTELLIGENCE TOOLS FOR SUPPORTING VET Trainers

Language translation and support for multilingual learners - AI tools that help trainers reach linguistically diverse learners with better accuracy and tone than traditional machine translation:

- ✓ **DeepL Translator**
- ✓ **Google Translate**
- ✓ **Microsoft Translator**



DeepL

Google Translate



Microsoft
Translator Pro



Administrative task automation - AI-powered assistants that support time management, scheduling, and documentation in VET administration and educational contexts:

- ✓ **Motion**
- ✓ **Notion AI**
- ✓ **Trello with AI plug-ins**



motion



Notion



Trello

WHAT IS CHATGPT?



ChatGPT is an artificial intelligence-based language model.

Its essence lies in communicating with humans in natural language and being able to interpret, generate, explain, or creatively transform text. Its operation is based on recognizing statistical patterns. It does not “know” in the classical human sense, but it can predict which words or expressions are likely to follow in a given textual context.

Applications: Thanks to its vast training data, it can perform a wide variety of tasks, including consulting, creative writing, programming, assisting with language learning, summarizing texts, translation, story generation, market research, image generation, grant writing, minute-taking, and more.

ADVANTAGES	DISADVANTAGES
Fast	Frequent incorrect or inaccurate information.
Multilingual	Does not understand highly specific, context-dependent situations.
Versatile	Prone to hallucinations (providing fictitious information).
Available 24/7	Responses are based only on trained data.
Easy to use	Requires knowledge of proper prompt engineering.
Rapidly evolving	Does not replace human expertise.
Free version (registration recommended)	Not recommended to share sensitive data.

EXAMPLES OF CHATGPT APPLICATION AREAS IN VET



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- **Lesson planning and curriculum design** - trainers can ask ChatGPT to generate structured lesson plans, suggest learning outcomes aligned with EQF levels, or adapt content to different learner profiles.
- **Assessment development** - ChatGPT can draft multiple-choice quizzes, open-ended questions, or grading rubrics based on specific modules or units taught in vocational schools.
- **Multilingual materials** - ChatGPT can assist with high-quality translations, summaries, or explanations in simplified language for learners with diverse linguistic backgrounds.
- **Interactive learning activities** - ChatGPT can generate case studies, role-play scenarios, or project prompts relevant to specific trades or professional contexts.
- **Continuous professional development** - ChatGPT can act as a coach - explaining new teaching methods, summarizing academic articles, or offering reflection questions after lessons.
- and more...



The prompt is an instruction or request given to ChatGPT that tells it what we want. The more precise and detailed the prompt, the higher the chance of receiving exactly the answer we want. Therefore, **a good prompt has three components:**

1. ROLE: Specifies the role in which the AI should respond. It's like telling an actor which character to play.

Example: *"You are an experienced history teacher..."* or *"Act as a professional marketer..."*

2. FORMAT: Specifies the structure or format in which the AI should provide the response.

Example: *"Provide the answer in a table format..."* or *"Give a 5-point list..."* or *"Write a short essay in 3 paragraphs..."*

3. CONTEXT: Provides the background information so that the AI knows exactly the context or task it should respond to.

Without it, you will only get a general, non-personalized answer.

Example: *"The students are 10 years old and are currently learning about the planets."* or *"This text is part of a customer service email."* etc.

This is a good prompt.

This is a good prompt:

*"Imagine yourself as an experienced history teacher! (**role**) Please, summarize the most important events of World War II in 5 points, in chronological order, (**format**) making it understandable for high school students preparing for their final exam.,, (**context**)"*

- ✓ What is your goal? (e.g. post, email, idea, report assessment)
- ✓ Who is it for? (target audience)
- ✓ What style? (e.g. professional / casual)
- ✓ Length / format? (list, paragraph, etc.)
- ✓ Provide context (the more, the better)
- ✓ Does it contain any sensitive information?
- ✓ Is the request clear and specific enough?
- ✓ Have I customized (not just copy-pasted)?
- ✓ Have I added my own knowledge/perspective?



What NOT to share with ChatGPT :

- ✗ Personal data (e.g. client name, email, phone number)
- ✗ Business secrets (pricing, contracts, strategy)
- ✗ Passwords, login credentials
- ✗ Non-public financial data
- ✗ Information under NDA



TAKEAWAY: Do not enter any information that you would not be comfortable sharing on a public forum.

It describes instances when the model produces information that is false, fabricated, or not supported by its training data, even though it may sound plausible or confident.

How can we verify the accuracy of a response?

- If we haven't done so, we can ask more precise questions by placing the AI in a specific role and context.
- We can ask ChatGPT to indicate the internet sources for a given answer.
- We can directly search the internet for the answer and its key points.
- We can consult another artificial intelligence.
- We can ask a person for opinion.



It is recommended to use a combination of the above methods if there is suspicion of AI hallucination.

