

What is INTRA?



INTRA is an Erasmus+ project developed by partners from Italy, Romania and Poland, designed to strengthen adults' personal, social and digital competences through an integrated learning ecosystem. The approach connects learning content, self-reflection tools, and supportive guidance to help adults navigate transitions, manage stress and plan their development with clarity.



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INTRA Lifelong Learning, Made Actionable

Guidance, e-learning and tools that adults can use immediately.

PARTNERSHIP

Developed through collaboration among organisations from Italy, Romania and Poland, combining expertise in adult learning, digital environments and competence development.



INTRA supports adults, educators, trainers, counsellors, and organisations looking for a practical, scalable learning model that strengthens competence, autonomy and well-being.

Erasmus+ KA220-ADU
Cooperation partnerships in adult education

Project: 2022-1-IT02-KA220-ADU-000085744



www.erasmus-intra.website

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



INTRA

**Innovative Technologies of
Responsible Automation**

**Building adult
competences for
well-being,
resilience and
lifelong learning**

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A European cooperation project that combines e-learning, guidance tools and digital innovation to support adults in changing work and life contexts.

Automation and rapid digital transformation reshape daily routines, workplaces, and opportunities. Adults often experience these shifts through pressure, uncertainty, and an increasing demand for adaptive skills. INTRA responds by offering a structured learning path that supports:

- Well-being and emotional balance, especially under stress
- Self-awareness and motivation, useful for planning and persistence
- Time and task management, to increase clarity and control
- Lifelong learning readiness, aligned with modern adult education needs



Who is it for?

Adult learners with diverse backgrounds—employed, unemployed, adults in transition, and people who benefit from additional guidance and confidence-building pathways.

The INTRA learning ecosystem



INTRA e-learning modules

Three core modules, each designed with theory, practical exercises, and end-of-module quizzes: stress and emotional management, personal development and motivation, time management.



A toolkit for adult well-being and competence growth

A structured set of activities and guidance materials focused on:

- Guidance and coaching
- Counseling for self-awareness and change
- Soft skills for everyday and professional life



Skillsbot

INTRA integrates the idea of digital guidance through a support figure and a conversational assistant.



Skills certification

INTRA outlines an evidence-based approach to skills certification, with a competence matrix linked to modules and toolkit outcomes, and a structured pathway for integrating certificates with Moodle through blockchain components



How adults learn with INTRA

The platform supports autonomy and personalization. Participants can progress at their own pace, complete reflective activities, and use the system to track learning and results. The learning journey blends content with practical techniques—so competences develop through real application, not only reading.

A European testing pathway

Pilot activities across the three partner countries, using monitoring data and structured feedback from participants to refine the model and improve usability and impact.