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**Lifelong
Learning
Programme**

"IN GREEN SHAPE"

FINAL PROJECT EVALUATION REPORT

The aim of this final project evaluation report is to assess the project activities, results and their compliance with the main project aim and objectives, quality of the partnership, impact on target groups and dissemination of the project.

In order to get more exhaustive feedback from the project participants, there was prepared two different questionnaires: Final Project Evaluation Form for Learners and Final Project Evaluation Form for Steering Committee.

Some questions in each questionnaire were open. Other questions had to be evaluated by respondents by giving score from lowest to highest on a certain scale and supported by comments. All the scores of each question were added and divided by the number of valid answers. The average scores are given in this report. The answers with the highest score have been highlighted with green characters, whereas the answers with the poorest score are in red. All respondents' comments added under each question are also presented in this report.

10 questionnaires have been submitted by learners and 5 questionnaires have been submitted by members of steering committee (1 per each partner organization). Evaluation according answers of LEARNERS is presented in the first section of this report and in the second section - evaluation according answers of the members of STEERING COMMITTEE.

Conclusions were made by taking into consideration scores and all comments.



Section 1. LEARNERS

10 questionnaires have been submitted by learners.

1. What project activities did you participate in?

Activity	Participants
International partners meeting(s)	8
Local workshop(s)	10
Dissemination event(s)	3
Detection of best practices in your area	6
Creation of itinerary	6
Other (please, specify) Project Management	1

2. What did you learn from project and its activities? What skills did you improved?

- During the first workshop we learned many Italian and foreign recipes with vegan ingredients such as chick peas, tofu and cous cous to prepare very tasty starters. During the second workshop we learnt how to use and what are the main nutritional values and qualities of typical vegan ingredients such as seitan and tofu and mopur. I loved it!

- We learned many new ways to use vegan ingredients to prepare very tasty starters and all the nutritional values of seitan and tofu and its use.

- I learnt a lot from best practice example from farmstead on the Austrian-Slovenian border. I think, we can do very similar routes of Nordic walking in Curonian Spit and other places of Lithuania.

I improved the skills of creation touristic routes on the map.

I gained useful legal knowledges, how to create and maintain small business company.

- I improved entrepreneurship skills in local workshops. The knowledges I have got in seminar complemented my managerial skills, which I received during my studies in higher education school.

- It was more challenging than I thought it would be to create a tourist itinerary. To start with I was concerned that everyone's was so different- but on reflection I think it has enabled us to compare and contrast different styles. I now have a greater understanding of the process and criteria for success.

- Yes- I have compared the different ways of presenting itineraries and was involved in creating the UK's one around Sudbury. I learned that its difficult to get people all agreeing on one theme and that all have their own agendas to meet. Skills for leadership, negotiation and teamwork were gained and I gained confidence in conflict resolution too!

- Learned a lot about the work of the international partners

Got to know new areas of work (new to me!) - talked with the international project partners

How difficult it is to organise such a meeting

Met interesting people



Sometimes difficult to find a common denominator, but they always discuss and found a solution (for example; the size of the map, how much information on the map, timetable,...)

To be flexible

- I learned a lot about sustainability and regionalism in the culinary area. I also improved my language skills, international contacts and how to interact with people with disability.
- I learned a lot about community development and cooperation between different organizations in a region from the best practices from other project partners. I improved my management and language skills.
- It's good to be "In green shape". I learned that in every country, there is very good place that you can meet good people, eat good healthy food and go hiking with them on nice paths around the backcountry. I improved my presentation, communication and exploring skills.

3. Are you going to use skills and experience gained during project for your future professional activity? If yes, explain how.

- Unfortunately cooking is not my main working activity but learning this is very useful for my social life (dinners and so on) I will make an excellent impression!
- No, cooking is just an hobby but...we never know!!!
- I am unemployed now. I will use the skills, gained during the project, for expanding and developing of my as professional guide in Western Lithuania.
- I do not know yet.
- Yes- I will use the skills learned in other projects and will be able to advise rural tourism businesses on the best way to approach creating a tourist itinerary.
- Yes- I will use them in my own business to enhance what I already offer.
- "better together than alone" - discuss things and try to find a solution together; often you jointly create a better solution.
- Yes, in the exposure with food and also in the interaction with other people. Also in our home organisation. I am anxious to give our guests and also the staff mainly all possibilities. I am also in charge for a kitchen trainee with learning difficulties. I can also use my experience there. Another thing is that we as the kitchen of an adult education center are supporting small rural businesses in buying their regional, seasonal products.
- Yes, of course, every experience affects the work and improves the way of working and brings new fresh ideas and new contacts.
- For sure every gained and improved skill will be useful in my professional activity!

