



## **Interim Blog analysis**

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

**Elaborated by**

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## **QUALITATIVE ANALYSIS**

This analysis is the result of an analysis of 112 stories published in the first year of the project in MOB GAE blog [www.mobgae.eu](http://www.mobgae.eu).

The analysis has been done in line with the main perspectives regarding the impact of three levels, although the borders between those levels are permeable.

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.

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



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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.

### ***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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