

# Evaluation of the organization and activities of the YE "Soul on canvas" from participants.

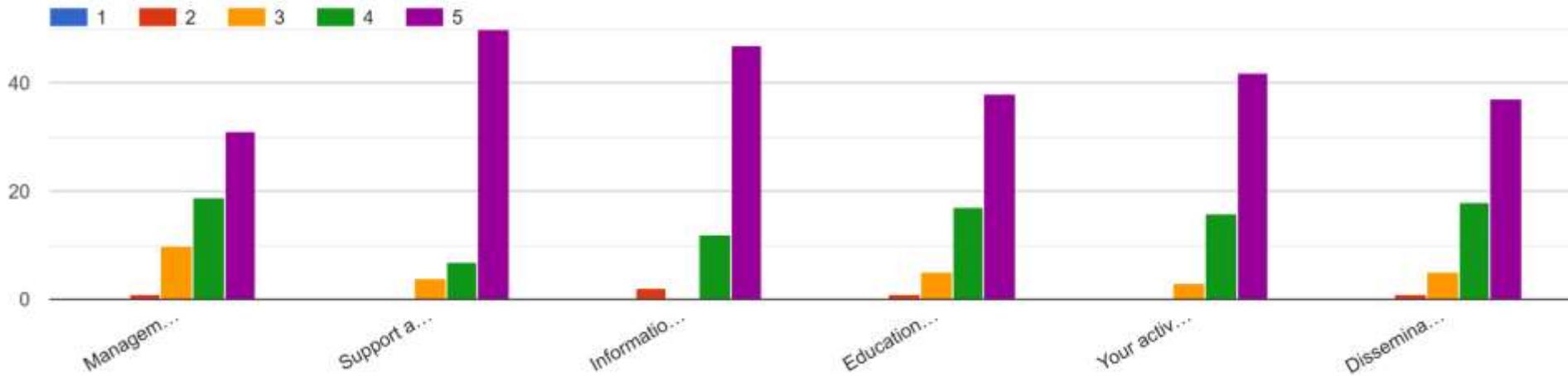
On the last day (on 31 of October) of our activities participants of the project answered online the following questionnaire.

We would like to have your opinion about our YE, that took place in PISSOURI, LIMASSOL, CYPRUS (HYLATIO TOURIST VILLAGE) regarding the overall training organization and the activities we had; educational, cultural and others.

The questionnaire is divided in five sections and we would like to gather your feedback because your opinion is important to us and will also help us to improve. This questionnaire is only for participants AND LEADERS in the training.

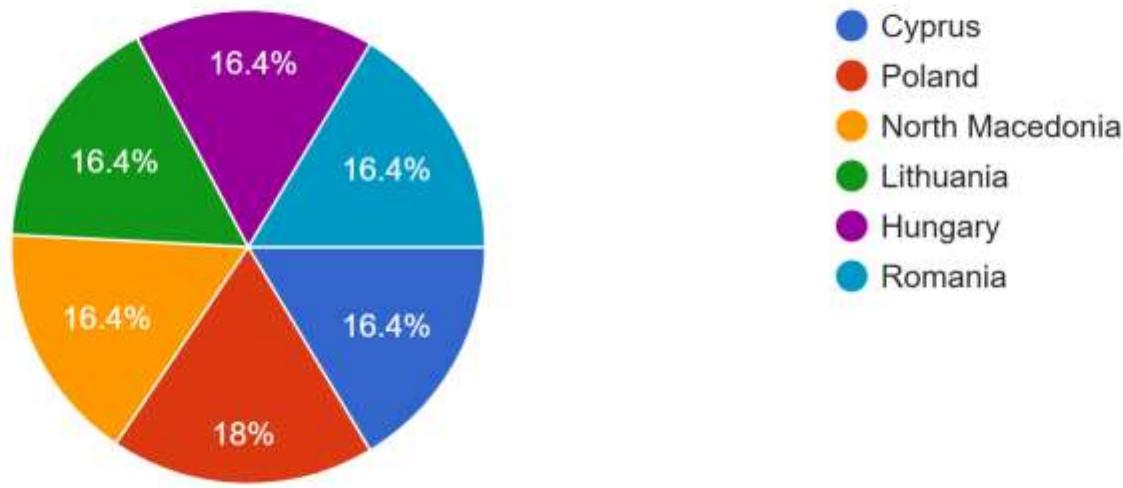
## Management and Organisation Questions

The following questions are about the project's overall organization. Answers are from one to 5 where one is the very negative answer and 5 the very positive answer. With the following order: 1. Highly ... onse must be your personal opinion depending on your own experience.



## Country

61 responses



## Any comments about the activities?

- loved them!
- it was fun but sometimes we had too much time
- They were very creative!
- No
- lack of materials
- Some of the activities was not very interesting, but the other was amazingggggg
- It was fun and educational
- i loved them all, very creative
- Great activities, very interesting
- The activities were amazingly coordinated and implemented. The facilitators did an outstanding job
- The activities were amazing!
- Everything was great, I personally enjoyed the whole project and the activities that we done
- Activities were really creative. Most of them I was doing for the first time and could learn something new about myself and art in general
- Enjoyed them all!
- A lot of fun
- We spoke about most of them on reflections with leaders. But main problems were not clear schedule and time for activities was wrongly assigned.
- I loved most of them, but the weather and lack of space was sometimes an issue.
- not everything was great
- There were activities which duration time was wrongly estimated and lasted way too long
- I liked all of them, they all had a good impact on us and the rest of the participants.
- The activities were relaxing, very educational but in the same time very funny and interesting.
- It was very good experience and the project was well prepared. We enjoyed the activities so much and it was fun

- The activities were fun and helped me see how art can relate to mental health. It was nice to be creative and talk about these topics with others.
- Some of the activities were too childish, I felt like in kindergarten. Also in those 5 station activities meditation one was very chaotic, we couldn't relax properly because of the background sounds and music.
- I loved it and had fun
- It was all very nice
- I expected a bit more artsy activity, and I think most of the activities with art was a bit unprepared. I know it's hard to do it for that many people, but still, if this is one of the main topics of the project it would be better for the participants to have all the proper needs for the tasks to really feel and express themselves.
- Overall, I think the activities were fun, interesting and broadened some horizons for me. I have a very positive opinion, though I do have some negative comments. Some of the activities, as an example the trip to Limassol, were very chaotic (suggestion: we could've received the tasks and divided in groups before arriving there/in the activity room). Also, although I understand the time limit, for some activities it simply wasn't enough (example: the dealing with stress workshop, whenever we finally managed to open up and brainstorm the best, the time was up). Something to add to this time comment, I personally also felt pressure regarding some of the activities, like hurrying the creative process just to have a result, stressing more about how much time we have left rather than enjoying the activity. Still, these negative feelings were small and didn't affect my experience that much, it's more of a slight irritation.

