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FEEDBACK REPORT

Learning Teaching Training Activities

Bistrița, Romania

19 – 23 May 2025

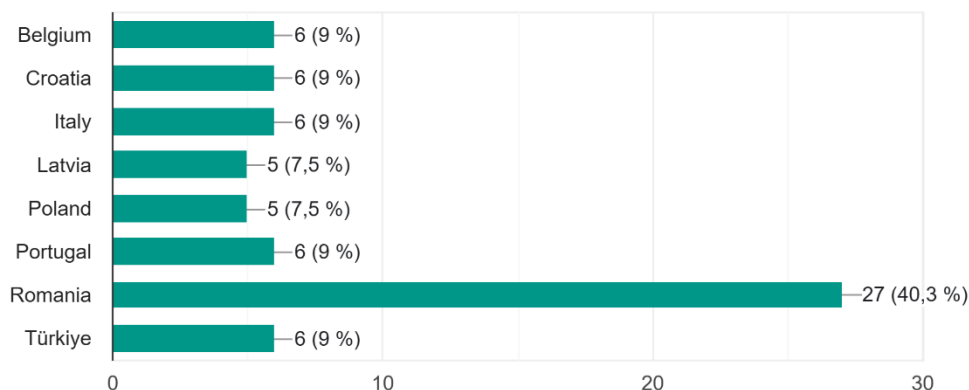
This feedback report provides a summary and analysis of participant responses following the recent Learning, Teaching, and Training Activity conducted as part of the Erasmus+ IT'S TIME project (2023-1-R001-KA220-SCH-00015920) organized in Bistrița, Romania, between 19 – 23 May 2025.

The aim of the LTTA was to deepen understanding of sustainable fashion practices, promote eco-conscious design thinking, and encourage responsible consumer behaviour. Through workshops, activities, and expert-led sessions, participants engaged with key concepts in slow fashion and sustainable living.

The feedback questionnaire was completed by 67 people, of whom 74.6% were students and 25.4% teachers. Among the students, 58,2% have previously participated in Erasmus mobilities.

You are from:

67 de răspunsuri

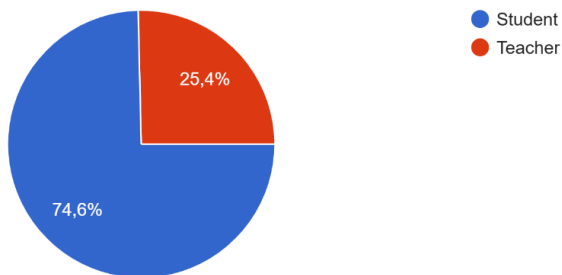




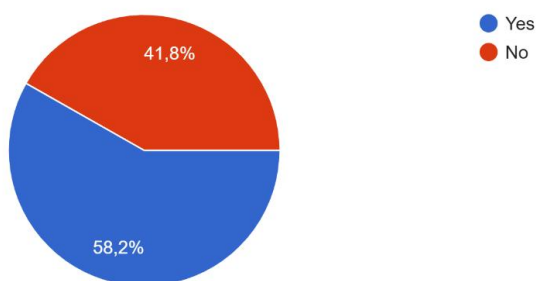
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You are a
67 de răspunsuri

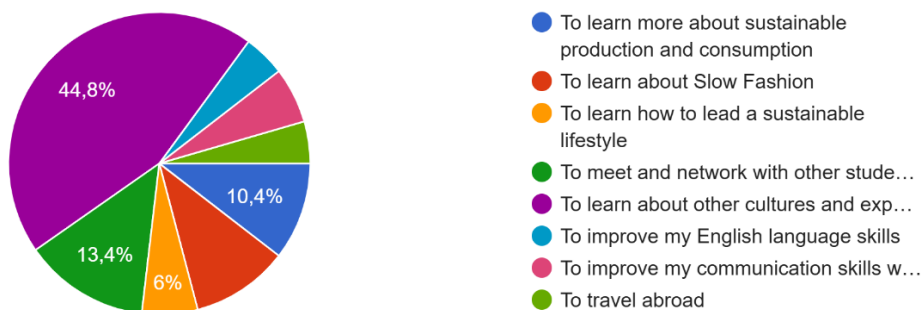


Have you ever participated in an Erasmus+ mobility program?
67 de răspunsuri



The main reasons for participating in the mobility were to learn about other cultures, experience a new environment, to meet and network with other students and teachers, but also to learn about slow fashion and responsible consumption and production.