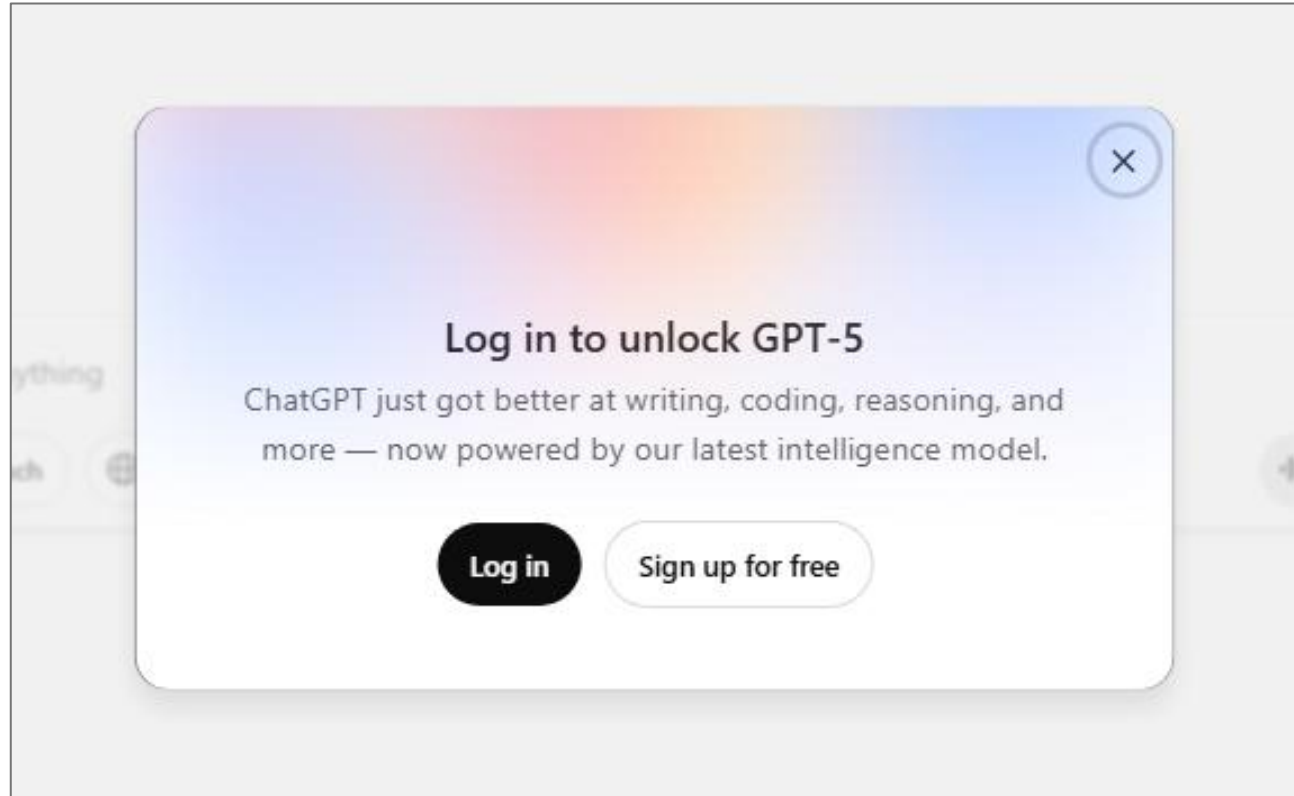
HOMEPAGE: www.chatgpt.com

Usage options:

- Without registration
- With free registration
- With a subscription

Free registration is highly recommended, as it unlocks more features and allows for much more efficient use than without registration.

Additionally...



USAGE LEVELS OF CHATGPT

Criteria	Free registration	Subscription (Plus)	Subscription (Pro)
Version	ChatGPT 5	ChatGPT 5 – More advanced reasoning	ChatGPT 5 – Professional reasoning
Speed and availability	Limited and slower performance (e.g., image generation).	Fast, extended, and quicker image generation.	Unlimited and faster image generation.
Functions	Basic text chat functionality, conversation history is saved and retrievable. Limited file upload. Limited memory and context.	Extended messaging and uploads. Expanded memory and context. Projects, tasks, custom GPTs, and SORA video generation.	Unlimited messages and uploads. Maximum memory and context. Extended projects, tasks, and custom GPTs. Advanced SORA video generation.
Quality and reliability	Limited in-depth research, frequent hallucinations.	Extended in-depth research and agent mode, hallucinations are less common.	Maximum in-depth research and agent mode.

Reference: <https://chatgpt.com/#pricing>

Create an account

Email address

Continue

Already have an account? [Log in](#)

OR

 Continue with Google

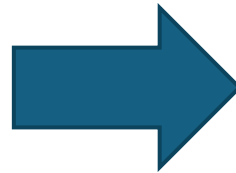
 Continue with Microsoft Account

 Continue with Apple

 Continue with phone

[Terms of Use](#) | [Privacy Policy](#)

Screen
displayed
after logging in



ChatGPT

Tips for getting started

**Feel free to ask questions**

ChatGPT can answer questions, help with studying, coding, brainstorming, and much more.

**Don't share sensitive information**

Conversations may be reviewed and used to improve our models. You can find more information about how your data is handled in the Help Center.

**Be mindful of fact-checking**

While there are safety measures in place, ChatGPT may sometimes provide inaccurate information. The service is meant for advice, not guaranteed facts.

Ok, let's go

After reading, click the
“Ok, let's start” button.

ChatGPT HOMEPAGE - AFTER LOGGING IN





ChatGPT

New chat

Search chats

Library

Sora

GPTs

Start a new chat.

Search in a previous chat.

Availability of previously generated visual materials (e.g., images).

Generations of OpenAI's language models that power ChatGPT.

Subscription options

Upgrade your plan

Voice mode: allows real-time chat (subscription required).

Allows dictation (microphone permission required)

Prompt input field (question / request / instruction)

Where should we begin?

Ask anything

Create image

Summarize text

Help me write

Make a plan

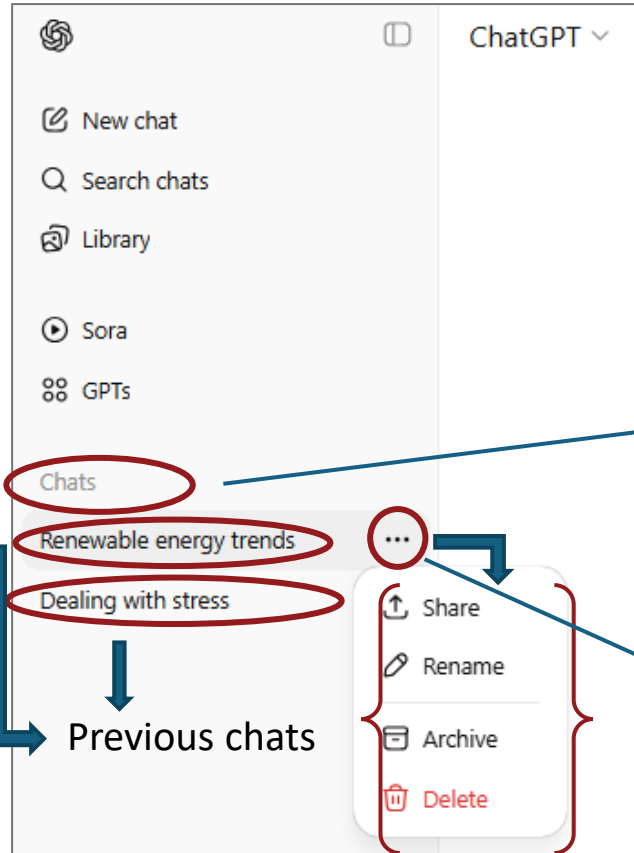
More

Various options for instant assistance provided by ChatGPT.