- I really like them a lot. I learned a lot new in the greatest way, every activity was fun and unconventional. I really appreciate my time spent on Cyprus. ❤
- They were really interesting. I would say it would be better to say how much time we have before starting the task
- They were made in haste
- Everything was perfect
- Sometimes the instructions for artistic activities were too strict/ defined, and they didn't allow free expression
- Everything was great and I really found myself enjoying them and ACTUALLY learning and growing
- They were perfect
- More time would have been better, but due to the fact that we had a lot to cover it's understandable, although some rescheduling in the activities would be my recommendation since the task we did in Pissouri village was a little bit known by almost everyone who came back for the second or third time, and also the citizens knew everything already. Here I have the mention that the tasks were too much to do, but besides all of these things I mentioned up there, it was the BEST project I've been so far, so big congratulations to the facilitators and everyone who supported this project.
- Could have been a little more artwork
- Amazing, very creative and informative activities.
- I hoped for more various art techniques and programs, and less sporty. There was a lot of time wasting for example in Pissouri with the art exhibition. The artsy stuffs was really good (pebble painting, collage making).

- Some tasks take too much time, everything else is fine.
- They were simple but also very useful for our future.
- All activities were great
- It was so fun to take part in this exchange. I enjoyed so far. I liked every single activity while this project however I felt a lack of informing us about aims in each activity.
- I thought there will be more activities where we could try out more techniques and different kinds of arts. We had fun with what we made, but there was a lack of materials (glue, canvases) that would make the activities more enjoyable and easier.
- It was really nice but I think that the evaluation part after each one shouldn't look like it did
- I loved the activities but the time management was bad, I think artistic activities should last a little bit longer. I know there were many activities in a very short time but they can impact more the individual if you have time to process different things. Besides that I felt like we only talked about mental health in the first part of the project, and the activities only showed us relaxation but only that.

## Any additional comments?

No

loved it all

No, in rest everything fine and I enjoyed everything

keep up the good work, Love Titas ❤ LT

I spend a really good time here

I love Pissouri so much

I don't have any comments.

Can't wait for another opportunity to come in Cyprus for another project.

Thank you for this amazing opportunity and your work to make this

project works

Looking forward for the next project already!

Thank you for the opportunity to participate in this project, thank you for

the experience. ❤

:)

I had great experience during this project. I'm really satisfied from the organization and the activities.

I had really great time here

Above

I enjoyed meeting people from other countries and learning together. It was a cool way to learn about mental health.

I don't like that we have such a big emphasis on posting on social media. you guys did a really good job, I hope I will come back for another projects 😊😊

Thank you for everything

I love the idea of the project

I loved my time here

Sending all the love for the facilitators, they deserve everything, hopefully we will meet again in the future!!

Accept the constructive criticism. I think some of the programs should have needed to be more organization (if you know there is not enough mattresses think about alternatives) :)

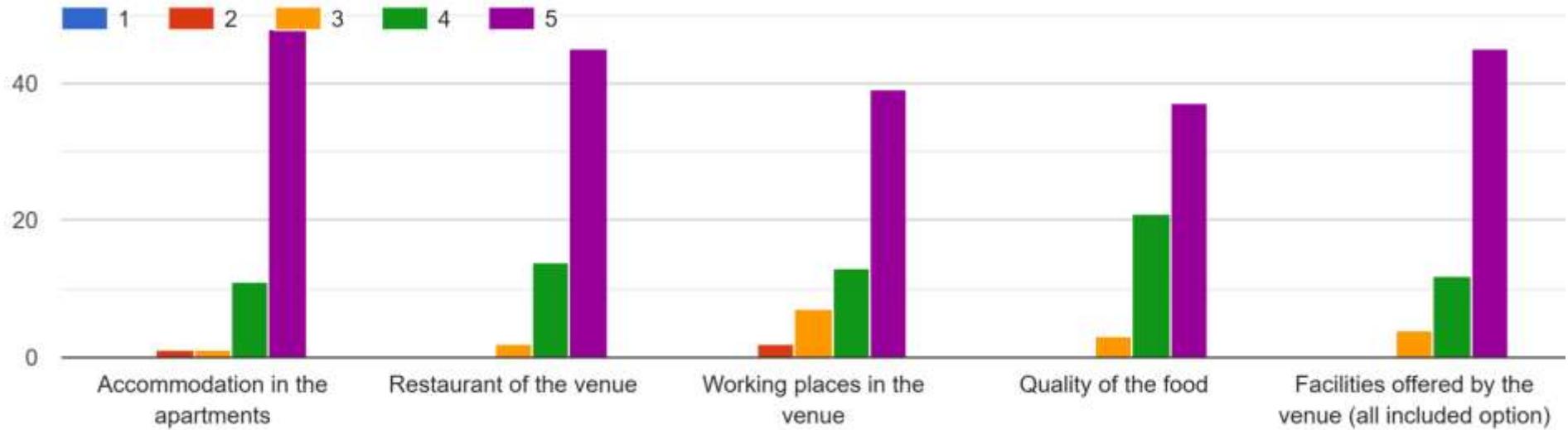
I think I said everything I had in the previous question.

I really liked this project

None

## Accommodation and Food of the Youth Exchange

Within your recent stay in HYLATIO TOURIST VILLAGE, PISSOURI, LIMASSOL, CYPRUS for the need of the training please rate your overall satisfaction with:



### Anything that you want to mention in particular that will make us better about our future projects which have to do with the accommodation place and the food in the project

It was great everything

The food was not so healthy and it was mainly meat and fried food

staff was amazing and friendly

There are so many ants in the rooms

All good

The accommodation was super nice one of the best I have ever been to  
Everything is the best!

The venue and the food were amazing.

I didn't really like the main activity room. It was too small for our group.  
Even tough we still manage to use all space and work together

None

It all good, I don't see anything to change

Everything was great! The accommodation was comfortable, and the food was good with enough variety for everyone. Really enjoyed the whole experience!

Please think about the outside activities and the weather, it was not very bearable to paint those rocks at the beach at 12 in the morning when the sun is the hottest and theres no shadow.