What was your motivation to participate in the mobility?
67 de răspunsuri





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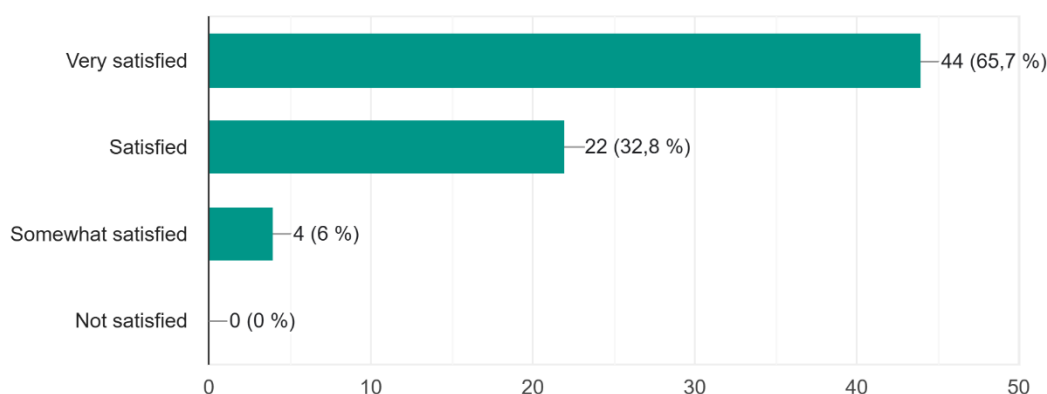


We can conclude that the mobility met the participants' expectations and provided a positive experience, as 65.7% reported being very satisfied with the activities and 32.8% were satisfied. Given that teenagers generally enjoy being active and exploring new places, the most popular activities were hiking along the *Via Transilvanica* and visiting the *Turda Salt Mine*. Additionally, participants enjoyed the icebreaking activities, the creative workshop on using discarded fabric to create artwork and transforming old jeans into accessories.

The least favorite activity was the visit to the University of Agricultural Sciences and Veterinary Medicine of Cluj-Napoca, as the presentations and the workshop were a bit too long, leaving no time to explore the city.

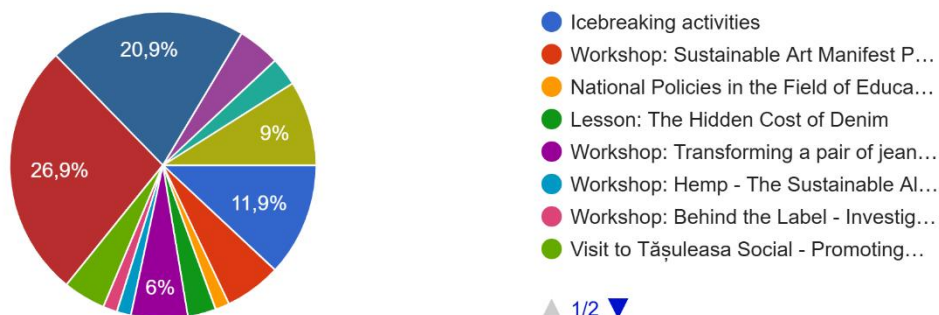
How satisfied are you with the overall mobility experience?

