

Report on the 3rd pilot phase in Romania

INTRA e-learning platform – session 3

Partner: Recdate (Romania)

Training period: July-October 2025

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Features of the INTRA platform

The INTRA platform offers a training course for adults aimed at developing personal and transversal skills, organized in three modules:

- Module 1: Stress and Emotional Management;
- Module 2: Personal Development and Motivation;
- Module 3: Time Management.

Each online module integrates essential theoretical content, practical ideas/exercises and a final quiz as a consolidation tool.

Objectives, targets and methodology of the pilot test

Objectives

The third experimentation session of the INTRA platform in Romania aimed to:

- confirm the overall soundness of the model (structure, content, evaluation);
- verify the full usability of the course on a heterogeneous group in terms of age and background;
- monitor completion and results through tracking;
- collect useful observations for the final finish.

Target group

20 people, men and women, aged between 24 and 62 years participated. The group also included some professionals who were already competent on the topics covered.

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Methodology

Each participant received credentials via e-mail and had individual access to the three training modules, which they were able to complete independently, according to their own learning times and rhythms. At the end of each module, a final quiz was scheduled to verify learning, while at the end of the entire training course, individual qualitative interviews were conducted, using the specially prepared guide questionnaire.

Data collection took place through:

- in-platform tracking (progress, completions, attempts and quiz results).
- Qualitative feedback collected by the Recdate team (informal comments and returns), with a focus on perceived usefulness, clarity and suggestions.

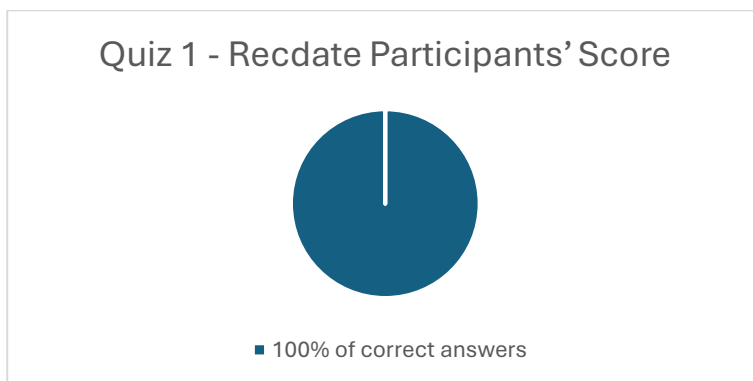
Training progress and quantitative results

20 out of 20 participants completed the training. Most participants completed the modules on a regular basis, with an average completion time per module of about 45 minutes. All users spread the learning over several short sessions.

No user encountered technical difficulties that compromised the course development.

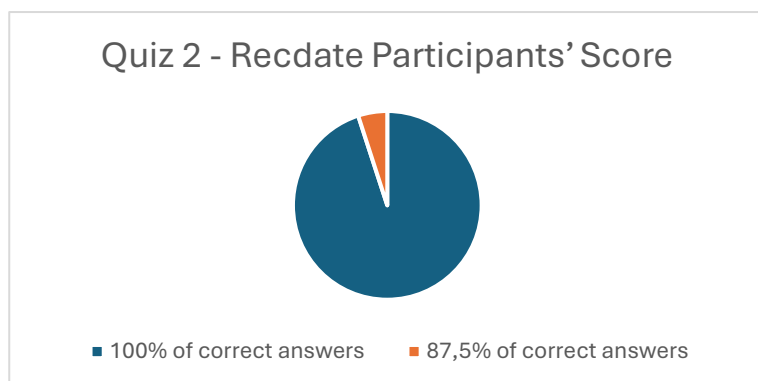
The results of the final quizzes, in Phase 3, show very high and homogeneous performance:

Quiz Module 1: 100% for all participants.



