



MOBility as a source of **G**rowth, **A**utonomy and **E**mployability



With the support of the Lifelong Learning Programme of the European Union

The project MOB GAE-Mobility as a source of personal and professional Growth, Autonomy and Employability, aims to evaluate the impact of mobility experiences on the personal and professional lives of participants, their autonomy and their awareness of being European Citizens.

If you have participated in a European mobility project* we would like to request your assistance in this study and kindly ask you to take 20 minutes of your time to complete this survey.

* By mobility project we mean travelling abroad for a period of time to study, undertake training, work, volunteer, etc.

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There are 47 questions in this survey

I. ABOUT YOUR MOBILITY EXPERIENCE

1 [0]How many mobility experiences have you participated in?

*

Please write your answer here:

2 [00]

In case you have had more than one experience, please fill in the rest of the questionnaire considering the one you find most relevant.

3 [1]Type of mobility experience *

Please choose **only one** of the following:

- Work related (Leonardo da Vinci, Grundtvig, Erasmus placements, Grundtvig, Your First EURES job, other programme or own initiative)
- Volunteering (Youth in Action-European Voluntary Service or other programme)
- Study related (Erasmus, Grundtvig, or other programme)
- International training course (Youth in Action, Grundtvig, or other programme)
- Youth exchange (Youth in Action, or other programme)
- Job shadowing (ERASMUS for Young Entrepreneurs, Youth in Action, or other programme)
- Other

According to the time scope of this study (2000 to 2013), the response categories are based on the previous Framework Programmes (before the FP8 - Eighth Framework Programme 2014-2020) and do not include new programmes like Erasmus + or others.

4 [2]Funding programme *

Please choose **only one** of the following:

- Leonardo da Vinci – Lifelong Learning Programme
- Erasmus – Lifelong Learning Programme
- Grundtvig – Lifelong Learning Programme
- Comenius – Lifelong Learning Programme
- Erasmus for Young Entrepreneurs
- Your First EURES Job
- European Voluntary Service - Youth in Action Programme
- Seminar or Training Course - Youth in Action Programme
- Youth Exchange - Youth in Action Programme
- Job Shadowing – Youth in Action Programme
- IDA Work Programme
- Europe for Citizens Programme
- European Social Funds Programme
- Other

5 [3]**Which is the main institution that funded your mobility?**

*

Please choose **only one** of the following:

- National agency
- Ministry
- Regional government
- European Union
- I don't know/don't remember
- Own funds/No funding
- Other

6 [3_1] Which National Agency financed the mobility project? ***Only answer this question if the following conditions are met:**

° Answer was 'National agency' at question '5 [3]' (Which is the main institution that funded your mobility?)

Please choose **only one** of the following:

- I'm not sure
- No funding/own funds
- EACEA - Education, Audiovisual and Culture Executive Agency
- AT - YiA NA Austria
- AT - Österreichischer Austauschdienst - Nationalagentur Lebenslanges Lernen
- BE – YiA NA Belgium (DE)
- BE - Agentur für Europäische Bildungsprogramme VoG
- BE - YiA NA Belgium (FL)
- BE - EPOS vzw
- BE - YiA NA Belgium (FR)
- BE - Agence francophone pour l'éducation et la formation tout au long de la vie
- BG - YiA NA Bulgaria
- BG - Human Resource Development Centre (HRDC)
- HR - YiA NA Croatia
- HR - Agencija za mobilnost i programe EU (Agency for Mobility and EU Programmes)
- CY - YiA NA Cyprus
- CY - Foundation for the management of European Lifelong Learning Programmes
- CZ - YiA NA Czech Republic
- CZ - National Agency for European Educational Programmes - Centre for International Services
- DK - YiA NA Denmark