67 de răspunsuri



Please select your 1st favourite activity from the list below

67 de răspunsuri



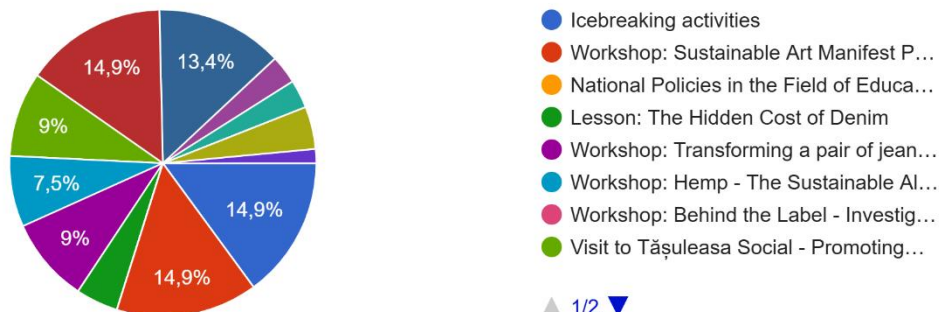


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Please select your 2nd favourite activity from the list below

67 de răspunsuri



What was your least favourite activity and why?

"I liked all of the activities, but I do have to say that the visit to the University was a bit boring and we would have loved to visit Cluj as a city. The workshop we did there was very fun though!"

"Visiting the university was my least favourite activity because the specialization that this college has it's not something I would personally choose for my future occupation. Although the teachers and the organisers were kind and warm-hearted, the subjects and the things they spoke about didn't catch my attention."

"Visit to the university, because i would have preferred to visit the city"

Section 2: Learning outcomes

The following skills were achieved/mostly/fully achieved:

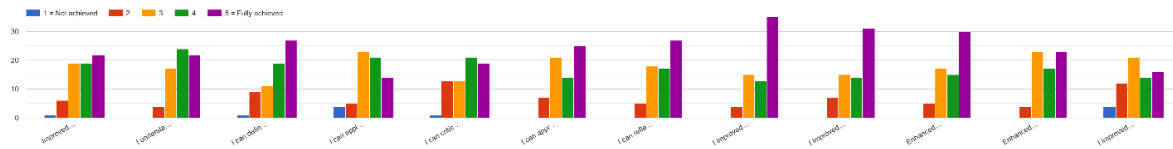
- Improved communication in English (94%)
- Improved collaboration and teamwork skills (92.53%)
- Enhanced intercultural understanding and awareness (92.53%)
- Can reflect on personal fashion habits and how to make sustainable choices (92.53%)
- Improved understanding of slow fashion goals (89.55%)
- Can appreciate more the value of craftsmanship, reuse and mindful production (89.55%)
- Can define slow fashion and can explain how it differs from fast fashion (83.82%)
- Can apply basic techniques for repairing, upcycling, and customizing clothes (86.56%)



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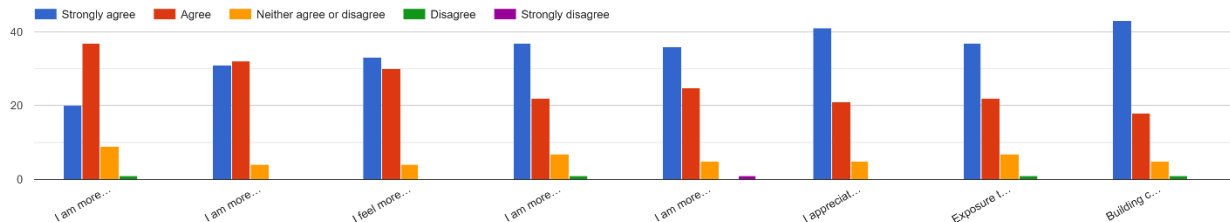


To what extent do you feel you have achieved the following learning outcomes during the mobility?



90.5% of participants agreed or strongly agreed that the mobility contributed to their personal development. They reported improvements in building connections with people from different backgrounds (benefiting their future academic and professional opportunities) as well as increased confidence in their abilities, a greater appreciation for cultural diversity, the ability to challenge stereotypes, and enhanced cooperation with people from other cultures.

Having taken part in the LTTA, to what extent do you agree the mobility contributed to your personal development?

