



## Final Blog analysis and report

# MOB G.A.E: Mobility as a source of personal and professional Growth, Autonomy and Employability

Elaborated by

Cap Ulysse

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## ***INTRODUCTION TO THE BLOG IDEA***

**The aims of the blog, as in the project proposal and agreed among partners, were:**

- To give visibility of our activities to stakeholders
- To promote mobility among new users
- To give credibility and recognition to mobility staff/actors
- To reinforce the results of the research on the impact of mobility actions into personal and professional growth, autonomy and employability.

**The expected results, agreed among partners during the kick off meeting, were to collect - in two years' time – around 350 stories, publishing an average of 18 stories per month.**

**The target groups were:** former mobility participants especially those that attended a mobility between 2007 and 2014, stakeholders, tutors and mentors.

**The indirect target groups were:** future mobility participants, stakeholders, students, teachers and trainers, tutors and mentors, in company mentors, unemployed, parents.

## ***METHODOLOGY***

Cap Ulysse, in cooperation with DEP Institut, elaborated technical guidelines in order to support partners in the implementation of the blog.

Each partner was supposed to edit 1 story per month from March 2014 to December 2015.

Each month Cap Ulysse selected an average of 18 stories and published them on the front desk of the blog. Then the month after, Cap Ulysse archived the stories, with the possibility for users to research them with “tags” (key words: nationality and mobility country).

## ***HOW TO REACH THE TARGET GROUP***

First, Consortium partners contacted people that participated to mobility actions within the



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network.

Then partners were advised to make a sample of people interviewed and/or reached with the focus groups during the research phase.

### ***VISUAL DESIGN***

A template was proposed <http://www.mobgae.eu/category/mob-g-a-e-stories/>, in order to guarantee a coherent image.

For each story partners had to integrate:

- 1 picture (JPG format) + a title (at least the name of the person);
- 3 key data (the name, country of origin + country of destination);
- select Mobility purpose (Professional mobility - Youth exchanges - Study - Volunteering - Non Formal Training) -Nationality - City destination

### ***FORMAT***

The stories could be edited as word text (Text: maximum 1300 characters) and/or a video (1 minute 30 maximum).

### ***CONTENTS TEMPLATE FOR THE STORIES***

For the story, some key questions were identified in order to facilitate the teller and the partner checking the contents.

The key questions, suggested by Cap Ulysse were the following:

- Why did you take part in a mobility experience?
- If you stayed abroad after the end of the mobility experience, why did you decide to stay?
- If not, why did you decide to go back?
- What did mobility brought to your life; from personal and professional point of view?
- Do you feel that mobility helped you to feel like a European citizenship?
- Would you advise a mobility experience to your friends/family?



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## LANGUAGES:

Both languages will appear on the blog: the English translation + the mother tongue language of the “story teller”.

## HOW TO UPLOAD the draft stories:

DEP Institut prepared a [Tutorial on how to upload draft stories on the blog section](#)”

For technical support, DEP Institut appointed Rachel Nelson: [rnelson@dep.net](mailto:rnelson@dep.net)

For support on the content of the stories, Cap Ulysse appointed Elisabeth Silva, [silva@capulysse.fr](mailto:silva@capulysse.fr) – [mobgae@capulysse.fr](mailto:mobgae@capulysse.fr)

## QUANTITATIVE ANALYSIS OF THE STORIES

- **Number of stories**

On the **357 stories expected**, partners produced **340 stories**, on which 300 have been already published and 57 will be published before **the end of 2016**.

**We guarantee then that the blog will continue to be alive as foreseen in the project proposal.**

- **Format of the stories**

332 stories are text testimonies and 8 are video testimonies. 3 of the videos are stakeholders interviews.

- **Kind of mobilities**

On those **340 stories\***,

**191** are related to a mobility **work** experience abroad,

**78** are related to a mobility **study** experience abroad,

**48** are related to a mobility **volunteer** experience abroad,



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- 34** are related to a mobility **non formal** experience abroad,
- 22** are related to a mobility **youth exchange** experience abroad,
- 48** are related to a mobility **volunteer** experience abroad,
- 19** are related to a mobility **stakeholders testimonies**,

\*Some stories were related to several aspect of mobility

- **Gender**

Women have largely contributed to the blog with **237 stories** (69.7%) and men with **107 stories** (30.3%)

