Erasmus+ Youth in Action
and personal development

A CONFIDENCE BOOST FOR YOUNG PEOPLE
Erasmus+ Youth in Action is the European Union's learning mobility programme for young people and youth work organisations, institutions and professionals. The programme promotes intercultural dialogue, non-formal learning, equity and inclusion. One specific objective is to strengthen the development and competences of young people. Our research shows that Erasmus+ Youth in Action is successful in achieving this objective and contributes to “enabling young people to be architects of their own lives and support their personal development”, one of the four overall objectives of the EU Youth Strategy 2019–2027.

Effects on personal capacity and development
The majority of the 23.571 respondents confirm that through their participation in an Erasmus+ Youth in Action project they perceive the following effects on their personal capacity and development:

- I am better at dealing with new situations. 89%
- I am better at relating to people who are different from me. 88%
- I am more self-confident. 87%
- I learned more about myself. 86%
- I know my strengths and weaknesses better. 83%
- I am better at expressing my thoughts and feelings. 82%
- I am better at relating to people who are different from me. 82%
- I am more self-reliant. 80%
- I am better at dealing with conflicts. 75%

Effects on professional capacity and development
The majority of the 23.571 respondents agree or strongly agree that through their participation in an Erasmus+ Youth in Action project they perceive the following effects on their professional pathways:

- I plan to develop my foreign language skills. 35% 92%
- I plan to make use of non-formal education and learning opportunities. 45% 89%
- I have become aware which competences I want to develop further. 50% 86%
- I plan to engage in further education and training. 47% 84%
- I have contacts in other countries that are useful for my development. 41% 74%
- I have a clearer idea about my professional career aspirations and goals. 47% 72%
- I have a better understanding of my career options. 46% 70%
- I believe that my chances of getting a job have increased. 43% 70%
- I have a clearer idea about my further educational pathway. 46% 68%

34 COUNTRIES
The RAY Network is the open research network of National Agencies of the European youth programmes and their research partners.