

mining in relation to the individual motivations and barriers to adult learning and the choice of method.

The findings prove that the majority of the respondents looked for pragmatic opportunities for learning useful for work and life, but also benefiting their personal interest and fulfilling their desire to know more. In addition, the barriers are complex: the hindering factors are the workplace and family obligations. These show that we need to raise the awareness of employers with respect to trainings for adults.

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