

Dear Partners and Participants,

On behalf of *Future in Our Hands (FIOH)*, we would like to extend our sincere appreciation for the successful implementation of the Erasmus+ Youth Exchange project $E=mc^2$, which took place from **November 1st to 9th in Pissouri, Cyprus**. This initiative has had a meaningful impact on both our organization and the young participants involved, fostering learning, cultural exchange, and personal development.

Organizational Impact

The project significantly contributed to the growth and international presence of our organization. Through meticulous planning and execution, we:

- Established and strengthened collaborations with organizations from **Armenia, Romania, North Macedonia, Cyprus, Lebanon, Poland, France, and Lithuania**.
- Effectively disseminated project outcomes via our **social media channels, website, and physical events**.
- Implemented pre-departure activities to prepare participants for cultural and educational engagement.
- Coordinated a well-structured follow-up phase, ensuring sustainability and the continued impact of the project.
- Enhanced our organizational expertise in **project management, logistics, and youth development methodologies**.

Youth Impact

This project provided young people with an invaluable experience, equipping them with knowledge, skills, and lasting memories. The impact was observed in several key areas:

1. **Cultural and Social Exchange:** Participants engaged with peers from diverse backgrounds, fostering a greater understanding of different cultures and traditions.
2. **Skill Development:** Through various activities, participants enhanced their **communication, teamwork, problem-solving, and leadership skills**.
3. **Follow-Up Activities:** After returning, youth participants conducted workshops and interactive sessions in their local communities, including:
 - **Yerevan Follow-Up Event:** A gathering of 50 young people who participated in communication and team-building activities.
 - **Vayots Dzor Presentation:** An event involving 30 people, featuring an interactive session and a movie night to share project insights.
4. **Personal Growth:** Many participants reported increased **confidence, adaptability, and motivation** to engage in civic activities and international projects.

Added Value of the Project

The project's design and implementation aligned perfectly with the objectives of **youth empowerment, European cooperation, and lifelong learning**. The exchange program fostered:

- **Cross-cultural connections** that will last beyond the project's duration.
- **A deeper understanding of global citizenship and active participation in society.**
- **New friendships and professional networks** that may lead to future collaborations.

Areas for Improvement

While the project was overwhelmingly successful, feedback from participants suggests areas where enhancements could be made:

- **Improved structuring of ice-breaking activities at the beginning** to ensure all participants connect and feel comfortable.
- **More mixed-group activities** instead of country-based teams to encourage deeper integration and learning.
- **Reevaluating the effectiveness of energizers** to ensure they genuinely motivate participants rather than cause fatigue.

Conclusion

The $E=mc^2$ project was a **highly enriching and rewarding experience for all involved**. We are incredibly grateful to all partners, organizers, and participants for their dedication and enthusiasm. The feedback received will guide us in making future projects even more impactful and inclusive. We look forward to continued collaboration in future youth exchanges and initiatives.

Thank you for your invaluable contributions!

Sincerely,

Tigranuhi ALeksanyan

Director/Co-Founder

Future in Our Hands (FIOH)