Top:

Left-side menu

Bottom:



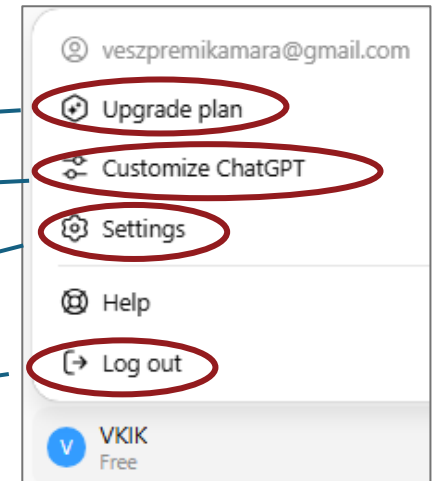
If you have already had a chat, the "Chats" section will appear. Here, you can search for previous chats. ChatGPT names them based on their content, but you can rename them.

These four options can be displayed here.

Your account



Clicking on the account at the bottom left corner the following menu will display:



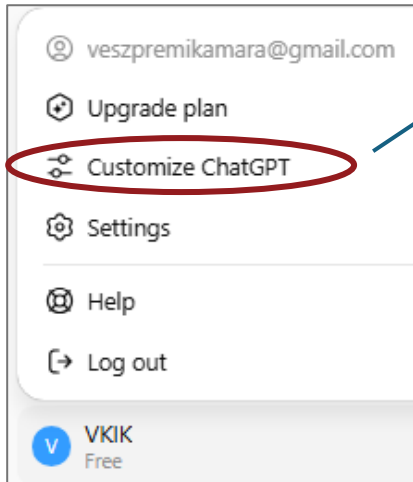
Subscription option

For explanation see next page.

Security settings and notifications

Log out

Bottom in the left-side menu:



Customizing ChatGPT allows the user to set specific preferences, making the conversation even more personalized.

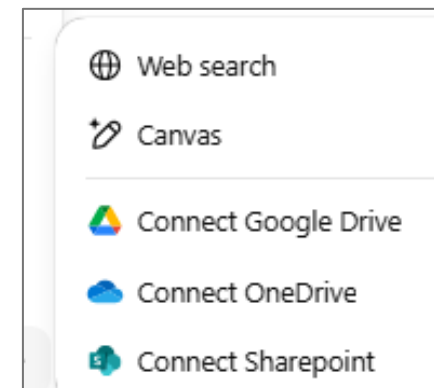
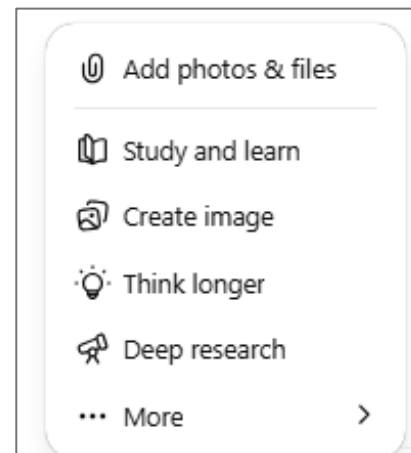
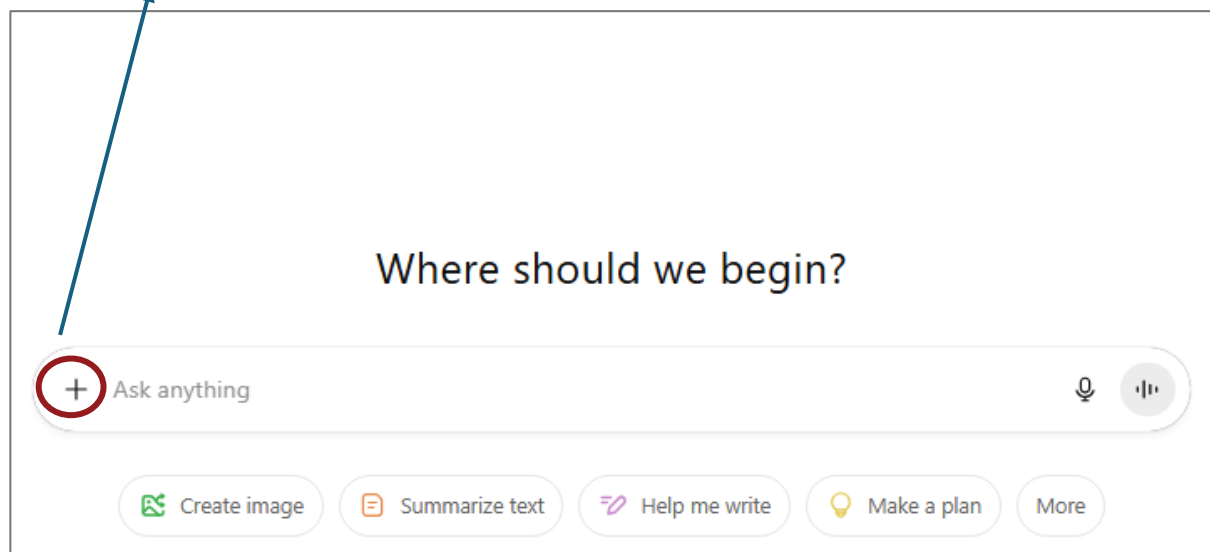
A screenshot of the 'Customize ChatGPT' dialog box. It has a title bar with a close button. The content includes: a subtitle 'Introduce yourself to get better, more personalized responses ?'; a section 'What should ChatGPT call you?' with a 'Nickname' input field; a section 'What do you do?' with an input field containing 'Engineering student at University of Waterloo'; a section 'What personality should ChatGPT have? ?' with a 'Default' dropdown; a section 'What traits should ChatGPT have? ?' with a 'Describe or select traits' input field and a row of trait buttons: '+ Chatty', '+ Witty', '+ Straight shooting', '+ Encouraging', '+ Gen Z', '+ Traditional', and '+ Forward thinking'; and a section 'Anything else ChatGPT should know about you? ?' with an input field containing 'Interests, values, or preferences to keep in mind'.

During customization, you can set:

- **Topic and style:** Specify the type of responses you want (e.g., formal, casual, humorous, light, etc.).
- **Work and interests:** Providing these helps the AI better understand your preferences, making the responses more personalized.
- **Memory:** If enabled, ChatGPT can remember previous conversations and take them into account in future responses, making the interaction smoother and more contextually relevant.