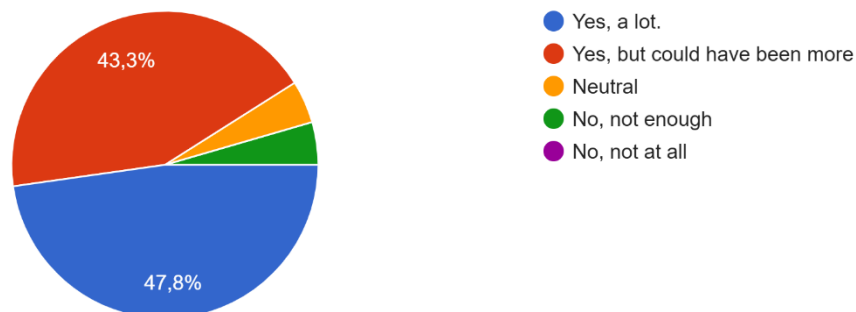


Section3: Cultural exchange and networking

Regarding cultural exchange and networking, 47.8% of the participants felt they had enough opportunities to interact with students and teachers, while 43.3% felt they had some opportunities but that there could have been more. Only 4.5% believed there were not enough opportunities. Social activities were also highly appreciated, with 71.6% of participants rating them as very valuable. Only two participants felt that the social activities were not valuable.

Did you have sufficient opportunities to interact with students/teachers from other countries?

67 de răspunsuri



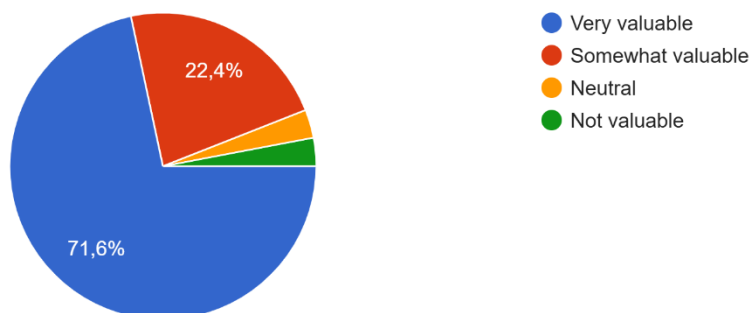


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How valuable were the social activities (in and outside school) in enhancing your experience?

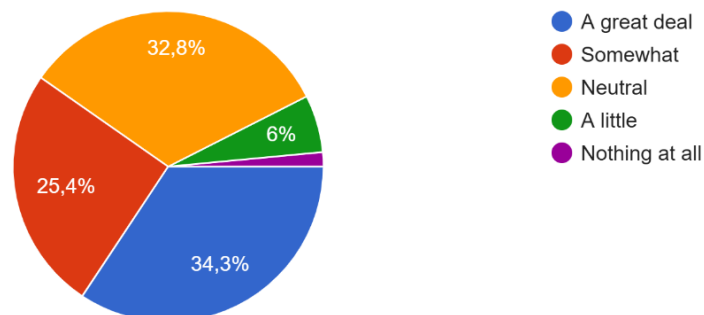
67 de răspunsuri



More than half of the foreign students and teachers (23 participants) felt that they learned a great deal about the culture of the host country, while 17 participants reported learning somewhat about it. Additionally, 82.1% of participants plan to keep in touch with the people they met during the mobility.

For foreign students/teachers only - How much did you learn about the culture of the host country during the LTTA?

67 de răspunsuri



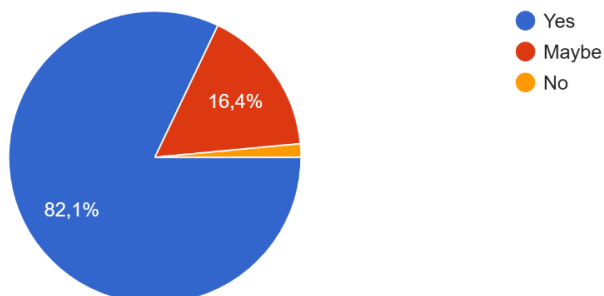


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Do you plan to keep in touch with the people you met during the mobility?

