

Dear ACPELIA,

We are writing to share the positive outcomes of the Erasmus+ project E=MC² (Empowering + Participation of Youth in Double) in Cyprus. This initiative had a profound impact on our participants, helping them to develop key life skills while building meaningful relationships.

The facilitators created a warm and inclusive environment, ensuring that everyone felt welcome and valued. Participants took part in a variety of activities that were not only well organised, but also engaging and impactful.

Through workshops, group activities and practical learning, the project provided an enriching environment for growth. Participants highlighted how working with people from different backgrounds helped them to challenge stereotypes, develop empathy and build lasting friendships based on respect and inclusion.

A key takeaway from the project was the value of stepping out of one's comfort zone. It encouraged young people to embrace new experiences, express their opinions and adapt to different perspectives. Many discovered strengths they hadn't previously recognised, such as leadership, public speaking and creative problem solving.

The project also deepened participants' understanding of global issues and cultural diversity, helping them to adopt a more open-minded approach to the world. It focused on empowering young people from underrepresented communities, promoting both personal growth and active participation in society.

Communication skills were a key focus of E=MC². Participants learned to navigate complex conversations, improve emotional awareness and strengthen their teamwork through role-playing and collaborative activities.

One of the highlights was the balance between structured learning and open discussions where participants shared insights and reflected on their journeys. These exchanges promoted inclusivity and international dialogue, strengthening the bonds formed throughout the project.

In conclusion, the E=MC² project has had a positive impact on everyone involved, highlighting the importance of youth participation, inclusion and continuous learning.

Thank you for your support in creating opportunities for young people to grow and make a difference.

Sincerely,

Gita Vaškelytė

President, Meraki LT Organization