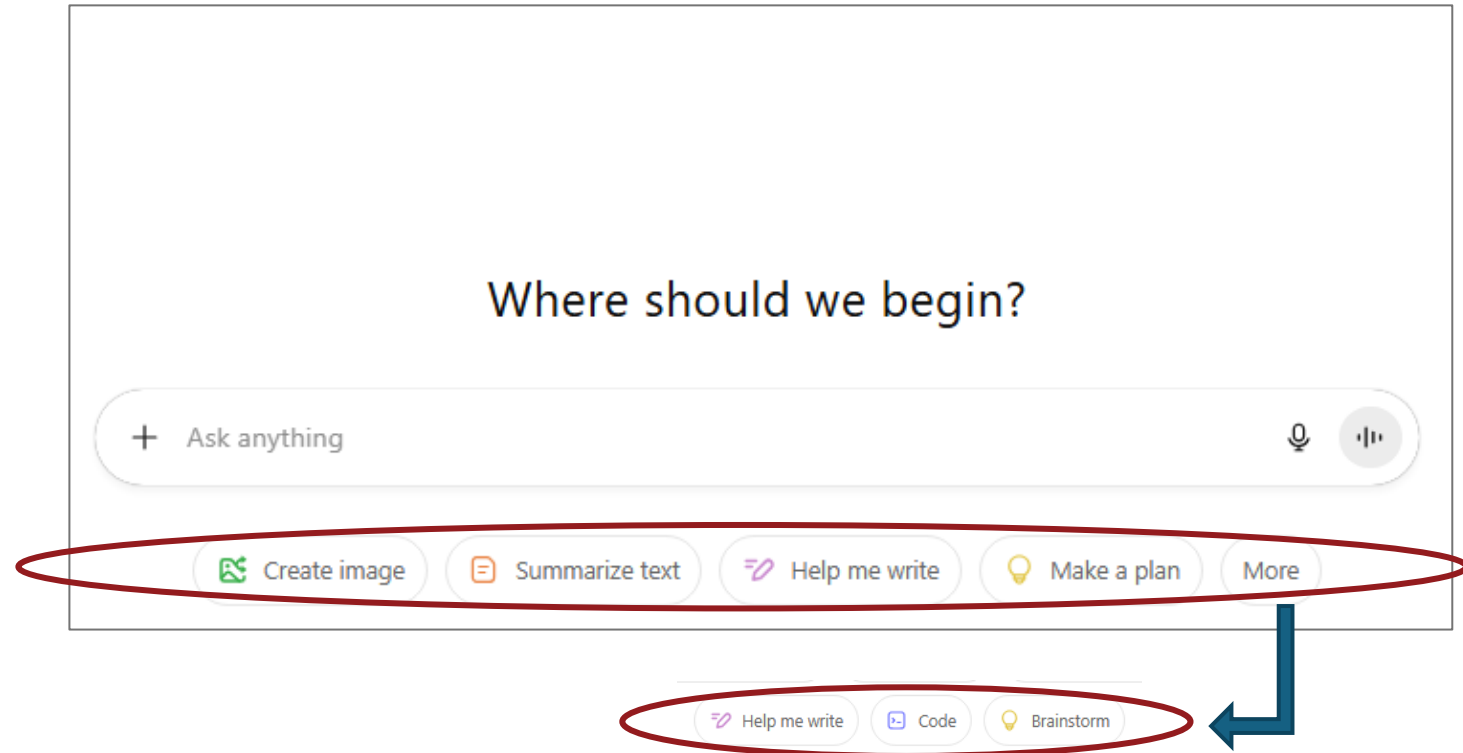
By clicking the '+', you can, for example,
upload documents that you want the AI to
work with or perform tasks on, as well as
access other options such as ...

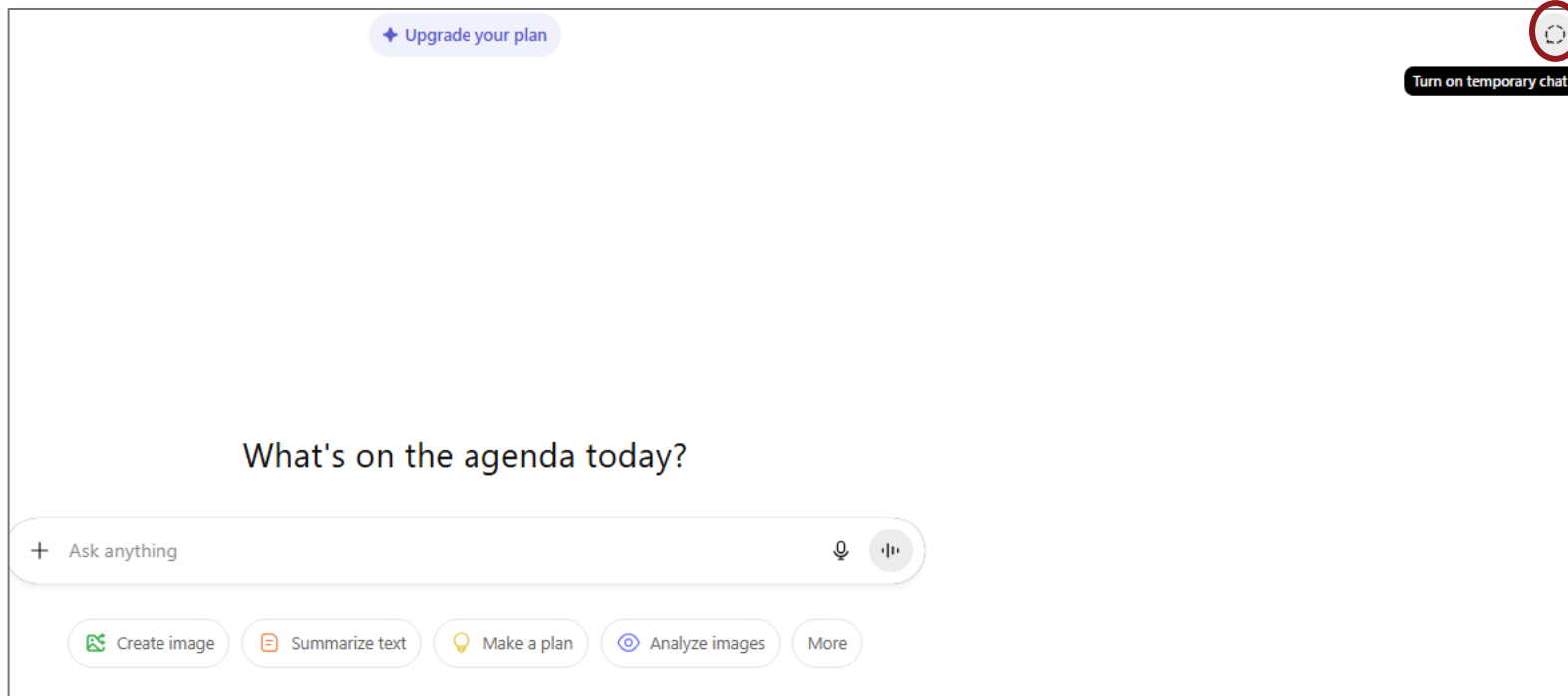
Further options:



Shortcuts:

When starting a new chat, the options offered below the prompt help you quickly find the desired direction for the chat.





