

Results and Good Practices from Seven International Training Mobilities

Twenty experts from the team of the **Association of Psychologists in Bulgaria** took part in seven separate training mobilities in Linz, Austria under project **2025-1-BG01-KA121-ADU-000307560, Erasmus+**.

The training was conducted over a period of ten days, from **2 to 11 September 2025**, by **Akademie für Politische Bildung und demokratiefördernde Maßnahmen**. Each course combined theoretical and practical learning modules, including classroom sessions, hands-on activities and outdoor learning experiences. The mobility program encouraged active participation, exchange of experience and the development of innovative teaching approaches in adult education.

Linz and Austria

Linz is the third largest city in Austria and an important cultural and educational center of the country. Located on the banks of the Danube River, the city combines a rich history with modern architecture and a dynamic cultural environment. Linz is known for its connection to technology, art and innovation, as well as the iconic **Ars Electronica Center**. During the mobility, participants had the opportunity to explore the city's cultural heritage and experience the unique atmosphere of Austria.

European Cooperation and Cultural Exchange

The learning mobility provided the participants with the opportunity not only to develop their professional competences, but also to exchange experiences with representatives of various European organizations. The international environment encouraged cooperation, sharing of good practices and the creation of new professional contacts. Participants also became familiar with Austrian culture, traditions and everyday life. This experience contributed to broadening their European perspective and strengthening the sense of belonging to the common European educational space.

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What Participants Say

“Role-playing and simulations proved to be extremely effective learning tools. They allowed us to experience different situations and develop communication, teamwork and critical thinking skills. I am convinced that these methods will make our training sessions more engaging, practical and inspiring for participants.”

Monka, participant in “Simulation & Role-Play” Course

“This course provided valuable knowledge on how to critically analyze information in the digital environment and how to use modern media tools in education. These skills are essential both for educators and learners in today’s world.”

Tatyana , participant in “Media & Digital Literacy” Course

“This course helped us see teaching as a continuous process of learning and development. By reflecting on our own practice, we discovered new ways to improve our teaching and become more effective and inspiring educators.”

Mariana, participant in “The Reflective Educator” Course



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Training Courses

Redesigning Learning

The course focused on modernizing the learning process and introducing innovative pedagogical approaches in adult education. Participants explored interactive teaching methods and digital tools that support more effective and engaging learning.



Simulation & Role-Play

This course introduced simulations and role-playing as effective experiential learning methods. Participants developed communication, teamwork and critical thinking skills through practical activities.



Media & Digital Literacy

The course focused on developing media and digital literacy in the modern information environment. Participants learned how to critically analyze information and use digital tools in education.



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STEAM & Design Thinking

This course presented an interdisciplinary approach integrating science, technology, engineering, arts and mathematics. Participants explored Design Thinking and creative problem-solving methods.



Sustainability in Education

The course examined the role of education in promoting sustainable development and environmental awareness. Participants explored practical ways to integrate sustainability topics into learning activities.



Civic Education & Democracy

This course focused on promoting democratic values and civic participation through education. Participants explored methods for encouraging dialogue, critical thinking and active citizenship.



The Reflective Educator

The course explored the importance of reflection and self-assessment in professional development. Participants learned methods for analyzing their teaching practice and improving their educational approaches.



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