67 de răspunsuri

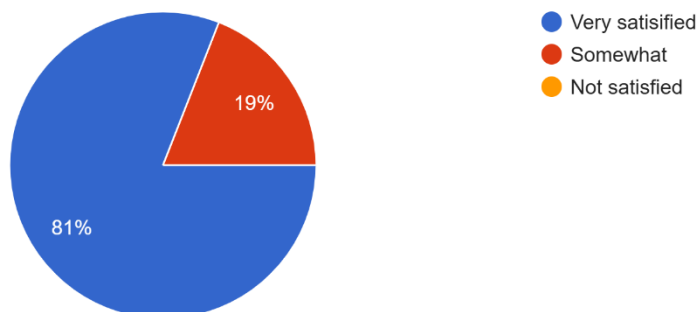


Section 4: Logistic and support

More than 70% of the teachers were satisfied with the travel arrangements, the arrival process, and the school facilities used for workshops and activities. They also appreciated the quality and comfort of the accommodation. Furthermore, 82.5% of the foreign participants felt very well supported during their stay in Bistrița. Among the students who stayed with host families, 63.6% rated their experience as excellent, 12.1% as great, and 9.1% as good.

Foreign teachers only - How satisfied were you with the travel arrangements provided (e.g., transportation, transfers)?

21 de răspunsuri



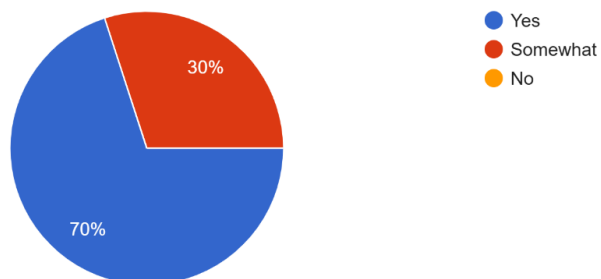


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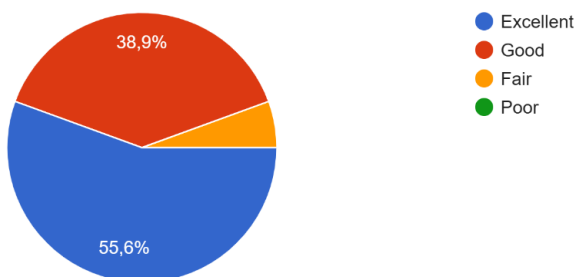
Foreign teachers only - Was the arrival process (welcome, orientation) clear and well-organized?

20 de răspunsuri



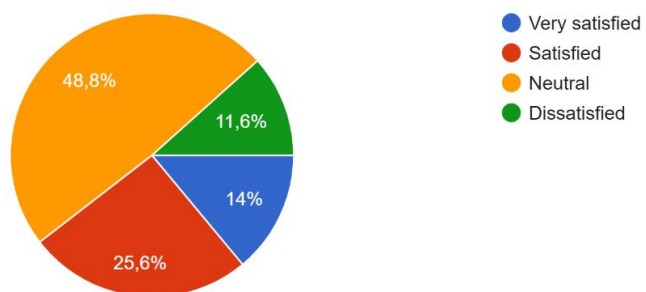
Foreign teachers only - How would you rate the quality and comfort of your accommodation?

18 răspunsuri



Foreign students/teachers only -How satisfied were you with the meal arrangements?