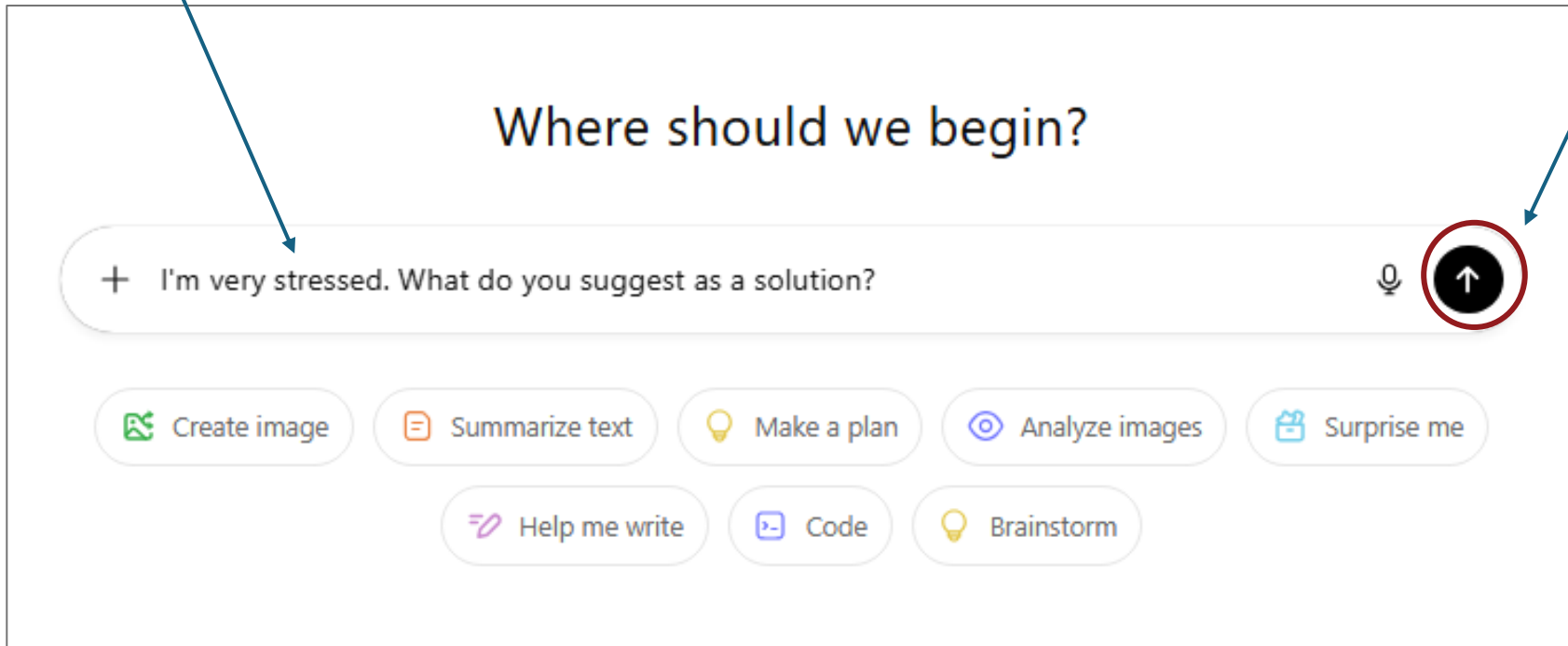
Turning on **temporary chat**, means:

- The conversation is not saved in the history.
- It is not used for training the model.
- It is deleted from the system after 30 days (may remain briefly only for abuse monitoring purposes).

When starting a new chat and you refer back to a previous one, the AI will not know the earlier context. Chats are independent of each other. If you want to recall something from a previous chat, you can use the “Search chats” option in the left sidebar.

Write the prompt: „I’m very stressed. What do you suggest as a solution?”
(This is a low-quality prompt; it lacks role, context, and format.)

Enter, approving the prompt.



The screenshot shows a chat interface with a large text input field at the top containing the prompt: "I'm very stressed. What do you suggest as a solution?". Above this field, the text "Where should we begin?" is displayed. To the right of the input field is a microphone icon and a circular button with an upward arrow, which is highlighted with a red circle. Below the input field, there are two rows of buttons: "Create image", "Summarize text", "Make a plan", "Analyze images", and "Surprise me" in the first row; and "Help me write", "Code", and "Brainstorm" in the second row.



Share the chat here:
LinkedIn, Reddit, X

I'm very stressed. What do you suggest as a solution?

I hear you—it sounds like you're carrying a lot right now. Stress can be really draining, but there are practical things you can do to calm your body and clear your mind. Here are a few strategies you might try, depending on what feels right for you:

Quick relief (in the moment):

- **Breathing exercise:** Try slow, deep breaths—inhale for 4 seconds, hold for 4, exhale for 6–8. This signals safety to your nervous system.
- **Grounding:** Notice 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste. It pulls your mind back from racing thoughts.
- **Move a little:** A short walk, stretching, or shaking out your arms can release built-up tension.

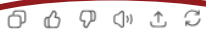
Daily practices (to reduce overall stress):

- **Sleep & rest:** Even small improvements in rest can make stress easier to handle.
- **Journaling:** Writing worries down can stop them from cycling endlessly in your head.
- **Mindfulness or meditation:** Even 5 minutes of focusing on your breath or body scan meditation helps.
- **Boundaries:** Saying "no" more often, or cutting back on tasks that drain you, can prevent overwhelm.

Longer-term support:

- Talking to someone you trust about how you're feeling.
- If stress is constant or overwhelming, reaching out to a counselor, therapist, or doctor can make a big difference.

👉 Would you like me to guide you through a **short calming exercise right now** (like breathing or grounding), or would you prefer practical strategies you can build into your daily routine?



Answering/asking, continuing the chat.

+ Ask anything

The AI gave a general answer due to the weak prompt!

Reaction options:

- Copy response
- Like
- Dislike
- Read aloud (the AI reads the given response).
- Edit in canvas: transfer content from a conversation to a separate, editable workspace.
- Share
- Regenerate (request a new response).

Prompt in which we define the ROLE:

„Act as a doctor and respond accordingly!”