4. Have you visited IN GREEN SHAPE project website?

All respondents had visited the project website.



Question	Average (max 5)
<p>5. Please, rate content of IN GREEN SHAPE website, is it informative and useful? (a grade should be given on a scale of 1 to 5 score, with 5 being the highest score and 1 the lowest one.)</p> <p>Comments:</p> <ul style="list-style-type: none"> - Nice design and colours and interesting contents - It is very well designed and interesting - Very nice website, perfect design, reflecting project idea. - Very good, Concise, Relevant, Informative - It gives some good background to the project and is clear and informative all the way through. - It has all the details a project homepage needs. 	<p>4,8</p>
<p>6. From your point of view, what is the overall assessment of the project?</p> <p>Comments:</p> <ul style="list-style-type: none"> - I'm looking forward to attending future workshops! So interesting! - It is a really interesting and innovative project. - I would like to participate in other such kind of projects. - I liked very much in this project the variety of learning activities - detecting of best practice examples, discussing about them, comparing them, participation in practical workshops. I liked that there was little theoretical material and lessons, but a lot of practical experiences, i.e. learning by doing. - I enjoyed the partnership working, which improved each time we met. All partners were supportive and helpful, sharing good practice and ideas very well. - I learned a lot and I know that the project had some challenges with the Bulgarian partner being out of contact for a while. I learned that problems and challenges can be overcome and was impressed with the way that everyone was supportive and worked together to find solutions. <p>The end result is excellent and it has prompted me to start working on some tourist itineraries for my llama trekking business.</p> <ul style="list-style-type: none"> - Thank you, that I could have experienced that. I hope there will be another continuative project. - Overall it was good. The final results are very good. A pity is that the Bulgarian partner had some issues and the planned project meeting in Bulgaria was cancelled. 	<p>4,7</p>



Section 2. STEERING COMMITTEE MEMBERS

5 questionnaires have been submitted by members of steering committee (1 per each partner organization). A grade has been given on a scale of 1 to 5 score, with 5 being the highest score and 1 the lowest one.

PART 1: PROJECT MAIN FOCUS

Final average score 4,84.

Question	Average (max 5)
1. What is your opinion, to what degree project activities and results answered the objectives of Life Learning Programme?	
To improve the quality and accessibility of mobility throughout Europe of people involved in adult education and to increase its volume	5
To improve the quality and to increase the volume of co-operation between organizations involved in adult education throughout Europe	4,6
To facilitate the development of innovative practices in adult education and their transfer, including from a participating country to others	5
Average score:	4,86
Comments: Sharing good ideas and practice was very successful and everyone was very committed to this. UK hosted the Austrian partner for 3 months to do work experience placement. Hard to reach learners with mental health issues were engaged with a mini conference to explore skills for enterprise and enterprise ideas around rural tourism.	
2. What is your opinion about impact of project in relation to main topics marked in application?	
Environment/sustainable development	5
Reinforcing links between education and working life	4,6
Active citizenship	5
Average score:	4,86
Comments: All project products and results are closely related to topics marked in application. Touristic routes of partners are designed so that they promote environment/sustainable development as well as active citizenship. Best practice handbook is learning material for citizens willing to establish their small business. The itineraries produced have helped to create the right conditions for the three pillars of sustainable development to work together for a more	



