

BABBAT – BETTER ADULT TRAINING



<http://babbat.riseba.lv>

“BoB as a Bate – better adult training” is Erasmus+ strategic partnership project (2019-2021) which aims to develop competence and good methods for adult trainers to motivate low skilled adults for stronger engagement in lifelong learning and to enhance their working lives opportunities through entrepreneurial skills.

Post Covid “[She Session](#)”

It has always been important to be secure equal opportunities, strengthen independence and to have a job, but now in Post Covid time, it seems that this has become even more important. Post Covid research has shown us that this is taking disproportionate toll, hitting women much harder than men, and this is reflecting in all aspect of our lives. The most recent [Women in the Workplace Report](#) by McKinsey found, for the first time, that 1 in 4 women was considering stepping out of the workforce or downshifting their careers. and another [one shown](#) that more than one-third of working moms mulled quitting their

jobs due to COVID-19. [Domestic violence](#) has increased and there are [more women](#) that report that they had become [a sex worker](#) in order to find a way to deal with the consequences of losing jobs during Covid.

The **BABBAT** project main aim is to encourages and to motivate people to find a way to strengthen their personal situations.

“Would you like to know what we did?”

In this project partners are working on several Outputs, all with the main aim to find a multiply way to motivate adults to enhances their lives. In output 01 all partners have collected motivations stories from adult people that had in one way or another changed their lives though shorter or longer learning. In Iceland Step by Step met with couple of people that were willing to share their stories to motivate others.



Hafdis Þórdardóttir, born in 1953, married women, living in the countryside, with six children, was in her late fifties when she went back to school. She had finished high school whilst also working full time, and she always wanted to go to college, but family conditions were difficult. After studying for 6 years, she graduated from the University of Iceland in 2010, as a developmental therapist.

„ It wasn't easy but

"After going through all this, I am most proud of myself and my people. I feel that it has strengthened me infinitely more to have completed my studies and graduated. Of course, it's good to get a better pay, but the most important thing in the long run is more job security, better self-confidence and increased self-esteem. I feel good knowing that I can come to work and my knowledge and experience are taken seriously. I have found a place at the table that I am happy with and I am proud of that. "

Kolbrún Vidálín was 52-year-old, married with 3 grown up kids, vent to the University of Akureyri in the North of Iceland, about 600 km away from her home to study Art Educations.

Well, after the main interview with the principal, I asked him, “do you think, that I have something to do here?” and he replied promptly, you have everything you need to be here, welcome to the Uni” I never doubted my decision. I knew this was going to be extremely hard work. I was worried about my fellow students, they were all under 25-year-old, how would I fit in? I worried about how to manages on my own, being along for the first time, I married when I was 18, I rented a small cottage in the forest, and I literally had to dig my way to Uni most of the wintertime, but the rewards were more than worth every minute of it. I was resilient and strong, after being a seaman's wife all those years, but this experience made me almost unbeatable, I feel that I can deal with so many things and now I can work and live anywhere, and this gives me the motivation and spirit to deal with changes and the unforeseen. “



<https://www.facebook.com/betteradultlearning>

BABBAT – BETTER ADULT TRAINING



Post Covid “She Session”

<http://babbat.riseba.lv>



Birna G Konráðsdóttir has been working on the Icelandic text of the Newsletter and other material for BABBAT project as well as being self a strong role model, entering back to university in her late fifties, for as she said “It just meant so much to my independence and personal evaluations.”



Don't miss Babbat multiplier event: International conference TIME of CHANGES

BABBAT - BETTER ADULT TRAINING



BABBAT ME - Multiplier Event day

International conference TIME OF CHANGES 20-21 April 2021, on-line

20 April, 11 am till 15 pm (CET)
“Motivation and Hindrances in Adult Education”

21 April, 11 am till 15 pm (CET)
“Motivation... Generation”

More information here: <http://babbat.riseba.lv/>



Follow us on the project Facebook pagea:

<https://www.facebook.com/betteradultlearning>