- DK - Cirius - Agency for information about education and training in Denmark
- EE - YiA NA Estonia
- EE - Centre for Educational Programmes, Archimedes Foundation
- FI - YiA NA Finland
- FI - Centre for International Mobility (CIMO)
- FR - YiA NA France
- FR - Agence Europe Education Formation France
- DE - YiA NA Germany
- DE - Nationale Agentur für EU Hochschulzusammenarbeit
- DE - Nationale Agentur für EU-Bildungsprogramme in Schulbereich, Pädagogischer Austauschdienst der KMK (Comenius, Study visits)
- DE - Nationale Agentur Bildung für Europa (Leonardo da Vinci, Grundtvig)
- EL - YiA NA Greece
- EL - Greek State Scholarship's Foundation I.K.Y.
- HU - YiA NA Hungary
- HU - Tempus Public Foundation
- IS - YiA NA Iceland
- IS - Landskrifstofa Menntaáætlunar Evrópusambandsins
- IE - YiA NA Ireland
- IE - Léargas the Exchange Bureau (Comenius, Leonardo da Vinci, Grundtvig, Study visits)
- IE - The Higher Education Authority (Erasmus)
- IT - YiA NA Italy
- IT - Agenzia Scuola - AS (Comenius, Erasmus, Grundtvig, Visite di Studio)
- IT - Istituto per lo Sviluppo della Formazione e dell'Orientamento Professionale dei Lavoratori – ISFOL (Leonardo da Vinci)
- LV - YiA NA Latvia
- LV - Akadēmisko programmu agentūra - APA (Comenius, Erasmus, Grundtvig, Study visits)
- LV - Valsts izglītības attīstības aģentūra - VIAA (Leonardo da Vinci)
- LI - YiA NA Liechtenstein
- LI - Agentur für Internationale Bildungsangelegenheiten
- LT - YiA NA Lithuania
- LT - Education Exchanges Support Foundation
- LU - YiA NA Luxembourg
- LU - Agence nationale pour le programme européen d'éducation et de formation tout au long de la vie
- MK - YiA NA Macedonia, Former Yugoslav Republic of
- MK - National Agency for European Educational Programmes and Mobility
- MT - YiA NA Malta
- MT - European Union Programmes Agency - EUPA
- NL - YiA NA Netherlands

- NL - National Agency For Lifelong learning
- NO - YiA NA Norway
- NO - Norwegian Centre for International Cooperation in Higher Education - Senter for Internasjonalisering av hojere utdanning - SIU
- PL - YiA NA Poland
- PL - Foundation for the Development of Education System
- PT- YiA NA Portugal
- PT – PROALV – Agencia Nacional do Programa "Aprendizagem ao Longo da Vida"
- RO - YiA NA Romania
- RO - National Agency for Community Programmes in the Field of Education and Vocational Training
- SK - YiA NA Slovakia
- SK - SAAIC - National Agency of the Lifelong Learning Programme
- SI - YiA NA Slovenia
- SI - CMEPIUS - Centre of the Republic of Slovenia for Mobility and European Educational and Training Programmes
- ES - YiA NA Spain
- ES - Organismo Autónomo Programas Educativos Europeos (OAPEE)
- SE - YiA NA Sweden
- SE – Universitets - och högskolerådet (Swedish Council for Higher Education)
- SE - Internationella programkontoret för utbildningsområdet
- CH - YiA NA Switzerland
- CH - ch Foundation
- TR - YiA NA Turkey
- TR - The Centre for EU Education and Youth Programmes
- UK - YiA NA United Kingdom
- UK - British Council (Comenius)
- UK - British Council Wales (Erasmus)
- UK – National Agency ECOTEC (Leonardo da Vinci, Grundtvig, Study visits)
- Other

7 [4]Name or title of the mobility project (if applicable)

Please write your answer here:

Do not answer this question if you can't remember.

8 [5] In which year did the mobility experience take place (please indicate the year when it ended)? *

Please write your answer here:

(ex: 2013).