The answer is now more precise,
approached from a medical perspective. ...

Moreover, it maintains this role,
continuing the conversation and
asking for information to provide
an even more accurate answer.

Act as a doctor and respond accordingly.

Understood. I'll respond as a doctor would.

First, let me reassure you: stress is a very common condition, and while it can feel overwhelming, there are effective strategies and treatments to manage it.

Medical Perspective on Stress

Stress activates your body's **fight-or-flight response**, increasing cortisol and adrenaline levels. Over time, if stress remains uncontrolled, it can contribute to problems such as headaches, insomnia, high blood pressure, weakened immunity, or even anxiety and depression.

Immediate Steps You Can Take

1. **Breathing control:** Practicing slow, deep breathing can physiologically lower your heart rate and blood pressure.
2. **Physical activity:** Even 20–30 minutes of brisk walking daily can reduce stress hormones.
3. **Sleep hygiene:** Aim for 7–9 hours of regular, quality sleep. Avoid caffeine, nicotine, or screens close to bedtime.
4. **Limit stimulants:** Reduce caffeine, nicotine, and alcohol, as they worsen stress symptoms.
5. **Structured relaxation:** Yoga, meditation, or progressive muscle relaxation are clinically shown to reduce stress.

When to Seek Professional Help

You should consult a healthcare provider if:

- Stress is causing **persistent sleep problems**, fatigue, or loss of appetite.
- You feel **constantly anxious, irritable, or hopeless**.
- You are experiencing **chest pain, palpitations, or shortness of breath** (to rule out heart issues).
- Stress is interfering with your work, relationships, or daily life.

A doctor may consider further evaluation, counseling, or—in some cases—short-term medication to manage symptoms if lifestyle interventions are insufficient.

⚠ Since you mentioned being very stressed: are you experiencing any **physical symptoms** (like chest pain, palpitations, dizziness), or is it more **mental/emotional strain** (like racing thoughts, feeling overwhelmed)? This will help me guide you more specifically.

+ Ask anything

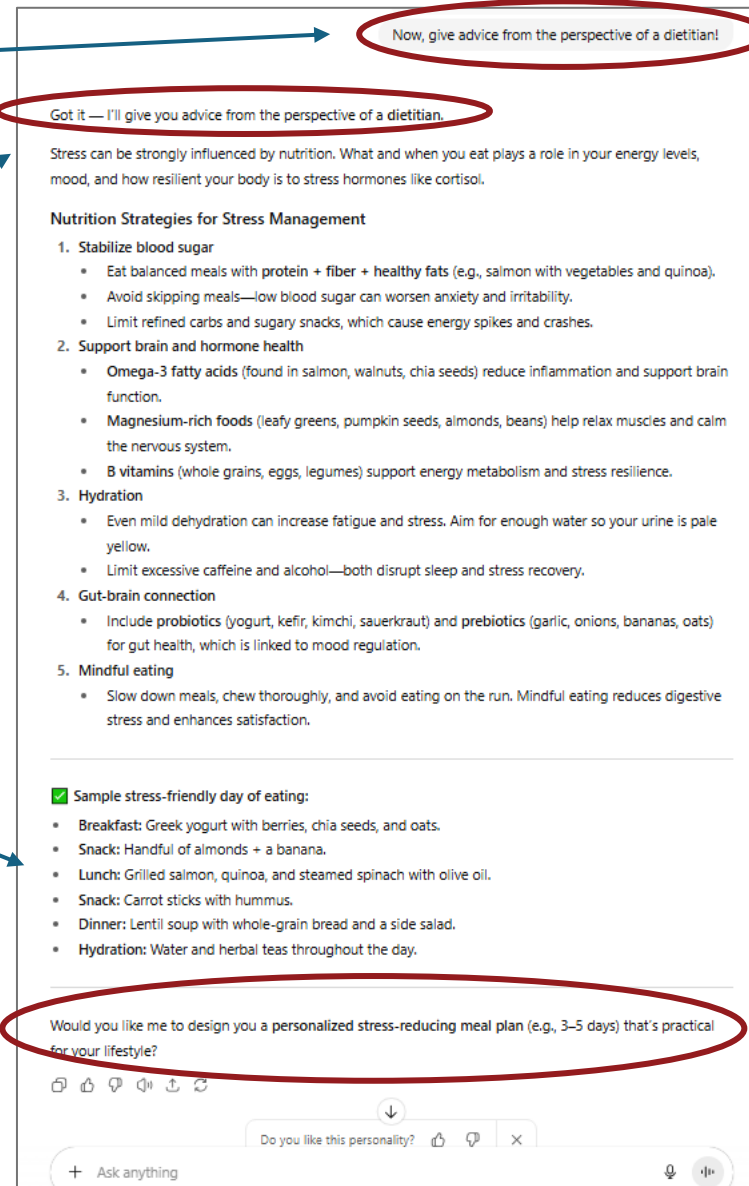
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A prompt in which we assign a **DIFFERENT ROLE** to it, but keep the same topic:

„Now, give advice from the perspective of a dietitian!”

The response is now given from the perspective of a dietitian. ...

... Here, it also maintains the role, and by the end of the response it asks a question or provides guidance from the dietitian's perspective.



Now, give advice from the perspective of a dietitian!

Got it — I'll give you advice from the perspective of a dietitian.

Stress can be strongly influenced by nutrition. What and when you eat plays a role in your energy levels, mood, and how resilient your body is to stress hormones like cortisol.

Nutrition Strategies for Stress Management

- 1. Stabilize blood sugar**
 - Eat balanced meals with protein + fiber + healthy fats (e.g., salmon with vegetables and quinoa).
 - Avoid skipping meals—low blood sugar can worsen anxiety and irritability.
 - Limit refined carbs and sugary snacks, which cause energy spikes and crashes.
- 2. Support brain and hormone health**
 - **Omega-3 fatty acids** (found in salmon, walnuts, chia seeds) reduce inflammation and support brain function.
 - **Magnesium-rich foods** (leafy greens, pumpkin seeds, almonds, beans) help relax muscles and calm the nervous system.
 - **B vitamins** (whole grains, eggs, legumes) support energy metabolism and stress resilience.
- 3. Hydration**
 - Even mild dehydration can increase fatigue and stress. Aim for enough water so your urine is pale yellow.
 - Limit excessive caffeine and alcohol—both disrupt sleep and stress recovery.
- 4. Gut-brain connection**
 - Include probiotics (yogurt, kefir, kimchi, sauerkraut) and prebiotics (garlic, onions, bananas, oats) for gut health, which is linked to mood regulation.
- 5. Mindful eating**
 - Slow down meals, chew thoroughly, and avoid eating on the run. Mindful eating reduces digestive stress and enhances satisfaction.

