

## Evaluation Letter

I am pleased to evaluate the Youth Exchange project in Cyprus, which brought together 60 young participants and 12 leaders from 6 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:

- Raising awareness of young people's mental health and its impact on their lives.
- Promoting sports as a healthier way of life.
- Developing practical skills related to various breathing techniques and sports that can help reduce stress and anxiety..
- Promoting intercultural learning and social engagement among participants, fostering their ability to reduce stress and lead an active lifestyle.
- Promoting active citizenship and social engagement among participants, fostering their ability to reduce stress and lead an active lifestyle.
- Promoting social inclusion and equal opportunities for all participants, including
- those who are less social.
- Fostering a sense of community and connection among participants, promoting social and emotional well-being.
- Providing opportunities for personal and professional development, including improving mental health, team communication and cross-cultural competence.
- Creating a safe and supportive space for each participant that promotes learning and personal development.
- Creating an environment where young people can learn to cope with stressful situations and activities that alleviate mental illness. The facilitators created a welcoming and inclusive atmosphere

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,