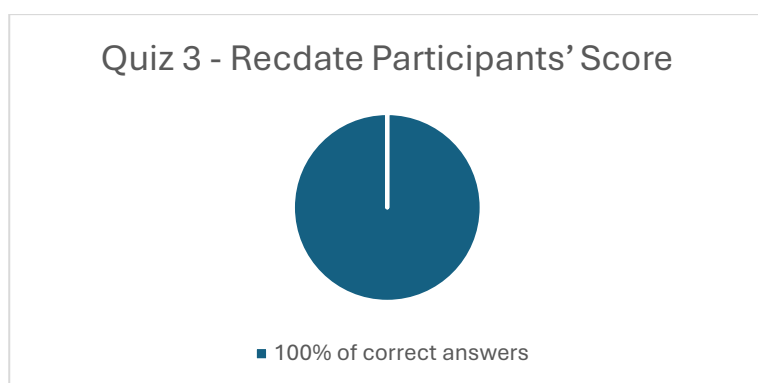
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Quiz Module 2: 100% for 19 participants and 1 participant with 87.5%.



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Quiz Module 3: 100% for all participants.



These data confirm a complete and trouble-free use of the route, as well as full accessibility of the verification tests.

Qualitative analysis

In line with what emerged in the monitoring, Phase 3 was evaluated **very positively**: the model works and is liked. The impressions collected are in line with the completion data and the scores obtained.

1) General experience

The path was perceived as linear, clear and “manageable” even by those who have little time. The structure in modules and the presence of the quizzes at the end of the unit were read as elements that help to maintain the thread and to close the learning with a moment of verification.

Recurring comments:

“It’s smooth: you always know what to do and what you’ve already completed.”

“I liked that it remains practical, without getting lost in theory.”

2) Quality of materials

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The presence of already experienced participants brought out an interesting point: the course is seen both as an introductory tool for those who are less familiar with the topics and as an orderly and well-structured review for those who already work on the topics, also with some very interesting research ideas:

“I knew some concepts, but the way they are organized is useful.”

“It’s a good ‘refresh’ with cues that you can reuse.”

3) Platform functionality and usability

No significant technical criticalities emerged. The experience was described as stable and intuitive, with the feeling of a “mature” and coherent product.

4) Impact on skills

Based on the qualitative feedback collected by the partner and the consistency with the completion and quiz results, the impact of the course on skills was perceived as positive, especially in terms of awareness and applicability of simple tools in the daily routine.

- **Stress and emotion management**

Many participants reported an improvement in their ability to recognize signs of stress and to practice brief strategies to manage moments of tension (conscious pauses, breathing, reframing thought). The most cited impact is not “eliminating stress”, but realizing it earlier and reacting less automatically (“It doesn’t solve everything, but now I notice my state of mind more and it gives me a way to get back in control”).

- **Personal development and motivation**

The most obvious effect concerns the ability to set more realistic goals and to link motivation to concrete actions (small steps, monitoring, routine). For some experienced participants, the module worked mainly as a conceptual reordering and reinforcement of already known practices.

- **Time management**

Here the impact was perceived as more immediate: several participants reported improvements in the ability to prioritize, distinguish urgencies/importance and plan more sustainably (short lists, blocks of time, reduction in multitasking).

“I was left with the concept of choosing a few priorities and closing those.”

5) Suggestions and concluding remarks

A “real world” element also emerged about the transferability and limitations of the model: effectiveness depends on continuity. Some participants said that the techniques work best when taken several times and applied regularly; Without practice, the effect tends to remain mainly awareness.

Strengths and areas for improvement

Strengths

- Total completion;
- Very high performance in the quizzes, with homogeneous results consistent with the objectives.
- Good balance between theory and practical ideas, perceived as suitable for adults with different backgrounds;
- No significant technical criticalities emerged during the implementation.

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Finishing notes

- add a few more practical cases/mini-scenarios (especially for advanced or professional users);
- provide summary sheets (“takeaway”) at the end of the module that can be printed so that the revision can take place several times even after the INTRA training;
- introduce, optionally, some more applicative (scenario-based) quiz questions or exercises while maintaining overall simplicity.

Conclusions and recommendations

The Phase 3 trial in Romania confirms the effectiveness and maturity of the model: all 20 participants completed the course and the results of the quizzes were excellent (100% in Module 1 and 3; Module 2 with only one case at 87.5% and all the others at 100%).

The qualitative feedback is consistent: the experience has been positive, the path is judged clear and useful and the comments of the beneficiaries remain minimal and oriented towards a “nice to have” enrichment, not to necessary corrections.