

Impact of KA1 Mobility activities implemented by Estonian beneficiaries on daily life of adult learners

RIA-AE Network
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The Estonian beneficiaries facilitated KA1 (Key Action 1) Mobility activities for adult learners among the Erasmus+ program. A quantitative study (as part of a larger European study among 1045 adult learners) based on a pre-test post-test design among 37 adult learners was carried out to examine the impact of participation in the KA1 Mobility activities on the daily lives of the adult participants. In particular, the impact on the adult participants' self-reliance in daily life, as well as on their social network and their role as European citizens. Based on the descriptive analyses, it appears that 100% of participants experienced they had made progress in one of the practical life skills. In comparable studies the benchmark is set at 85% to consider the intervention as successful (De Greef et al., 2025).

Besides, it seems that:

- 89.2% of the adult learners feel they have become more assertive;
- 94.6% feel they have developed more and better relationships with other people;
- 86.5% of the adult learners experience that they are better able to reflect on their capabilities;
- 75.7% experience that they are better able to use the foreign language in the country visited;
- 89.2% of them experience that they are more open to other cultures and countries;
- 86.5% experience more strongly that they are European citizens;
- 86.5% of the participants report that they feel more inclined to do voluntary work.

The study was commissioned by the National Agency Education for Europe at the Federal Institute for Vocational Education and Training (NA at BIBB) as part of the RIA-AE network and funded by the European Union and the Federal Ministry of Education and Research.

Improvement in
at least one of the
practical life skills



100%



Assertiveness

89.2%



Social Connection

94.6%



Capability Reflection

86.5%



Foreign-language proficiency

75.7%



Intercultural attitude

89.2%



European citizenship

86.5%



Volunteering

86.5%