9 [6_1] How long did the mobility experience last? *

Please choose **only one** of the following:

- Less than two weeks
- 2-4 weeks
- 1-2 months
- 3 months
- 6 months
- 10 months
- 1 year
- More than 1 year
- Other

10 [6_2] How long? Please specify. *

Only answer this question if the following conditions are met:

° Answer was 'More than 1 year' at question '9 [6_1]' (How long did the mobility experience last?)

Please write your answer here:

11 [7] What was your age at the time of the mobility experience? *

Please write your answer here:

12 [8]What was your last completed level of education at the time of the mobility experience? *

Please choose **only one** of the following:

- No formal qualification
- Basic school (national minimum school level)
- Secondary school
- Vocational Education and Training
- University degree (Bachelor, Licence, etc.)
- Master
- Doctorate
- Can't remember
- Other

13 [9]Name of the promoter or sending organisation (if applicable)

Please write your answer here:

Do not answer this question if you can't remember.

14 [12]Name of the hosting organisation (where your mobility actually took place)

Please write your answer here:

Do not answer this question if you can't remember.

15 [13]Name of the intermediary hosting organisation (if applicable)

Please write your answer here:

Do not answer this question if you can't remember or if it is not applicable.

16 [14]Country from where you departed *

Please choose **only one** of the following:

- Belgium
- Bulgaria
- Czech Republic
- Denmark
- Germany
- Estonia
- Ireland
- Greece
- Spain
- France
- Croatia
- Italy
- Cyprus
- Latvia
- Lithuania
- Luxembourg
- Hungary
- Malta
- Netherlands
- Austria
- Poland
- Portugal
- Romania
- Slovenia
- Slovakia
- Finland
- Sweden
- United Kingdom
- Turkey
- Iceland
- Norway
- Switzerland
- Liechtenstein
- Former Yugoslav Republic of Macedonia
- Other

17 [14_2]Please specify the city or town: *

Please write your answer here:

18 [15]Country where the mobility experience took place *

Please choose **only one** of the following:

- Belgium
- Bulgaria
- Czech Republic
- Denmark
- Germany
- Estonia
- Ireland
- Greece
- Spain
- France
- Croatia
- Italy
- Cyprus
- Latvia
- Lithuania
- Luxembourg
- Hungary
- Malta
- Netherlands
- Austria
- Poland
- Portugal
- Romania
- Slovenia
- Slovakia
- Finland
- Sweden
- United Kingdom
- Turkey
- Iceland
- Norway
- Switzerland
- Liechtenstein
- Former Yugoslav Republic of Macedonia
- Other

19 [15_2]

Please specify the city or town where your mobility took place:

*

Please write your answer here:

II. ABOUT THE IMPACT OF YOUR MOBILITY EXPERIENCE

20 [16]What motivated you to participate in the mobility experience? *

Please choose **all** that apply:

- Someone advised me to
- I wanted to further develop my competences
- I was interested in the country's culture
- I was a participant in other activities of the sending organisation
- My school required me to participate
- I wanted to travel abroad
- Other:

21 [17]On a scale of 0 to 10, please indicate to what extent the mobility experience met your overall expectations? (0 being "Not at all" and 10 being "fully"). *

Please choose the appropriate response for each item:

- | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| The extent overall expectations were met | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

22 [18]After your mobility experience, in which of the following situations have you found that the experience was useful? *

Please choose **all** that apply:

- Formal education (school, university, etc.)
- Youth and civil society activities
- Travelling abroad
- Receiving visits from foreigners
- Communicating in a foreign language
- Participation in transnational projects or events
- Obtaining a job (CV, interview)
- Within my professional activity
- In my hobbies
- When deciding to move to another city/country
- In my personal relationships
- When participating politically
- None
- Other:

23 [21]Considering your autonomy before and after your mobility experience, please rate the relevance of the experience on that level on a scale of 0 to 10 (in which 0 is 'Not relevant at all' and 10 is 'Completely relevant') *

Please choose the appropriate response for each item:

	0	1	2	3	4	5	6	7	8	9	10
Relevance of the mobility experience to your autonomy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24 [24]Considering your professional competence before and after your mobility experience, please rate the relevance of the mobility experience on that level on a scale of 0 to 10 (in which 0 is 'Not relevant at all' and 10 is 'Completely relevant'). *

Please choose the appropriate response for each item:

	0	1	2	3	4	5	6	7	8	9	10
Relevance of the mobility experience on professional competence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25 [27] Considering your sense of European citizenship before and after your mobility, please rate the relevance of the mobility experience on this level on a scale of 0 to 10 (in which 0 is 'Not relevant at all' and 10 is 'Completely relevant'). *

Please choose the appropriate response for each item:

	0	1	2	3	4	5	6	7	8	9	10
Relevance of the mobility experience on your sense of European citizenship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26 [20] In which dimensions of your personal life did the mobility experience have an impact? *

Please choose **all** that apply:

- Self-awareness
- General learning skills
- Self esteem / confidence
- Strength and talent development
- Lifestyle
- Independence / autonomy
- Fulfilling aspirations
- Improving social abilities
- Risk taking / motivation for adventure
- Other:

27 [23]**In which dimensions of your professional life did the mobility experience have an impact?**

*

Please choose **all** that apply:

- Professionalism
- Planning and organizing
- Finding a job
- Defining a career path
- Professional development / expertise
- Job opportunities
- Work in a team
- Personal awareness of ways of working
- Professional contacts / networking
- Language skills
- Starting my own business / being self-employed
- Developing an international profile
- Feeling self confident at work
- Other:

28 [26] In which dimensions of your life as an European citizen did the mobility experience have an impact? *

Please choose **all** that apply:

- Cultural awareness
- Political awareness
- Better understanding of the E.U. institutions
- Knowledge about citizenship rights and responsibilities
- Knowledge of E.U. policies
- Awareness of European culture
- Awareness of European values
- Knowledge of E.U. political structure
- Motivation to follow other countries and general European social and political life
- Recognising and valuing diversity
- European sense of belonging
- Active participation at local, national and/or international level
- Respect towards others
- Other:

29 [28]**Did you receive any kind of certification for your participation in the mobility experience?**

*

Please choose **only one** of the following:

- Yes
- No

Certification can be from a sending, hosting or intermediary organisation.

30 [29] Please select the type of certification(s) you received: *

Only answer this question if the following conditions are met:

° Answer was 'Yes' at question '29 [28]' (Did you receive any kind of certification for your participation in the mobility experience?)

Please choose **all** that apply:

- Certificate of the organisation (sending, intermediary and/or hosting)
- Youthpass
- Europass Mobility
- Digital Learning Badge
- Language course certificate
- I can't remember
- Other:

31 [30] To what extent do you consider this certification was useful? Please rate the usefulness of the certification in a scale of 0 to 10 (in which 0 is 'Not at all' and 10 is 'Very useful'). *

Only answer this question if the following conditions are met:

° Answer was 'Yes' at question '29 [28]' (Did you receive any kind of certification for your participation in the mobility experience?)

Please choose the appropriate response for each item:

- | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Usefulness of certification | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

32 [31]

In which way was this certification useful for you?

*

Only answer this question if the following conditions are met:

° Answer was 'Yes' at question '29 [28]' (Did you receive any kind of certification for your participation in the mobility experience?)

Please choose **all** that apply:

- Formal education
- Youth and civil society activities
- Traveling abroad
- Participation in transnational projects or events
- Obtaining a job (CV, interview)
- Within my professional activity
- In my personal relationships
- When participating politically
- None
- Other:

33 [32]

On a scale of 0 to 10 (in which 0 is 'Not at all' and 10 is 'Very much') please rate the extent to which the following elements of the mobility experience contributed to its impact on you in general?