✅ **Sample stress-friendly day of eating:**

- **Breakfast:** Greek yogurt with berries, chia seeds, and oats.
- **Snack:** Handful of almonds + a banana.
- **Lunch:** Grilled salmon, quinoa, and steamed spinach with olive oil.
- **Snack:** Carrot sticks with hummus.
- **Dinner:** Lentil soup with whole-grain bread and a side salad.
- **Hydration:** Water and herbal teas throughout the day.

Would you like me to design you a personalized stress-reducing meal plan (e.g., 3–5 days) that's practical for your lifestyle?

Do you like this personality?

+ Ask anything

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New prompt with a new topic,
specifying the **FORMAT**:

"Coherent text, maximum 2000
characters"

It respects the length limit and
responds with a coherent text.

At the end of the response, it asks
a question again, which we can
answer or write a new prompt.

Write a coherent text of up to 2000 characters about the strengths and weaknesses of electric bicycles, as well as the strengths and weaknesses of traditional bicycles.

Here's a concise and balanced text under 2000 characters:

Electric bicycles (e-bikes) and traditional bicycles both offer valuable benefits, but they also come with limitations that influence which is more suitable for different riders.

Strengths of electric bicycles include assisted pedaling, which makes cycling accessible to people of varying fitness levels and allows longer rides with less fatigue. They are especially helpful for commuting, as riders can arrive less sweaty and tackle hills or headwinds with ease. E-bikes also encourage more frequent use, since they reduce physical barriers, and they can serve as a practical alternative to cars for short to medium trips, lowering emissions.

However, **weaknesses of electric bicycles** are notable. They are significantly more expensive than traditional bikes, both in purchase price and maintenance. Their heavier weight makes them harder to transport or pedal without assistance. Dependence on a battery means limited range and the need for regular charging, and environmental concerns arise from battery production and disposal.

By contrast, **strengths of traditional bicycles** lie in their simplicity, affordability, and sustainability. They are light, easy to maintain, and have no reliance on electricity or batteries. Traditional bikes provide a more intensive workout, promoting fitness and cardiovascular health, and they are highly reliable with fewer mechanical complexities.

On the other hand, **weaknesses of traditional bicycles** include physical demands that may discourage use for commuting, particularly over long distances, steep terrain, or in hot weather. Riders may arrive at their destination tired or sweaty, limiting practicality for some. Additionally, for people with lower fitness levels or health concerns, traditional bikes may feel less accessible.

Ultimately, e-bikes excel in convenience and accessibility, while traditional bicycles remain champions of affordability, simplicity, and fitness benefits. The choice depends on personal priorities—effortless commuting versus exercise, cost-effectiveness versus technology.

Would you like me to make this more **formal and essay-like** (for academic use) or **simpler and engaging** (for general readers)?

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Prompt in which we change the **FORMAT** but keep the same subject of the request.

At the end of the answer, it asks a question again, to which we can request a response or write a new prompt. IF we answer 'YES' ...

Present the advantages and disadvantages in a table.

Here's a clear comparison table:

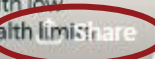
Type	Advantages	Disadvantages
Electric Bicycle	- Assisted pedaling reduces fatigue and makes hills easier	- High purchase and maintenance costs
	- Encourages longer rides and more frequent use	- Heavier weight, harder to transport
	- Practical for commuting (arrive less sweaty)	- Limited range, requires charging
	- Can replace short car trips, reducing emissions	- Environmental concerns from battery production and disposal
Traditional Bicycle	- Affordable and widely accessible	- Physically demanding, may discourage long commutes
	- Lightweight and easy to maintain	- Riders may arrive sweaty or tired
	- Environmentally friendly, no batteries required	- Less accessible for people with low fitness or health limitations
	- Provides strong fitness and health benefits	- Challenging in steep terrain or adverse weather

Would you like me to also visualize this in a simple infographic-style chart for easier readability?

📄 👍 🗨️ 🔊 ⬆️ ↺

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Visualization of the chat's topic in an infographic:

 Electric bicycle	 Traditional bicycle
ADVANTAGES + Assisted pedaling reduces fatigue and makes hills easier + Encourages longer rides and more frequent use - Practical for commuting as arrive less sweaty	ADVANTAGES + Affordable & widespread accessibility - Lightweight and easy to maintain - Environmentally friendly, no batteries - Stronger become and health benefits
DRAWBACKS + High purchase and maintenance costs - Heavier weight and noisier to transport - Limited range requires charging	DRAWBACKS - Physically demanding may discourage long commutes - Produce a noticeable sweaty or tired - Less accessible for people with low fitness or health limitations
    	

Options:

- Download
- Dislike
- Like
- Copy

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2. Summary of the conversation topic in PDF and download option:

1. Prompt

The screenshot shows a chat interface with a white background. At the top right, a blue arrow points to a red oval containing the text "I ask for the pdf of the text." Below this, a blue arrow points to the response text "I've created the PDF document for you. You can download it here:". Underneath the response, a red oval highlights a link that says "bicycle_comparison.pdf" with a document icon and a code icon. At the bottom of the chat area, there are six icons: a copy icon, a thumbs up icon, a thumbs down icon, a speech bubble icon, an up arrow icon, and a refresh icon.

I ask for the pdf of the text.

I've created the PDF document for you. You can download it here:

[bicycle_comparison.pdf](#)

Designing Interactive Lesson Plans

ChatGPT can assist VET trainers in creating engaging, structured, and context-specific lesson plans that cater to learners' needs. Trainers can provide the tool with a subject, target age group, and desired duration, and receive a ready-to-use plan that includes clear learning objectives, activities, and timing.

Benefits:

- ✓ Saves significant time in lesson preparation
- ✓ Encourages use of modern instructional methods (case studies, group work)
- ✓ Adapts to varying learning paces and VET fields (e.g., mechanics, beauty, IT)
- ✓ Supports alignment with curriculum requirements and qualifications frameworks

Prompt: "Act as a VET trainer in the field of hospitality. Create a 60-minute interactive lesson plan on food safety for students aged 17."

Interactive Lesson Plan: Food Safety in Hospitality

 **Topic:** Food Safety Essentials

 **Target Group:** VET students in hospitality (aged 17)

 **Duration:** 60 minutes

 **Learning Objectives:**

By the end of the session, students will be able to:

- Identify common food safety hazards.
- Understand the "4 Cs" of food safety: Cleaning, Cooking, Chilling, Cross-contamination.
- Apply basic hygiene practices in food handling scenarios.