<p>sustainable future- business- environment- economy. Environment/sustainable development, reinforcing links between education and working life and Active citizenship have been represented on international and local level like in workshops, discussions, interviews, best practices, contact to small rural businesses etc. All main topics have been covered during the implementation of the project activities. Even though that the topics seem quite different, they are interrelated.</p>	
3. What do you think, if each partner during meetings in particular country clearly demonstrated <u>thematic areas</u> declared in the project?	
Consumption of ethic/healthy food in ITALY	4,8
Exploiting the criteria for good itineraries in AUSTRIA	4,8
Entrepreneurial skills for small green businesses in LITHUANIA	4,8
Exploring ideas for enterprise in UNITED KINGDOM	4,8
Average score:	4,80
<p>Comments: Yes - all were very different and came together to be a whole. The project had synergy. Bulgaria as a partner organisation is missing in this point. It is a pity that our Bulgarian partner had some issues.</p>	
Final average score	4,84

PART 2: COMPLIANCE OF THE WORKPLAN

Final average score 4,51.

Question	Average (max 5)
4. Are the foreseen <u>objectives</u> achieved?	
Exchange information about services and ideas on self sustainable and healthy tourism for rural areas	5
Improve the "green skills" of adult learners living in the countryside with the final aim of increasing their employability	4,2
Disseminate new tourist routes, which can contribute to the economic development of rural areas.	5
Average score:	4,73
<p>Comments: We showed for learners a lot of interesting ideas of small and green businesses, we taught them and gave the tips, how to establish own company. All achieved. We were really pleased with the way that our learners who are considered</p>	



<p>'hard to reach' and have varying health and social care needs were encouraged to take part in a seminar and everyone felt very comfortable and welcome. Everyone was equal and contributed. The information collated during this project has been used many times already to help new learners. A lot of "green skills" have been improved by the adult learners and as well by the steering committee. Especially the international workshop in UK was very successful. All project partners took part at the workshop and as well local people with mental health issues. Together we found out about green jobs, employability and what that could mean for them.</p>	
<p>5. Are you satisfied with <u>results and outcomes</u> achieved during the project?</p>	
<p>Website www.ingreenshape.eu</p>	4,75
<p>6 International meetings, where partners exchanged best practices and organised practical workshops for learners. The Steering Group met at each International meeting.</p>	4
<p>Best practices handbook, containing the new resources, services, and/or small companies, which have been identified by the partners in their surrounding areas.</p>	4,8
<p>"In Green Shape" tourist brochure, including the itineraries designed by the participants.</p>	4,2
<p>Evaluation reports</p>	5
<p style="text-align: right;">Average score:</p>	4,55
<p>Comments: I think, we needed more time for discussions of Steering Committee. I feel to be perfect - there could have been more interactive activities for everyone during international meetings. Ice breakers to get everyone working together. More facilitated activities would have made the project outcomes and personal development opportunities richer.....but was still very good. The brochure could have been proof read a bit more thoroughly by us all- to prevent the mistake of the flag- but one small mistake in all of those pages is inevitable. It is a pity that the Bulgarian partner had some issues and the planned project meeting in Bulgaria was cancelled. UK and Austria had a very productive bilateral meeting in the UK instead, where final booklet was discussed and the general parts for it written. Lithuania did a very good job in collecting the evaluation forms and always prepared a presentation about it for the transnational meetings. The same should be said for Austria in being in charge of the dissemination plans and presentation. Everybody collected best practice examples and presented them. All of them have been different and interesting for all other partners and well</p>	



advised. We hope that they will be multiplied in other geographic areas. Unfortunately the brochure contains mistakes. The flag of Bulgaria and Lithuania have been mistaken. The issue had been raised but the problem was not solved and brochures were printed with the mistaken flags.	
6. Is there a clear impact of the project on direct and indirect target groups?	
Staff of your organization	4,6
Learners	4,8
Teachers	4,8
Associated partners	4,4
Local community	4,2
Average score:	4,56
Comments: Local community and associated partners not always expressed an interest to contribute to project activities, we need much effort to involve them into the project (dissemination, creation of brochure, organisation of workshops, be interviewed as best practice example). I hadn't imagined there would such a good impact on learners - really good to see this. It developed their confidence and self-esteem enormously.	
7. How do you rate dissemination of project?	
Dissemination activities	4,2
Average score:	4,2
Comments: Very effective and far reaching. Every partner send dissemination-plans and pictures of the activity to the Austrian partner, who presented it at every transnational meeting. So everybody was informed about the activities of the other partners.	
Final average score	4,51

