Main findings

The Youth Start Project experimentation was implemented in 1-semester in 20 hours (B1 intensive), 2-semesters in 36 hours (B1 extensive) and 1.5-years in 75+ hours (B2 extended) formats. This Random Control Trial compared students (B1 n=2199; B2 n=1064) aged 13 to 17 year-olds who participated in the program with those in a control group, using pre and post-test evaluations. The results demonstrate that all of these approaches increase competences and attitudes, however, the intensive implementation had a stronger impact on the majority of students. B2 results do not control for country differences.