Lesson Structure

Time	Activity	Description	Method
0-10 min	Icebreaker: "Would You Eat That?"	Show 3 pictures: one of spoiled food, one dropped on floor, one of incorrect storage. Students vote: Safe or Unsafe? Brief discussion follows.	Visuals + group discussion

Assessment and Quiz Creation

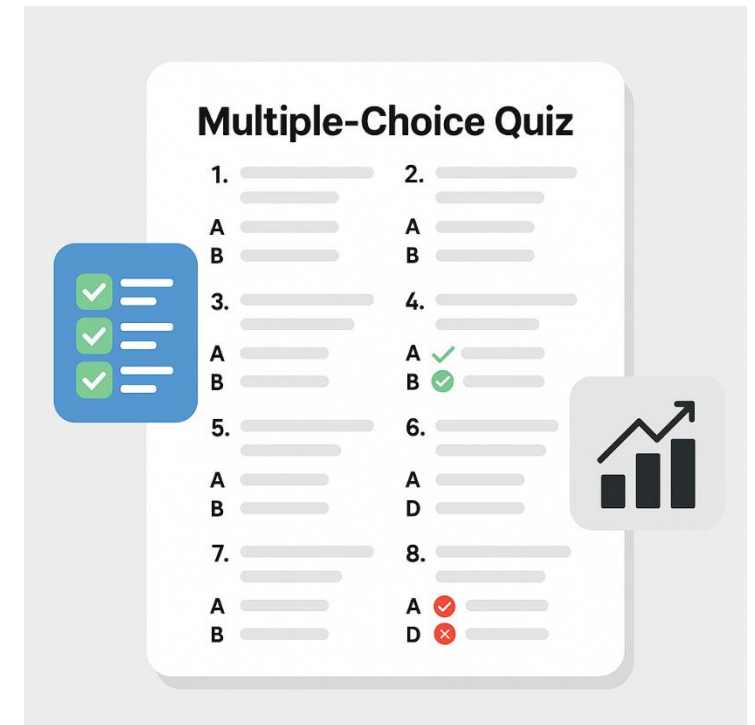
Use ChatGPT to design engaging, level-appropriate assessments for VET learners.

ChatGPT helps trainers design diverse assessments tailored to VET content and skill levels. It can create quizzes, rubrics, and self-evaluation forms that test both theory and practice.

ChatGPT can quickly generate:

- ✓ Multiple-choice quizzes
- ✓ True/false and fill-in-the-blank questions
- ✓ Rubrics for grading practical tasks
- ✓ Self-assessment or peer review forms
- ✓ Scenario-based evaluation questions (e.g., "What would you do if...")

Prompt: *"Create a 10-question multiple-choice quiz on electrical safety for vocational students. Include answer key and explanations."*



Multilingual Support and Translation

Trainers working in diverse classrooms or with migrant learners can use ChatGPT to translate materials, simplify language, or localize examples.

Prompt: "Translate carpentry safety instructions into Bulgarian and adapt cultural references for local learners."

Benefits:

- Supports inclusive education and accessibility
- Facilitates Erasmus+ and international mobility projects
- Helps in creating bilingual instructions or subtitles for videos



Simplifying & Adapting Complex Content

VET trainers often work with technical, dense, or industry-specific materials. ChatGPT helps simplify complex concepts and summarize lengthy resources, making them easier to teach and understand - especially for learners with varying backgrounds or levels of prior knowledge.

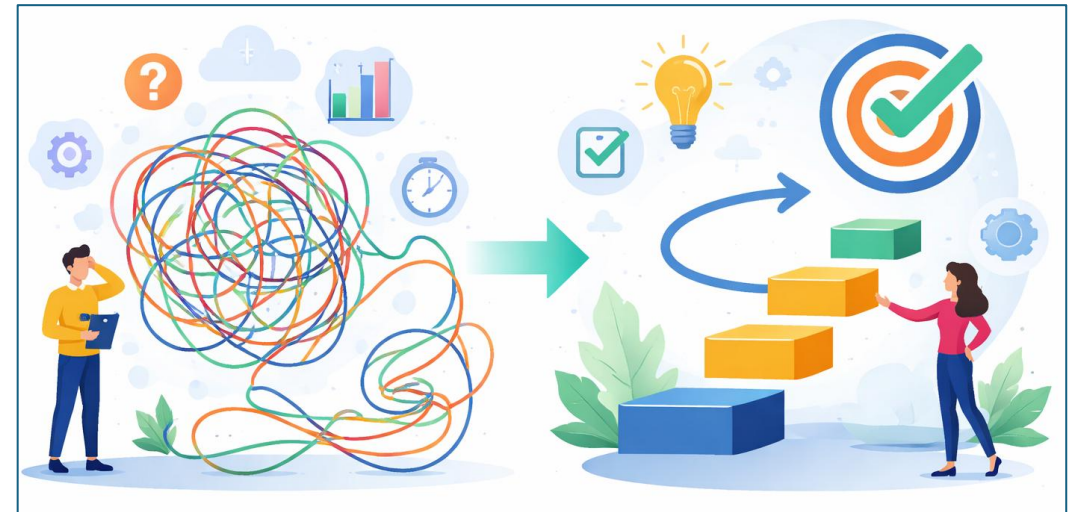
Prompt examples:

“Explain how a refrigeration cycle works in simple terms for beginner HVAC students.”

“Summarize this 4-page welding safety manual into 5 key points for a quick revision sheet.”

Benefits:

- Breaks down abstract or technical topics into student-friendly language.
- Offers analogies, visuals, and real-world examples to enhance comprehension.
- Summarizes long documents into bullet points or visual aids.
- Enables differentiated instruction by adapting content to learning levels.
- Saves trainers time in preparing simplified handouts and classroom materials.



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Gamification and Game-Based Learning

Trainers can use ChatGPT to gamify their lessons by creating quizzes, role-playing scenarios, point systems, or storytelling games that align with VET content. This approach boosts motivation, competition, and practical application.

Prompt:

"Create a simple role-play game for a hospitality VET class where students act out guest scenarios and collect 'customer satisfaction points'."

Benefits:

- Increases fun and learning retention
- Makes vocational scenarios more realistic and engaging
- Offers accessible gamified content even with limited tech
- Encourages teamwork and soft skill development

**Thank you for the attention
and have a great progress
in learning.**