*

Please choose the appropriate response for each item:

	0	1	2	3	4	5	6	7	8	9	10
Preparation and cultural awareness training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mentor support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interaction with members of the local community in the host country	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Activities performed as part of the mobility programme	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooperation with colleagues from receiving/ host structure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feedback and sharing with other (former or current) mobility project participants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Language training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34 [32_1] In your opinion, were there other elements that contributed to the impact of the mobility experience? *

Please choose **only one** of the following:

- Yes
 No

35 [32_2] Which one(s)? Please specify. *

Only answer this question if the following conditions are met:

° Answer was 'Yes' at question '34 [32_1]' (In your opinion, were there other elements that contributed to the impact of the mobility experience?)

Please choose all that apply and provide a comment:

-
-
-

36 [33]

From your experience what would you say are the most significant challenges when participating in a mobility experience?

Please choose **all** that apply:

- Adapting to the new culture
- Language and communication
- Logistics like housing and local transportation
- Working with the hosting organization
- Managing the mobility budget
- Interacting with the sending organisation reference person
- Interacting with the mobility mentors (hosting organisation)
- Living in a shared accommodation
- Living away from home
- Profiting from the period of time of the project mobility
- Other:

37 [35] Would you engage in a new mobility experience? *

Please choose **only one** of the following:

- Yes
- No

38 [34] Would you recommend a mobility experience to others? *

Please choose **only one** of the following:

- Yes
- No

III. ABOUT YOURSELF

39 [37]Name

Please write your answer here:

40 [45]Sex *

Please choose **only one** of the following:

- Female
- Male

41 [38]Age *

Please write your answer here:

42 [39]Last competed level of education *

Please choose **only one** of the following:

- No formal qualification
- Basic school (national minimum school level)
- Secondary school
- Vocational Education and Training
- University degree (Bachelor, Licence, etc.)
- Master
- Doctorate
- I can't remember
- Other

43 [40]Current work situation *

Please choose **only one** of the following:

- Employed
- Unemployed
- Student
- Freelance / Self employed
- Company owner or associate
- Volunteer
- Other

44 [41] Nationality *

Please choose **only one** of the following:

- Belgium
- Bulgaria
- Czech Republic
- Denmark
- Germany
- Estonia
- Ireland
- Greece
- Spain
- France
- Croatia
- Italy
- Cyprus
- Latvia
- Lithuania
- Luxembourg
- Hungary
- Malta
- Netherlands
- Austria
- Poland
- Portugal
- Romania
- Slovenia
- Slovakia
- Finland
- Sweden
- United Kingdom
- Turkey
- Iceland
- Norway
- Switzerland
- Liechtenstein
- Former Yugoslav Republic of Macedonia
- Other

45 [42]Country of permanent residency *

Please choose **only one** of the following:

- Belgium
- Bulgaria
- Czech Republic
- Denmark
- Germany
- Estonia
- Ireland
- Greece
- Spain
- France
- Croatia
- Italy
- Cyprus
- Latvia
- Lithuania
- Luxembourg
- Hungary
- Malta
- Netherlands
- Austria
- Poland
- Portugal
- Romania
- Slovenia
- Slovakia
- Finland
- Sweden
- United Kingdom
- Turkey
- Iceland
- Norway
- Switzerland
- Liechtenstein
- Former Yugoslav Republic of Macedonia
- Other

46 [43] Would you be available to contribute further to this research (by participating in an interview and/or in a focus group)? *

Please choose **only one** of the following:

Yes

No

47 [44] Please enter your email address: *

Only answer this question if the following conditions are met:

° Answer was 'Yes' at question '46 [43]' (Would you be available to contribute further to this research (by participating in an interview and/or in a focus group)?)

Please write your answer here:



MOBility as a source of **G**rowth, **A**utonomy and **E**mployability



With the support of the Lifelong Learning Programme of the European Union

Thank you very much for your time.

If you're willing to share your testimony about your mobility experience, please send it to info@mobgae.eu following these [instructions](#).

Find out more about MOB G.A.E. on our website: www.mobgae.eu.

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01.01.1970 – 01:00

Submit your survey.

Thank you for completing this survey.