



“Sport and Mental Health: Don’t bury your emotions let it flow (SPORTY MENTAL)”

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EVALUATION LETTER

Associação Nó Górdio was one of the seven partner organisations in the SPORTY MENTAL project.

This project was a Mobility of young people type so it comprehended a Youth Exchange in Cyprus for 60 participants and 12 leaders + 2 stakeholders at Hylatio Tourist Village in Pissouri for learning how to improve the mental health through sports and healthy lifestyle.

Our participants were MARIA MADALENA, ANTONIO JOSE (as team leaders) and BEATRIZ, CARLOS MANUEL, CRISTIANA DE FÁTIMA, EMILIA, IGOR GONÇALO, MAFALDA, MIGUEL, RICARDO, RICARDO DANIEL, SARA and MARGARIDA (as participants).

This Youth Exchange took place between October 13rd and 24th 2024 (including travel days) in Pissouri, Cyprus.

This activity has had a great impact on the participants and in their organizations.

All the activities were all fully realised and met the objectives set.

The project's dissemination activities in the local community and the dissemination of its results were carried out quite successfully.

The host organisation played its role in an exemplary way and our participants evaluated the experience as being very impactful in their personal and professional lives.

From the point of view of Nó Górdio, everything went as expected and we had the opportunity to strengthen ties between partner institutions seeking to implement more common projects that make sense for our participants and for our organisation.

Valongo, 26th of November of 2024

Albino Pereira
President of NGO NOGORDIO