

# Measuring The Impact Of The FATE Project

## Aim of the project

FATE project is committed to address the self-development of NEET young people through adventure education activities with the aim to enhance their employability or continuing the studies. Project will promote active citizenship and young people's sense of initiative through experimental learning. Project activities promote the inclusion and diversity and support the right of marginalised youths to be present in the natural spaces across Europe.

We will implement experimental learning activities through adventure education on local & international levels. We will also implement individual coaching and peer group activities. The development of youth workers' skills will be supported through the training and workshops. We will also focus on dissemination of project activities, findings and results. Project's activities include project management and evaluation.

## Goals of the project

- (1) young people's social, problem-solving, leadership, teamwork and collaboration skills will increase
- (2) young people's self-esteem will improve
- (3) youth workers' knowledge/competences in the areas of adventure education will increase
- (4) participants will recognize the impact of adventure education in the natural spaces in their mental health
- (5) young people's readiness to study/work will improve
- (6) cooperation among project partners will be strengthened

## Measurement Tools

### 3x10D Life Situation Survey

One of the tools used in the FATE Project is the 3x10d Life Situation Meter. Originally designed for the social sector, this meter assesses an individual's overall life situation and integrates this information to support their progress. The 3x10d Life Situation Meter can be used either as a self-evaluation questionnaire or as a tool for discussions between the client and a professional. Although initially developed for a

different purpose, it has proven effective in various contexts, including measuring the impact of different projects.

The 3x10d Life Situation Meter aims to cover every aspect of the client's life based on their age. The key areas assessed include:

Human relationships  
Smooth functioning of daily activities  
Physical well-being  
Elements that support overall well-being

The questions under each of these areas are tailored for different age groups and are also available in multiple languages. One of the strengths of this tool is its simplicity and efficiency. It can be administered quickly at the beginning and end of the project, and, if necessary, during the project as well. At the end of the project, we will evaluate the impact by calculating the average scores of the responses, focusing on the questions most relevant to our project goals. The specific questions we will examine more closely are:

2. Your ability to overcome life's challenges.
4. Your ability to carry out daily activities (e.g., studying, working).
8. Your ability to develop your strengths (e.g., through an interesting hobby).
9. Your self-esteem.
10. Your overall satisfaction with life.

The average scores from the end of the project will be compared to the scores from the beginning. We expect to see a slight increase in these scores, indicating progress and positive impact.

### Most Significant Change (MSC) - Erasmus+

Erasmus+ has recently published a handbook titled "Impact Toolkit for Erasmus+ Beneficiaries". This toolkit has been developed to help Erasmus+ beneficiaries enhance the impact of their projects. It offers user-friendly tools that can be easily applied to support the goals of the FATE Project as well.

To gain a deeper understanding of the FATE Project's impact, we plan to enrich the data collected from participants using one of the tools from the Erasmus+ toolkit. We have chosen the tool called Most Significant Change (MSC) for the FATE Project. This tool is particularly useful for uncovering unexpected outcomes and fostering reflective discussions about what participants found most meaningful.

MSC is a storytelling-based evaluation approach where participants share narratives about the most significant change they experienced as a result of the project. These stories are then reviewed and analyzed to identify common themes, key outcomes, and impactful practices.

In the FATE Project, the MSC tool will be used at the end of the project in collaboration with the participants. They will be asked the question: "What was the most significant change you experienced as a result of this project?" Participants will have the option to tell, write, or even record their responses. After collecting the data, a review group will analyze the responses to identify key themes, which will then be reflected upon and further examined.

### Question to Include in the Survey

"How did participating in adventure education in natural environments impact your mental well-being, and what was the most significant change you noticed?" > (4) participants will recognize the impact of

*adventure education in the natural spaces in their mental health*

“Miten osallistuminen seikkailukasvatukseen luonnonympäristöissä vaikutti henkiseen hyvinvointiisi, ja mikä oli merkittävin muutos, jonka huomasit?” > (4) *osallistujat tunnistavat seikkailukasvatuksen vaikutuksen luonnonympäristöissä heidän mielenterveyteensä.*

“Looking back, what is the most significant way your social, problem-solving, leadership, teamwork, or collaboration skills have changed as a result of participating in adventure education?” -> (1) *young people's social, problem-solving, leadership, teamwork and collaboration skills will increase*

“Kun mietit taaksepäin, ovatko ja miten sosiaaliset taitosi, ongelmanratkaisukyky, johtajuustaitosi, tiimityöskentelytaitosi tai yhteistyötaitosi ovat kehittyneet osallistumisen ansiosta seikkailukasvatukseen?” > (1) *nuorten sosiaaliset taidot, ongelmanratkaisukyky, johtajuustaidot, tiimityöskentelytaidot ja yhteistyötaidot paranevat.*

## FATE Project Questionnaire: Knowledge and Cooperation Assessment

One of the tools used in the FATE Project is the **Knowledge and Cooperation Questionnaire (KCQ)**, developed specifically to assess both the knowledge of adventure education and the strength of cooperation among all project participants. This questionnaire will be administered **only at the end of the project** to gather comprehensive insights into the participants' learning outcomes and the effectiveness of collaboration between partners.

The Knowledge and Cooperation Questionnaire is designed to evaluate the participants' understanding and competencies in adventure education while also measuring the quality of cooperation within the partnership. The questions are carefully structured to cover key areas such as:

- **Knowledge of adventure education principles and practices**
- **Confidence in managing adventure-based activities**
- **Effectiveness of communication and collaboration among partners**
- **Trust and mutual support within the partnership**

The strength of this tool lies in its ability to provide a detailed picture of both the professional growth of the participants and the success of cooperative efforts. By analyzing the responses collected at the end of the project, we aim to identify key achievements and areas for improvement.

During the evaluation, we will calculate the average scores of the responses, focusing particularly on the questions that align with our project goals. The specific questions we will examine more closely include:

- **Understanding of adventure education principles**
- **Ability to design and lead adventure-based activities**
- **Perception of effective communication among partners**
- **Sense of trust and mutual support within the partnership**

The results of the questionnaire will help us assess the overall impact of the FATE Project on enhancing both knowledge and cooperation. We expect to see positive outcomes in these areas, demonstrating the effectiveness of the project's approach and providing valuable insights for future initiatives.

## Measurement Tools Applied to Each Goal of the Project

	3x10D	MSC	KCQ
(1) young people's social, problem-solving, leadership, teamwork and collaboration skills will increase	X	X	
(2) young people's self-esteem will improve	X	x	
(3) youth workers' knowledge/competences in the areas of adventure education will increase			X
(4) participants will recognize the impact of adventure education in the natural spaces in their mental health		X	
(5) young people's readiness to study/work will improve	X	x	
(6) cooperation among project partners will be strengthened			X