

Evaluation Letter

I am pleased to evaluate the Youth Exchange project in Cyprus, which brought together 48 young participants and 14 leaders from 8 organizations. The project's aim was to empower young people to express their feelings confidently through various creative activities and to support each other in managing emotions.

The project focused on:

- Revitalizing Emotional Awareness and Empathy
- Fostering emotional intelligence and empathy development.
- Equipping youth workers with the necessary skills and self-assurance to act as catalysts for positive change in their communities.
- Promoting recognition and respect for the contributions of youth workers.
- Offering comprehensive resources and training materials to support youth workers in their community.
- Enhancing teamwork and fostering a spirit of cooperation among youth workers.
- Ensuring inclusivity by actively involving individuals with fewer opportunities in Peace Actions (PAXs).
- Enhancing all key competences and skills for youth workers within the Erasmus Plus program.

The facilitators created a welcoming and inclusive atmosphere. We engaged in diverse activities—from theater and photography to music and personal reflection—that helped us express and understand our emotions better.

The outdoor setting was perfect for our sessions, and the cultural and experiential diversity of the group enriched our discussions and broadened our perspectives on emotional expression.

The project had a significant impact on me. It provided valuable tools for emotional expression and reinforced the importance of supporting each other. The creative outcomes, such as films and personal reflections, showcased our growth and learning.

The Youth Exchange was a transformative experience. It was well-organized, engaging, and impactful. We are grateful for the opportunity to participate and look forward to applying the insights gained in my work with young people.

Sincerely,



Agata Lech
Open Soul
CEO