43 de răspunsuri



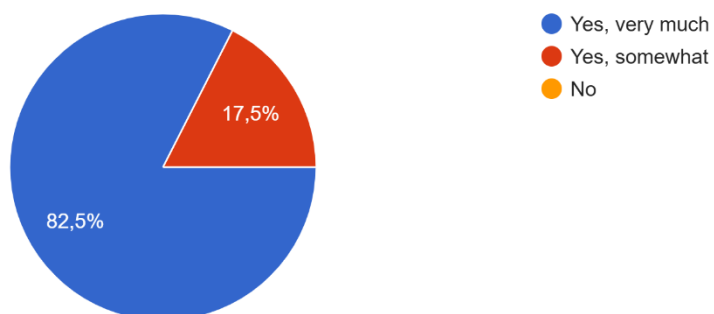


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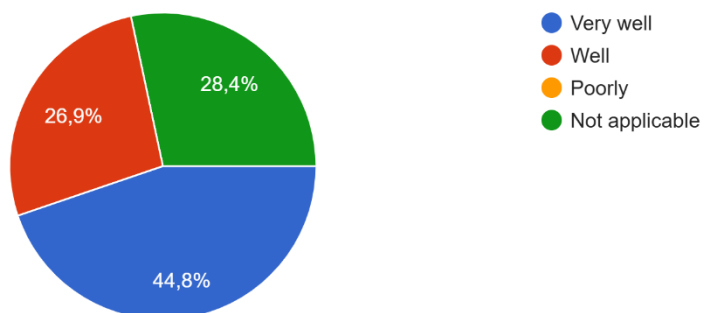
Foreign students/teachers only- Did you feel supported by the host organization and staff during your stay?

40 de răspunsuri



Foreign students/teachers only - If you encountered any issues during your stay, how well were they resolved?

67 de răspunsuri





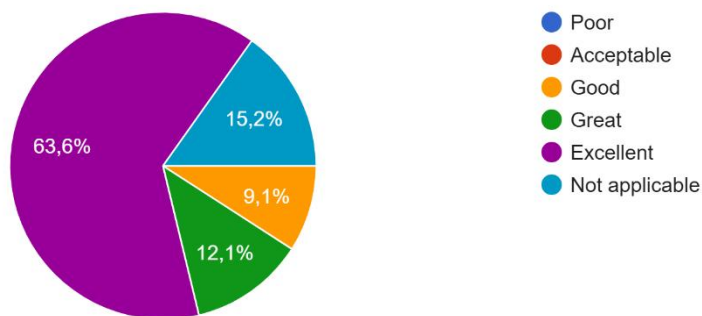
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Among the students who stayed with host families, 63.6% rated their experience as excellent, 12.1% as great, and 9.1% as good.

Foreign students only – How do you rate your stay with your host family?

33 de răspunsuri



Foreign students only - Please comment briefly on the above rating on your host family

Some examples:

They were very Nice and welcoming. The food was also very nice.

I really enjoyed my stay, my family tried their best to make me feel at home.

My host was so friendly and so so accommodating. She always listened to my needs and made me feel so welcome and appreciated. I love her a lot and it felt like I was talking to my sister ❤️

It was more than I could have wished for. The family was incredibly kind and welcoming. I'm really going to miss them.

Everything was perfect. The family was really nice and I really felt like I was at home.

I loved my family. She was welcoming, kind and above all available for everything, I couldn't have a better one

I felt very welcome and i had a good feeling with the family and in the house. i feel like i could really trust them

I was in a great family, they were able to meet my every need and were always very polite and thoughtful towards me, I was able to socialize with all of them

I am very happy with my host family and how they treated me. I felt at home, I loved spending time with them. I wish I had more time.



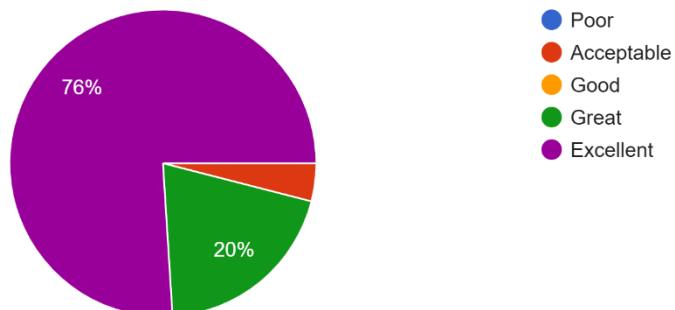
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Among the host students, 76% rated their experience as hosts as excellent, 20% as great, and 4% (1 student) as acceptable. Additionally, 96.3% of them would participate in another international mobility.