<p>8. Are you going to disseminate project's results/products after the end of project? If yes, how?</p> <p>- YES, we are going to have round table discussion about tourism particularities in Klaipeda State College. We are going to present for students, lecturers and stakeholders best practice examples of In Green Shape project. Brochure with green itineraries will be disseminated in tourism information offices after the end of project too.</p> <p>- Yes- through the small business networks we run, our Facebook page, newsletters, a press release and website.</p> <p>-Retzhof aims to bring together and celebrate a diverse range of historic, educational</p>
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and culinary businesses. Through the creation of the tourist itineraries, adult learners have been involved and local and international good practices have been identified. By cooperation's with the enterprises of the Austrian itinerary, Retzhof is supporting small rural businesses. The way of economic thinking is also positioned in the philosophy of Retzhof. We will share the idea of the project with people and organisations in the wider community.

- It will be disseminated mostly by distributing the brochure and project website. The brochure will be distributed among family owned business and organizations in the tourist field.
- The project will be disseminated by distributing the brochures in strategic places like hotels, bb, restaurants and to the Local tourist public agencies of the province.

9. Did you evaluate local events/workshops? If yes, what are main findings?

- We evaluated local workshops. The main finding was that learners considered practical training (with good cases from In Green Shape partners meeting) very useful and easy learned. It is the best to learn in informal environment (not in classroom, but in farm, for example).
- Yes and results were very positive. Learners are very keen to be involved in future projects. Several local small businesses have set up tourist itineraries after being inspired by In Green Shape.
- With our local events/workshops we made our first steps into community education. Through the themes of the events in local history, education and cuisine it was possible for us to reach a new target group: the locals. People are very interested in their surroundings, if it is suitable conditioned. So we will plan more events like this ones in future
- Neither events nor workshop were evaluated.

PART 3: FINAL QUESTIONS

Question	Average (max 5)
<p>10. From your point of view, what is the overall assessment of the project? The given grades were only very good and good.</p>	<p>4,6</p>
<p>Comments:</p> <ul style="list-style-type: none"> - We felt the lack of input into project of Bulgarian partner. I think, all partners had to have more workshops for unemployed people and underline entrepreneurship skills. - A very successful project that overcame problems along the way with resilience and positive thinking, which created a great team. Well done everybody. It involved a much wider section of the community than we envisaged, which was a very positive point for us. - The outcomes of the project are very good. Also the learning partnership now feels like working in a family. Every partner was very anxious. It is just a pity, as said, that the 	



Bulgarian partners had some issues. Nevertheless it feels like a successful project, where learners and project managers learned a lot and further projects and local activities should be aimed to have. It was also a project with a big meaning of community education and sustainability. I think projects like that are the future: networks on local and international level and a way of place-based education and working and learning together.

- There were some problems with some partners that were solved later on.

11. Did you get any innovative idea(s) during project?

- We got a lot of ideas for green jobs. We were surprised how many things you can do with green business (cooking, herbal tourism, ecological farm, aroma therapy, ecological vegetables, natural clothes and etc.).

We learned some new teaching methods, especially during workshop in UK.

- Yes- about involving a wider section of the community than first considered and ways to do it.

To involve groups of learners in creating itineraries for small businesses- making it into a project for them- doing market research first and then responding to what customers need.

- We innovated a lot of ideas during the project. We started for example to create a very different itinerary, which you can't find in the tourist information center (by now, but soon ☺). While being part of this project we started with thinking in community education and supporting small rural businesses. It was as well an aim to support an artist/designer, who is not working in a big graphic business, which makes our drawn itinerary more special. Through involving our chef of the kitchen as a learner in the project we also organised a cooking workshop with background information about food, its sustainability, regionalism and "green kitchen". All in all the project gave us many innovative ideas and motivation in the local and international area.

- Yes, the idea is still under development.

12. What was IN GREEN SHAPE project for you? What did you learn from it and partners?

- The project was very inspiring for us. We saw that there are many activities and possibilities in remote areas, just everybody needs to develop his/her creativity, be patient, brave, inspired and stubborn.

We loved this project very much!

- Inspiring and Innovative. It was the first time we had worked with all of the partners except Italy and we warmly invite you to stay in touch and if anyone would like to come for work shadowing, you would be very welcome.

