

**VIEŠOJI ĮSTAIGA
JAUNIMO LAISVALAIKIO CENTRAS
PUBLIC INSTITUTION
YOUTH LEISURE CENTRE**

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Evaluation letter

*by the partner organization Youth Leisure Centre,
Ukmergė, Lithuania*

Erasmus+ project "Sport and Mental Health: Don't bury your emotions let it flow" SPORTY MENTAL

took place in Pissouri, Limassol, Cyprus from 13 to 24 of October 2024. Organizer - NGO ACPELIA from Cyprus. VšĮ JAUNIMO LAISVALAIKIO CENTRAS (Public Institution Youth Leisure centre) was a partner organization in this project and sent 10 participants and 2 group leaders. The hosting organization Acpelia provided all information related to the project, was ready to answer all questions and they were helpful in dealing with logistical issues. Communication took place on Facebook, by e-mail, Whatsapp.

The project's idea was to focus on young people's mental health through sport and create a supportive environment where participants can engage in physical activity while dealing with mental health issues. Lithuanian group took part in many activities, collaborated, worked in teams and communicated ideas. They developed personal values and priorities. They have got the knowledges, skills, understandings how to raise awareness of mental health issues, demonstrated the impact of active work on young people, and inspired friends compassion for the mental health issues of others. The training used methods of simulation games, active workshops, sports activities, art activities, brainstorming, working in small groups, boosted them feelings through sport activities. Group had an opportunity to compare some real-life experiences to feel that they are not alone.

After the end of the project, we organized a presentation in Youth Leisure centre in Ukmergė. Participants talked about what they did during the project in Cyprus and how the project improved their confidence, teamwork skills. Demonstrated a short video of the project. Discussed the benefits of the project for young people, talked about Youthpass, answered the audience's questions about the project, and explained how they could participate in similar projects themselves.

We are looking forward to future collaborations with ACPELIA.

Daiva Pranskevičienė (Director) Ukmergė, Lithuania 2024-11-24