- **Partners contribution**

<b>PARTNER</b>	<b>Number of stories</b>	<b>%</b>
Accademia europea di Firenze	23	6,9%
Amadeus	18	5,3%
Cap Ulysse	37	10,8%
DEP Institut	10	3%
Euroyouth	13	4%
Institut Interculturel Timisoara	14	4,2%
GEB Berlin	22	6,4%
Rede Inucar	19	5,6%
Intern Europe	17	5,0%
Nexes	22	6,4%
NWA	25	7,3%
Oneco	13	3,8%
Paragon Europe	11	3,2%
Plato	11	3,2%
Bulgaria Gateway + Pro European Network	26	7,6%
Semper Avanti	19	5,6%
Vuste envis	18	5,3%
ZNI	22	6,4%
<b>TOTAL</b>	<b>340</b>	<b>100,0%</b>



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Although the blog was active since the beginning of the project (the first story was published on 21st February 2014), the contribution of partners have been more proactive during the 1st year and the end of the project. It is probably due to the fact that during the first year, the research work and the interviews facilitated the contact with potential target and as a result the gathering of stories.

Therefore, each month an average of 17 stories (from 5 to 22) were selected and published on the front desk of the blog. Then the month after, those stories were archived, with the possibility for users to research them with “tags” (key words: nationality and mobility country).

### **QUALITATIVE ANALYSIS**

This analysis is the result of an analysis of 300 stories published in two years’ time. The first qualitative analysis was made after one-year work, analyzing 112 stories.

The final analysis confirmed the findings of the intermediate analysis.

Three main levels were considered in the analysis:

- Personal Growth
- Professional Growth
- European citizenship awareness

### **PERSONAL GROWTH**

It appears that personal growth was one of the most important impact in the former mobility participants.

Most of them mentioned that mobility changed their life: they felt they were stronger when compared before going abroad, by acquiring over-all character building attributes.

Recurring responses were underlining independence, open-mindedness, self-confidence, self-esteem, being autonomous and able to adapt to new environments and situations which not only served them in their personal life but changed their lives altogether on a whole.

Some mentioned that mobility allowed them to explore the creative talents that one has, some individuals mentioned this as one of their strong points : experience creates opportunity for creative thinking and true individual brilliance.

“Improvement of organisational skills by being on their own” was also mentioned with frequency

It is interesting to point out that participants felt more ambitious, outgoing and enthusiastic because of being more self-confident and more autonomous.



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Being on their own creates an atmosphere where they were able to learn and grow very fast being aware and able to use this potential in their personal and professional life.

### ***PROFESSIONAL GROWTH***

On the professional side, participants were not so comfortable in identifying the added value of mobility.

They easily identified the linguistic improvements as the major added value of the mobility experience.

Therefore, getting such professional experience opened up many doors for networking and opened them up to other more interesting job perspectives. Some of them changed and re-orientated their plans and professional careers.

Mobility gave way to exposure on a whole other level, which allows the individual to operate autonomously and with ease on a work environment.

Frequently, work experience gave them an edge in their future job hunt as according to them, working abroad enables the individual to get an invaluable acquisition of knowledge and sometimes “savoir-faire” not available in one’s home country.

It is important to mention here that the acquired personal skills mentioned previously provided them with the tools necessary to succeed in the job market apart from the work experience, practical hands-on knowledge they easily mentioned.

The intercultural dimension of the mobility experience was mentioned in almost the stories as benefit and as a factor promoting learning. Learning about the self and the other, learning about cultures and learning about concept such as: diversity, stereotypes, prejudices, discrimination and xenophobia.

### ***EUROPEAN CITIZENSHIP AWARENESS***

Regarding the question of EU citizenship and feeling European, participants have stated that they now know “what Europe really is” and have new connections with Europe.

Some of those who participated in mobility programs stated that they felt very integrated and “European” given the fact that they were able to be fully immersed in a work or study environment (not as a tourist) taking advantage of the richness founded on the hosting country and their own richness.

Some individuals have said that they have now become aware of the power of the EU and that cultural exchange indeed means being and feeling European in its finest form.

Some individuals have even stipulated that mobility is all about feeling European as one is able to travel freely and come into contact with very different way of living.

It very interesting to point out that according to testimonies, being European is an experience more than an ideology or a political position : it simply means being able to feel at home, in a comfort zone, no matter your location on the European continent. This could be evaluated as one of the results of the more than 50 years European construction.



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