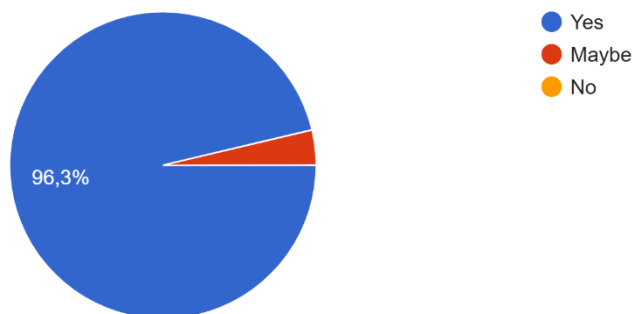
Romanian students only - How do you rate your experience of being a host family?

25 de răspunsuri



Romanian students only - Would you participate in another international mobility?

27 de răspunsuri



Section 5: Final thoughts

Some examples:

I really enjoyed it, the activities were fun and I actually learned something new.

Maybe visit more places like cluj and the dracula castle?

I like that in the end we were good friends with each other, they helped us connect a little



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The activities were original, fun, and engaging. Very well organized overall, and there was a lot of passion put into the project! I'll go home with new knowledge and new experiences, and I'll cherish every single one of them.

It was very nice and active

you are all amazing people!!!

Thank you !!!

This was the best experience I've ever had by now. I made a lot of friends, spent quality time with them by doing lots of activities together and laughed a lot. I am so sad this is going to end but I hope that one day maybe we will meet each other again .

We could have worked a bit more about fast fashion

Everything was perfect

I enjoyed taking part in them

The activities were very cool and funny and also all the people around us

It was an interesting experience when it comes to learning about slow fashion and connecting with other participants from different countries. I enjoyed all activities, especially outdoor, such as hiking, visiting the saltmine and the University in Cluj. I also benefited - and I think also our students benefited from workshops at school, e.g. art creations related to fashion and theoretical presentations. The activities were well planned and we gathered in the beautiful and comfortable school. I would like to thank you as hosts of mobility :-)

Conclusions

Based on the feedback provided, several clear conclusions can be drawn regarding the success and impact of the mobility project:

Overall Satisfaction and Emotional Impact

Participants overwhelmingly described the experience as *positive, memorable, and emotionally rewarding*. Many expressed deep appreciation, calling it the “best experience” they’ve had, indicating a strong emotional connection and personal growth.

Words like “*amazing*,” “*cherish*,” “*laugh*,” and “*thank you*” suggest that the project created a warm, inclusive, and joyful atmosphere.



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Quality and Organization of Activities

Activities were widely described as *original, fun, engaging, and well-organized*, with many praising the *effort and passion* put into the program by the Romanian team. The variety of activities, especially outdoor experiences like *hiking* and *visiting the salt mine*—were particularly appreciated. The slow fashion theme was generally well-received and considered educational.

Cultural Exchange and Networking

Many participants highlighted the opportunity to *make friends* and *connect with people from different countries*. This confirms that the mobility successfully facilitated cultural exchange and interpersonal relationships.

Educational Value

The workshops, particularly those related to *slow fashion* and *artistic creation*, were mentioned positively. One suggestion noted that *more work could have been done on fast fashion*, indicating a desire for even deeper engagement on the main theme.

Facilities and Hosting

The school environment was described as *beautiful and comfortable*, and the hosts received direct praise, reflecting well on the organization and hospitality. Participants left the mobility feeling emotionally enriched, with broader perspectives on sustainability, fashion, and intercultural understanding.

Areas for improvement

Several students, especially host students, expressed disappointment at not being involved in enough shared activities or having sufficient opportunities to connect with foreign participants. This was largely due to the high number of Romanian students involved in the project and the limited capacity to accommodate more than 40 participants in the activities.

A significant number of participants mentioned that the schedule was too packed, with little to no free time, especially in Cluj-Napoca, and that they would have liked time off only for visiting. Some participants felt that the workshops could have been more hands-on, with a deeper focus on fast fashion or more structured DIY elements.

This Erasmus+ mobility was a successful experience for the vast majority of participants. It fostered strong intercultural bonds, deep emotional connections, and valuable educational insights. While the organization and passion behind the project were widely appreciated, future editions could benefit from:

- Greater integration of host and guest students in shared activities;
- More free time or informal moments for exploration and relaxation;
- Further improvement in workshop content to deepen engagement with the project's themes.