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From Digital Gaps to Green Impact: Transforming Adult Education for a Sustainable Future

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OER-04: Inclusive Learning Environments in Adult Education

Reflections from Erasmus+ Mobility in Osijek, 18-29.01.2026

Part of the OER series:

Learner Perspectives from Erasmus+ Mobility SHORT-01 (Osijek, Croatia)

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Introduction

This Open Educational Resource (OER) reflects on experiences from the Erasmus+ learning mobility **SHORT-01**, which took place in **Osijek, Croatia from 18 to 29 January 2026**.

The mobility was implemented within the project:

- From Digital Gaps to Green Impact: Transforming Adult Education for a Sustainable Future
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During the programme organised by the host organisation **Edura**, participants explored different educational approaches related to sustainability, digital innovation and inclusive adult learning.

One of the themes that attracted particular attention was **how adult education programmes can create inclusive learning environments for participants with diverse backgrounds and learning needs**.

What Does Inclusive Adult Learning Mean?

Inclusion in adult education goes beyond providing access to courses. It also involves creating learning spaces where participants feel comfortable sharing their ideas, experiences and perspectives.

During the mobility activities, several methods were used to encourage participation from all learners:

- small group discussions
- collaborative tasks
- practical exercises
- open reflection sessions.

These methods helped participants engage actively regardless of their previous educational experience.



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Observed Practices in Osijek

During workshops and learning sessions, trainers from the host organisation demonstrated how inclusive learning can be implemented through simple but effective practices.

Some examples included:

1. **Creating a supportive learning atmosphere.** Sessions often began with informal discussions or short ice-breaking activities. This helped participants become familiar with one another and created a relaxed learning environment.
2. **Encouraging peer learning.** Participants were frequently invited to work in pairs or small groups. This allowed learners to exchange ideas and learn from each other's experiences.
3. **Using accessible language and examples.** Instead of using complex terminology, trainers often explained concepts through everyday situations and practical examples. This approach made the sessions easier to follow for participants from different backgrounds.

Why Inclusion Matters in Adult Education

Adult learners often bring diverse life experiences, cultural perspectives and levels of formal education.

Inclusive learning environments allow these differences to become a **resource for learning** rather than a barrier.

Participants during the mobility recognised that when learners feel respected and heard, they are more willing to contribute to discussions and learning activities.

This can significantly improve the overall learning experience.

Practical Ideas for Educators

Based on the observations during the mobility, several simple practices may help adult education providers create more inclusive learning environments:



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- encourage open dialogue and respectful discussion
- use collaborative learning activities
- provide clear and simple explanations
- connect learning topics with real-life experiences of learners.

These approaches can help educators support participants with different learning styles and educational backgrounds.

Reflection

The mobility in Osijek demonstrated that inclusive learning environments are often created through **small but thoughtful practices**.

When educators create spaces where participants feel comfortable expressing their ideas and experiences, learning becomes more engaging and meaningful.

For many participants, observing these inclusive teaching methods provided useful inspiration for future educational activities.

Learning Context

This resource was developed as part of the reflective learning process of the Erasmus+ mobility activity **SHORT-01 – Osijek, Croatia**, implemented within the project:

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