- Through the In Green Shape Project it was possible for us to bring a lot organisations on local and international level together and to connect them. Everybody (learners and project managers) learned a lot in the project, personal and occupational. We also learned a lot from all partners, because they all have different backgrounds and different needs in their local surrounding. It was a very interesting project, because every itinerary is so different and we managed to bring them all together into one product, which shows as well the diversity of the project. All partners are using different and similar methods and handlings in their daily work, so it was possible to exchange knowledge about that. I hope



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we could go on in another future project or exchange.

- For EISD the project was an opportunity to attract more citizens to go green, which means for us people from urban areas to become more physically active and visit rural areas, more precisely those with low number local population and existing family owned business. We have learnt that the local population in Bulgaria still lacks the capacity of creating networks and common initiatives to develop their business. We have learnt from partners that it is essential for a project that there is mutual trust and support.
- During the project we had the opportunity to visit Lithuania, and the great region of Curonian Spit and it was a very nice experience.

SUMMARY:

According to opinion of Steering Committee members, project activities and results mostly answered the objectives of Life Learning Programme. Sharing good ideas and practice was very successful. All main topics marked in application were related to the project activities, products and results. Each partner during the meeting in particular country quite clearly demonstrated thematic areas declared in the project.

Answers of the members of Steering Committee shows that all foreseen objectives have been achieved. A highest grade 5 has been given for the achieved objectives as "Exchange information about services and ideas on self sustainable and healthy tourism for rural areas" and "Disseminate new tourist routes, which can contribute to the economic development of rural areas." The information collated during this project, interesting ideas of small green businesses and lot of improved "green skills" by the adult learners and as well by the steering committee were stated as very useful.

In general respondents are satisfied with results and outcomes achieved during the project. Best practices handbook, evaluation reports were evaluated very good. Despite everything was evaluated good, but there could have been more time for discussions of Steering Committee, more interactive activities for everyone during international meetings and the brochure could have been proof read a bit more thoroughly. Project website www.ingreenshape.eu has been visited by all respondents and was evaluated very good by Steering Committee and Learners as well: Steering Committee score - 4,75 , Learners' score - 4,8. According to Learners comments, the website is well designed, interesting, informative, reflecting the project idea.

Evaluating how clear impact of the project is on specified target groups, respondents had rated the clearest impact on learners and teachers, then less clear impact has been on staff of their organization. In partners' opinion, Local community and associated partners not always expressed an interest to be involved into project activities.

Dissemination activities of the project has been rated good. All partners are planning to disseminate project's results and/or products after the end of project too.



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Partners evaluating local events/workshops had discovered the main findings: practical training in informal environment were considered by learners very useful and easy learned; several local small businesses have set up tourist itineraries after being inspired by In Green Shape; with local events/workshops were made the first steps into community education.

The overall assessment of this project by all project participants is very good. The average score given by learners is 4,7 and 4,6 is given by members of Steering Committee.

Despite the lack of input into the project of Bulgarian partner, the partners overcame all problems and had assessed this project as very successful. Positive thinking, great cooperation and communication, team work, learning partnership (according to one partner "like working in a family") were the most positive and important aspects in this project. There was expressed the opinion that this project was with a big meaning of community education and sustainability and projects like that are the future.

Most of learners had expressed a wish to participate in other such kind of projects and they underlined the most positive aspects of this project as: interesting and innovative project, variety of learning activities, sharing good practice and ideas, good balance between theory and practice.

During project activities learners improved green skills, entrepreneurship skills, management skills (leadership, negotiation, teamwork, conflict solving, etc.), skills of creation touristic routes on the map, language skills, personal skills. Learners had learnt about new ways of consumption of healthy food, about community development and cooperation between different organizations, about the work of the international partners, got legal knowledges. Skills and experience gained during project will be useful for learners in their future professional activity. It will help to develop new ideas and activities, to improve work and enhance business activities.

Members of Steering Committee have got few innovative ideas during the project, such as ideas for green jobs, green business, new learning methods, future cooperation between learners and small businesses, new itinerary...

IN GREEN SHAPE project was very inspiring and innovative, all participants learnt a lot personal and occupational skills.

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