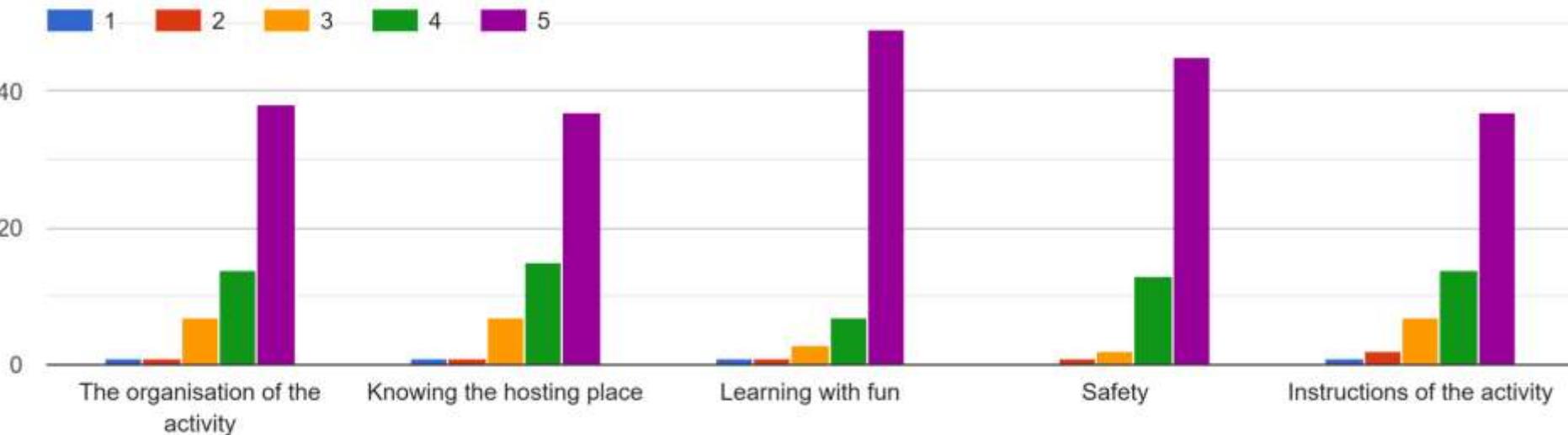
Make clear how often are they changing the towels/bins etc

The activity room might be too small to host projects with nearly 50 people :(  
everything was fine  
Maybe changing towels more often  
No  
My room had mold :( otherwise everything was good. About the activity room, I know it's not a big problem because everything was working out but if it was a bigger space or maybe a room it would've been a bit better  
The place is awesome, it's already perfect.  
Everything was great  
You want to change your food more often.

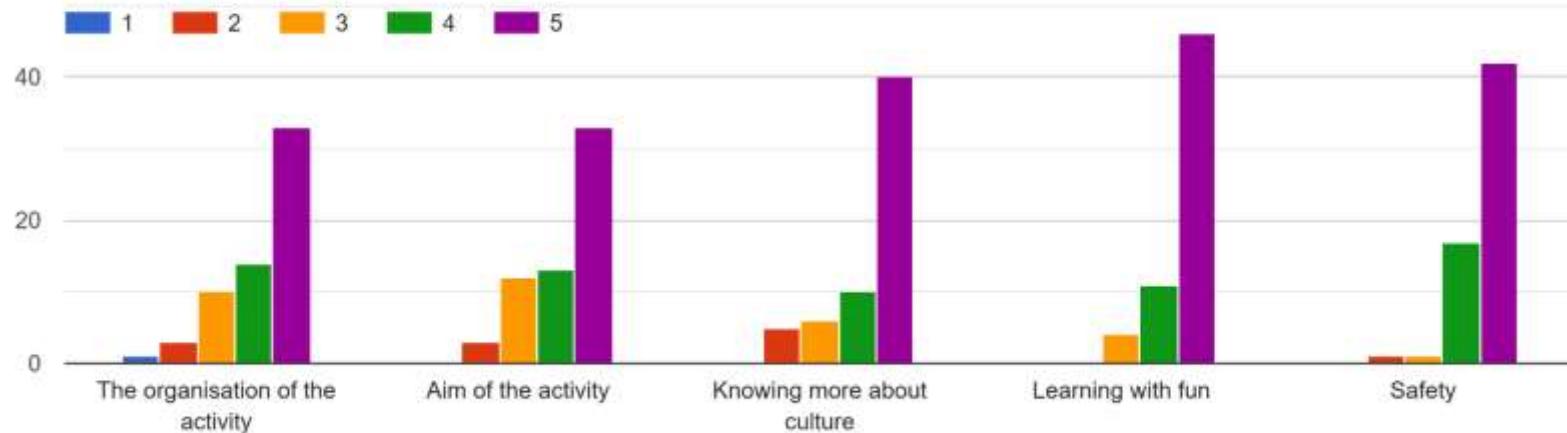
About the food: less seafood would be better, although everything was delicious! Time: just 10 minutes longer breaks if possible, more freetime to explore this beautiful area  
All great  
More vegetarian option  
The place was perfect, besides the weather but that's uncontrollable! I love that i found Romanian people here !  
Should have think about food allergies and alternative diet  
No suggestions, but I would like to mention I absolutely love the diversity and various options of the food given during my stay.  
Everything was amazing, except for the ants in our room.  
Everything was great

## Outside Activities

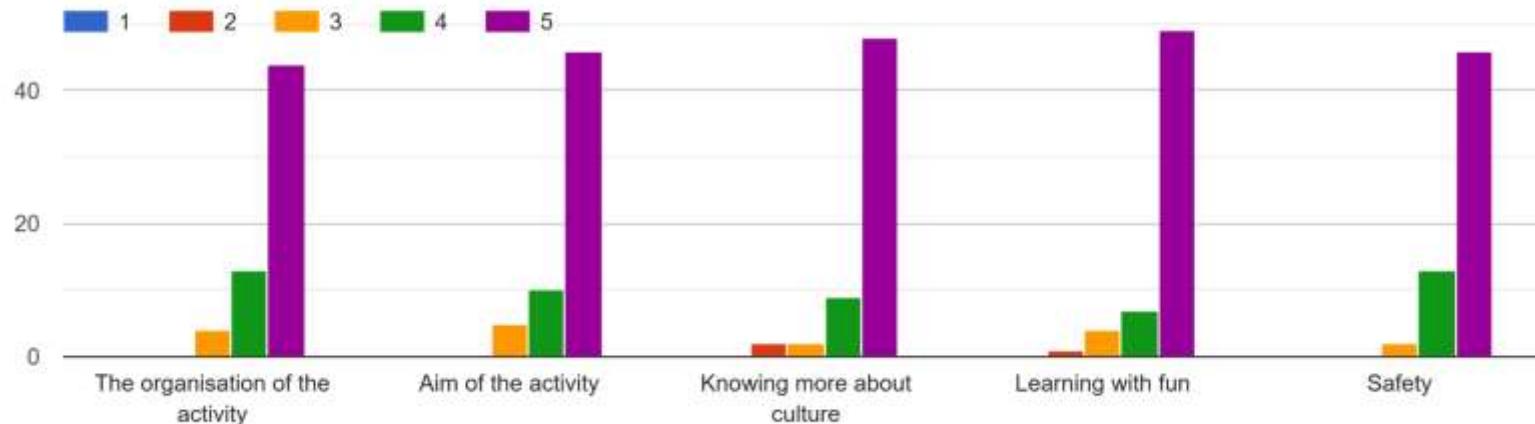
Ice Breaking Activity at Pissouri village (Tasks activity) (Friday evening). How do you evaluate your personal involvement in the activity according to:



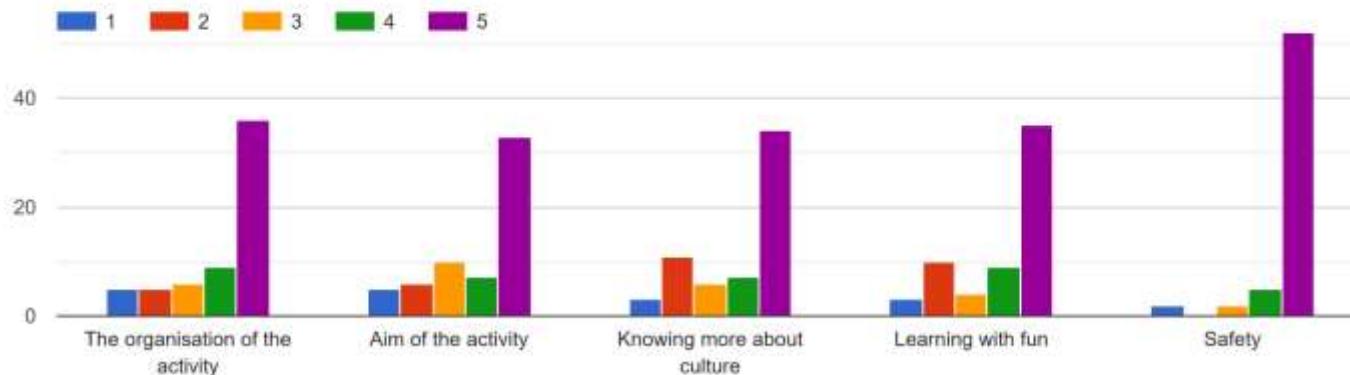
Tasks in Limassol (Tuesday evening). This was the day we dropped by Kourion as a cultural visit, as well as the tasks you had in Limassol. How do you evaluate your personal involvement in the activity according to:



Cultural Visit in Limassol (Tuesday evening). This was the free time you had to explore Limassol after you completed the tasks. How do you evaluate your personal involvement in the activity according to:

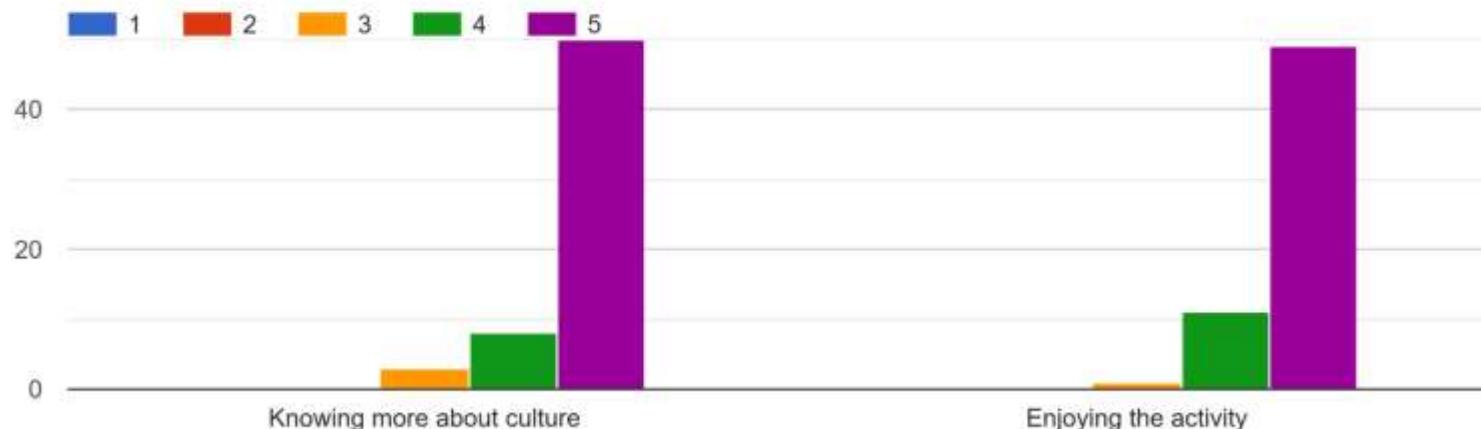


Exhibition in Pissouri square (Thursday afternoon). This is the exhibition we hosted in the square of Pissouri after completing all our art-based activities. How do you evaluate your personal involvement in the activity according to:



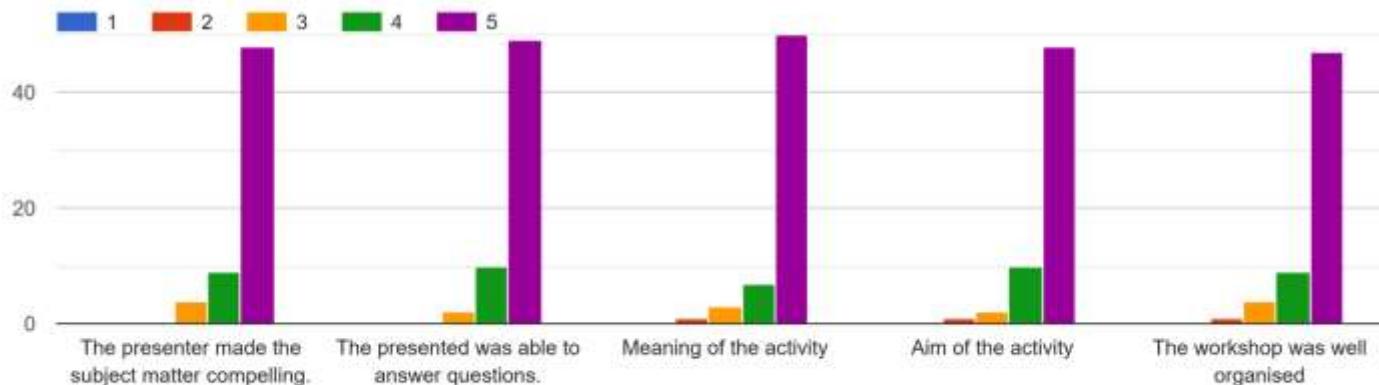
## Intercultural/Night Activities

Intercultural nights: How do you evaluate your personal involvement in the activity according to:

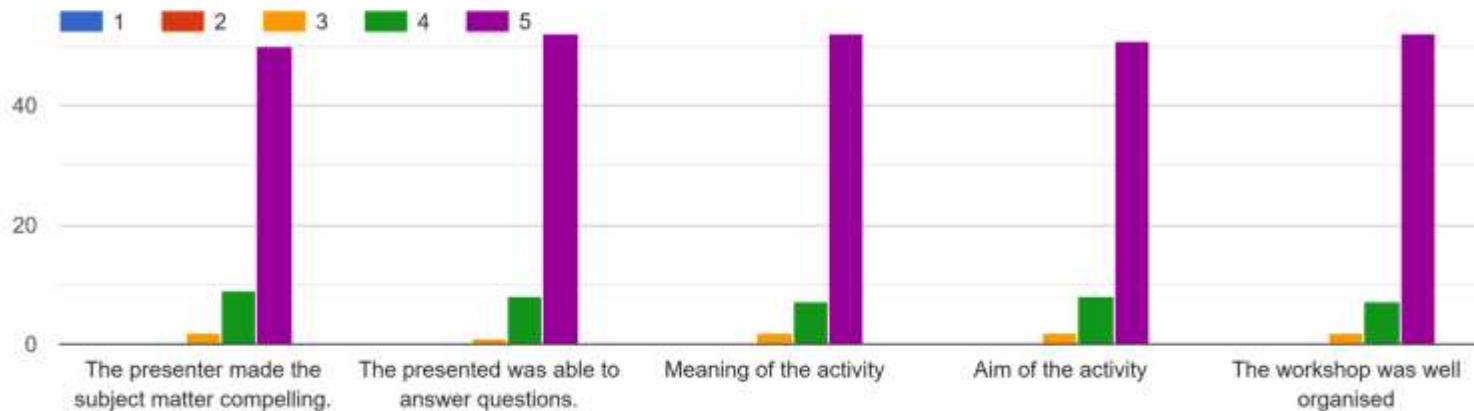


# Non-Formal Educational Activities

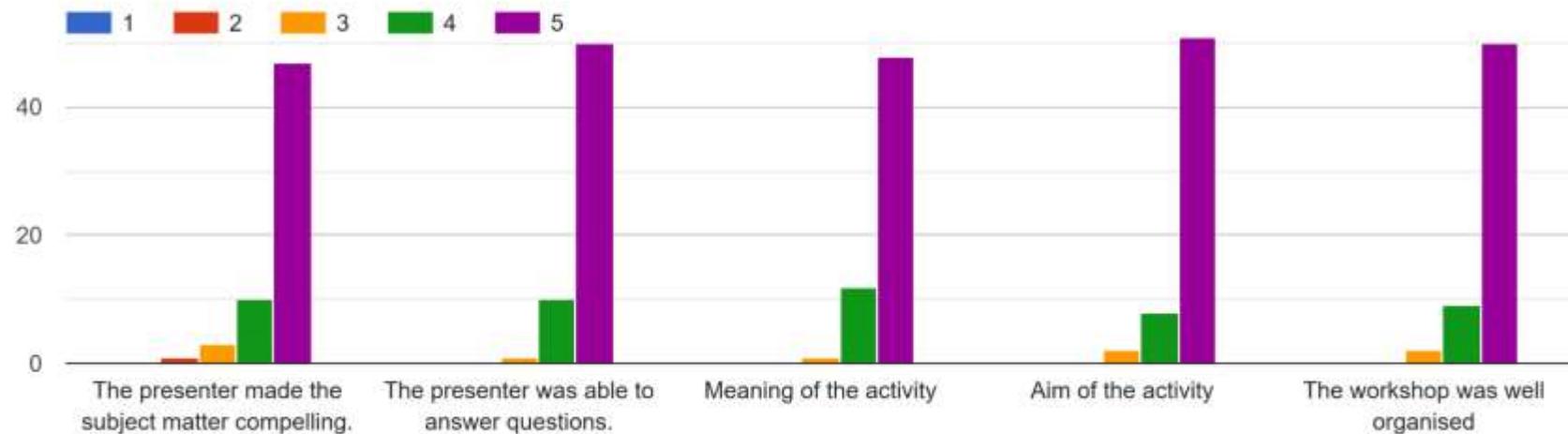
Icebreakers and Team building activities. (Friday morning). These were the activities on the first day before lunch. We played different type of games in order to learn more a...ther. Evaluate the activities according your expectations:



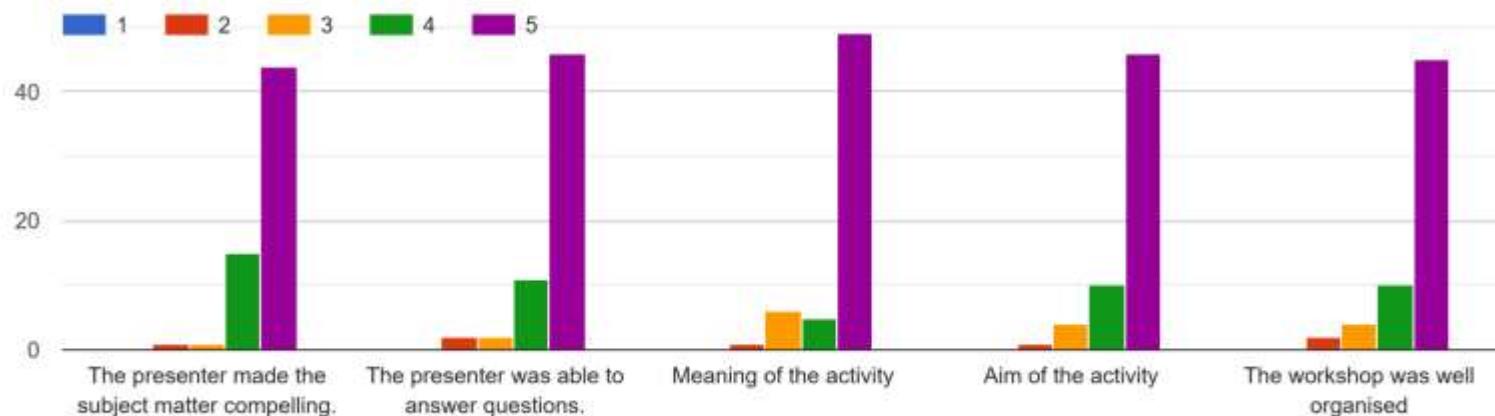
Energizer activities (Every day). Evaluate the activity according your expectations:



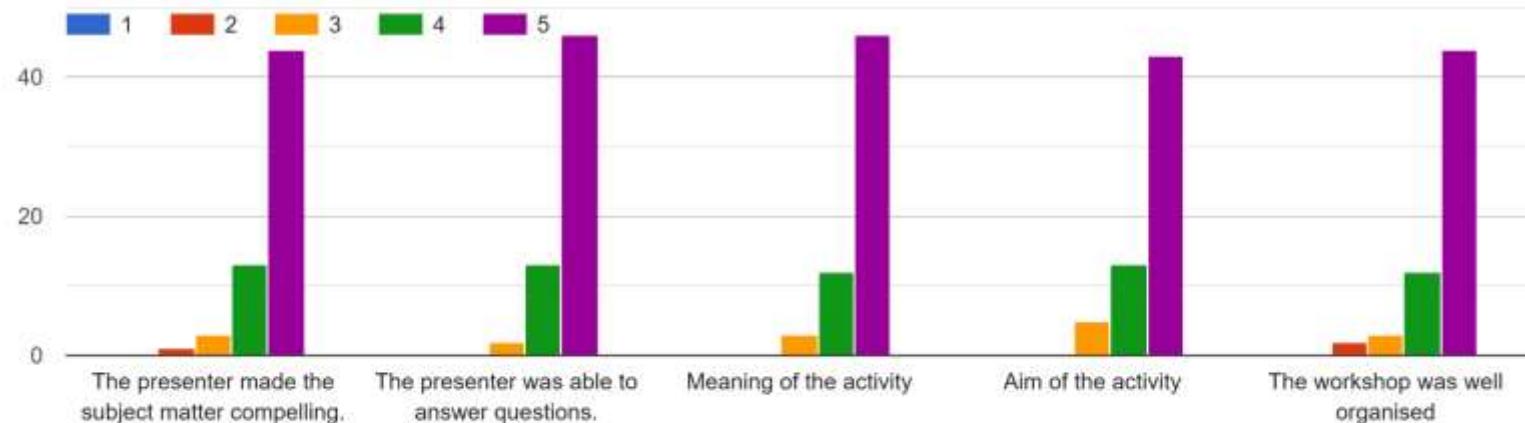
Fears, Expectations, Contributions backpack (Friday Morning). These was the activity outside in the grass where we shared our expectations of our project, as well as the ... music. Evaluate the activity according your expectations:



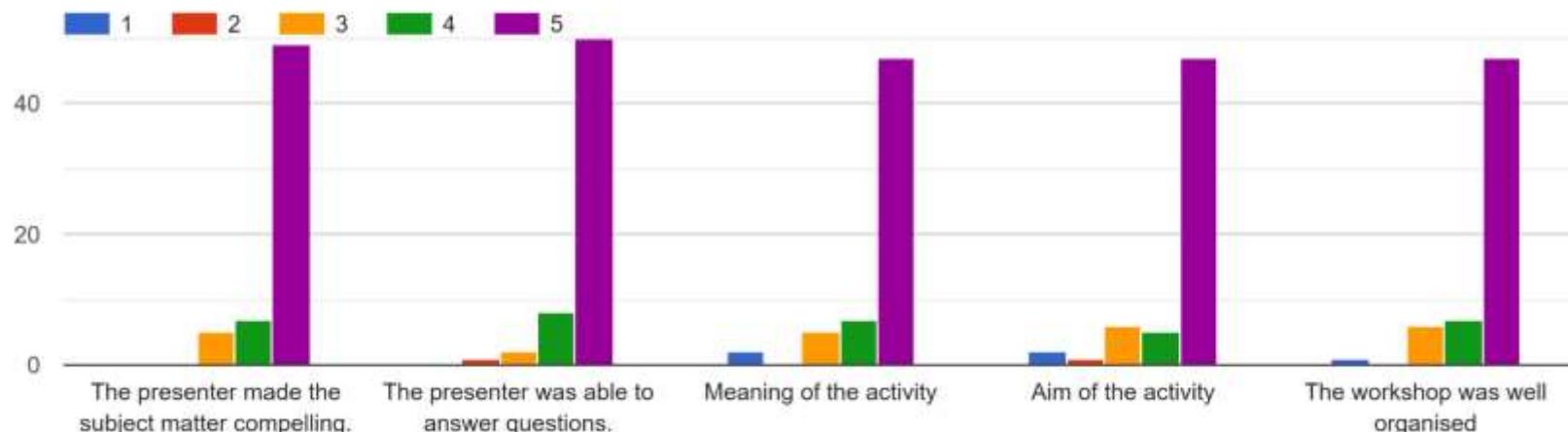
Teambuilding games (Saturday Morning). These were the activities outside in the tennis court where we played games Evaluate the activity according your expectations:



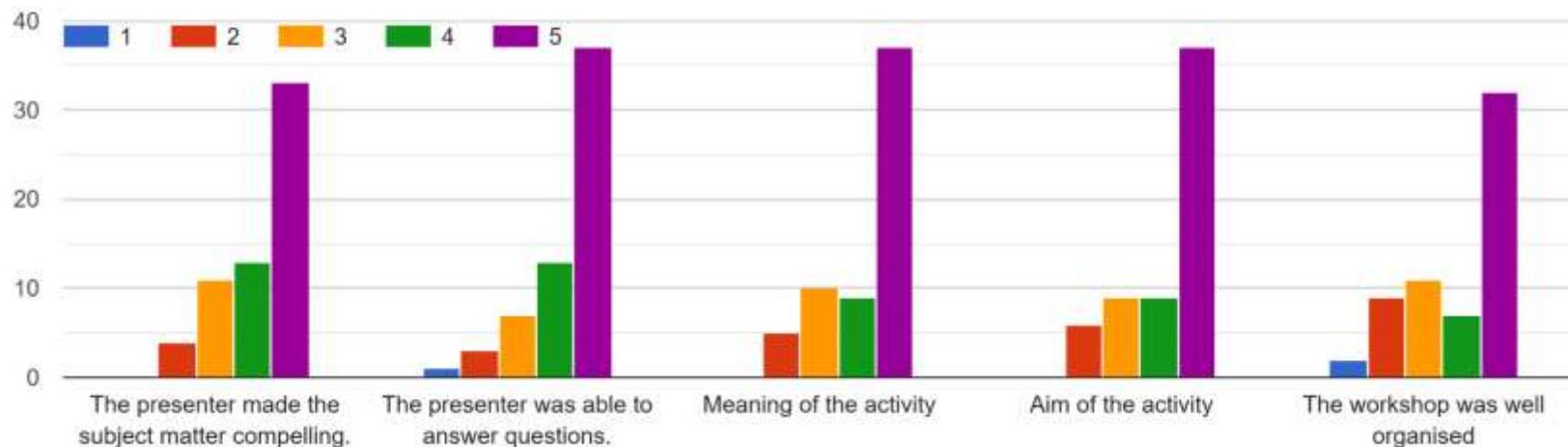
Youthpass 8 Key Competencies (Saturday Morning). These were the activities outside in the tennis court where we played games Evaluate the activity according your expectations:



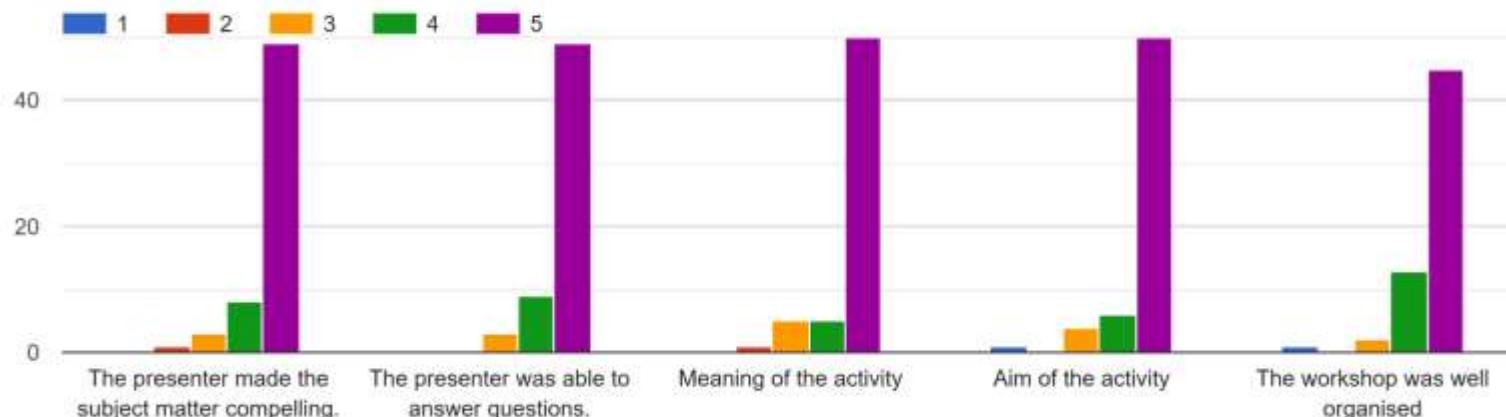
Self-portrait / Secret Friend activity (Saturday Morning). This was the activity outside the activity room, where we music, drew each other's portraits and turned them into th...lopes. Evaluate the activity according your expectations:



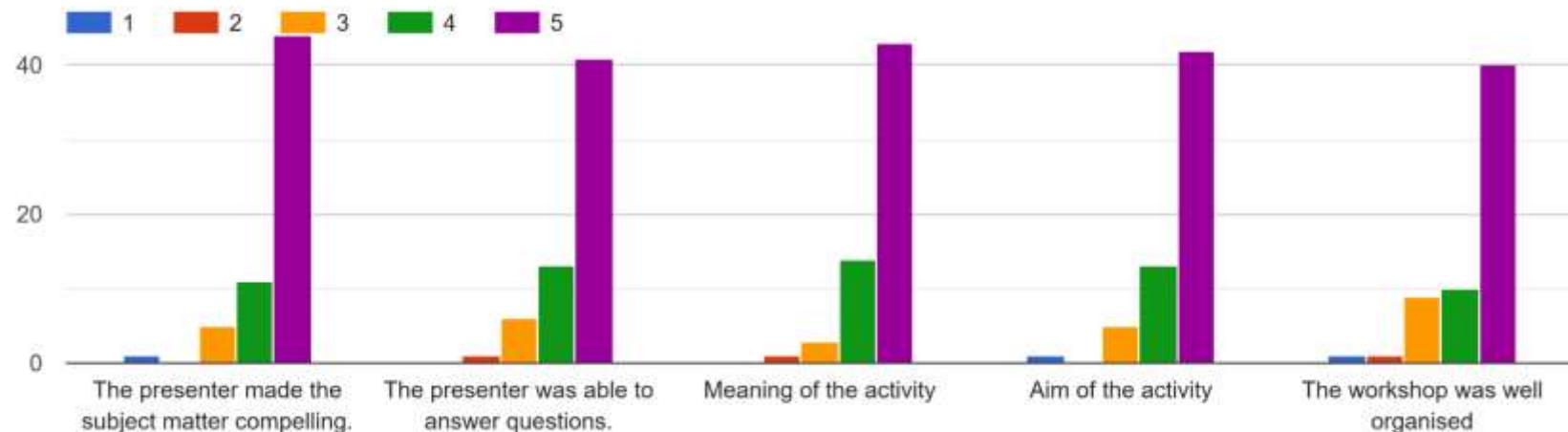
"Emotional zones challenge" (Saturday afternoon). This was the activity at the tennis court where you engaged in different activities based on moods. Evaluate the activity according your expectations:



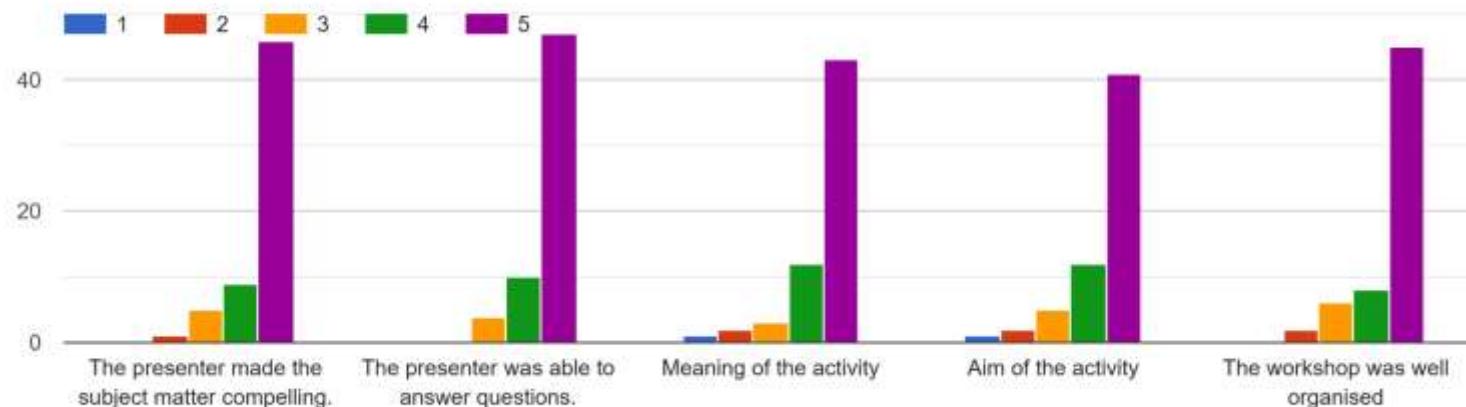
The inner and outer self (Saturday afternoon). This was the activity where we drew how we view ourselves, and how (we believe) others perceive us. Evaluate the activity according your expectations:



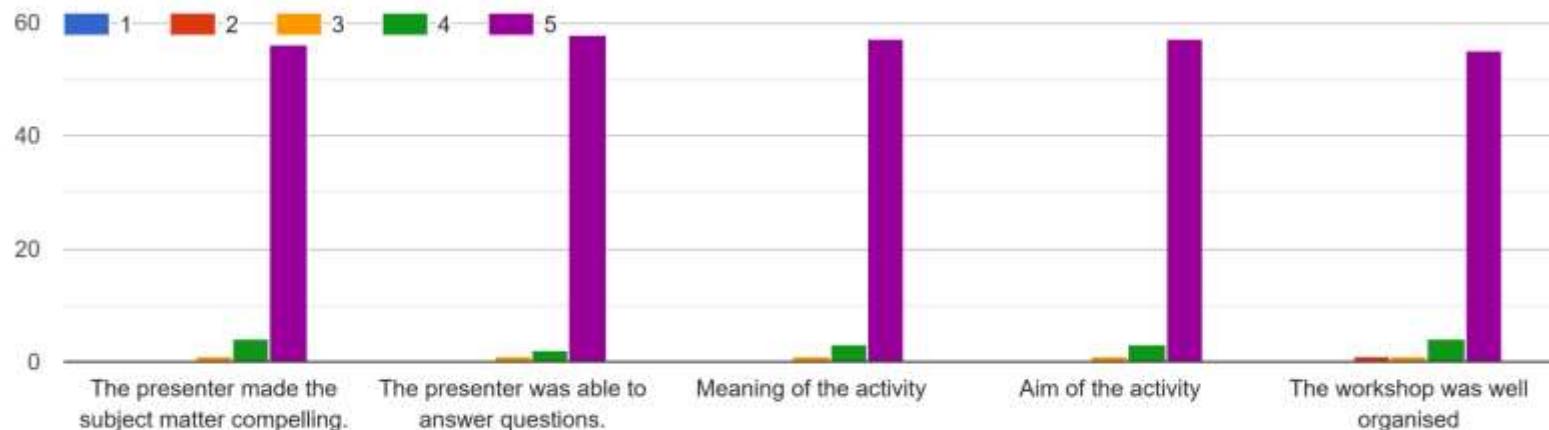
World Café - what is stress? (Sunday morning). This was the activity, guided by the team leaders, where you moved from station to station in order to discuss and share...more . Evaluate the activity according your expectations:



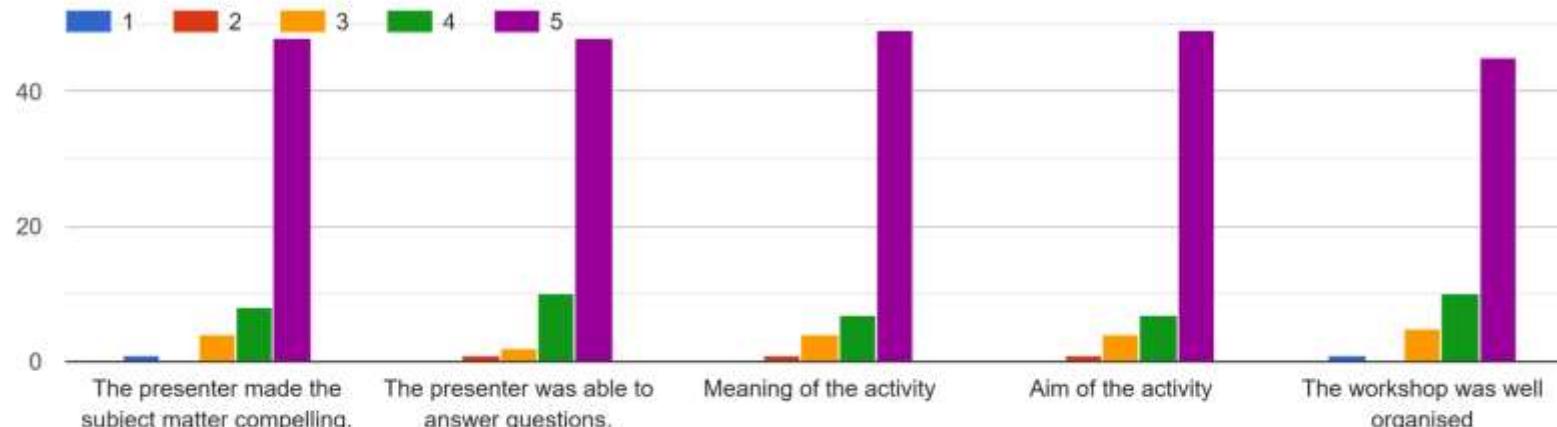
Stress ball making (Sunday morning). This was when we made stress balls using balloons, flour, and drew on them also. Evaluate the activity according your expectations:



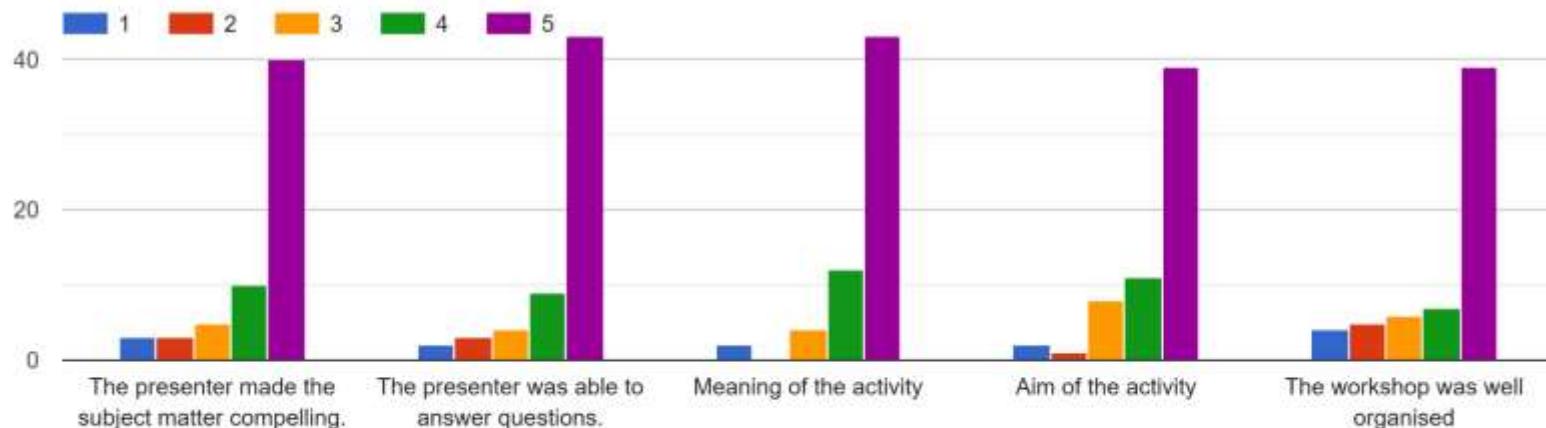
Painting pebbles at the beach (Sunday morning). This was the activity at the beach, where we painted pebbles, based on our feelings. Evaluate the activity according your expectations:



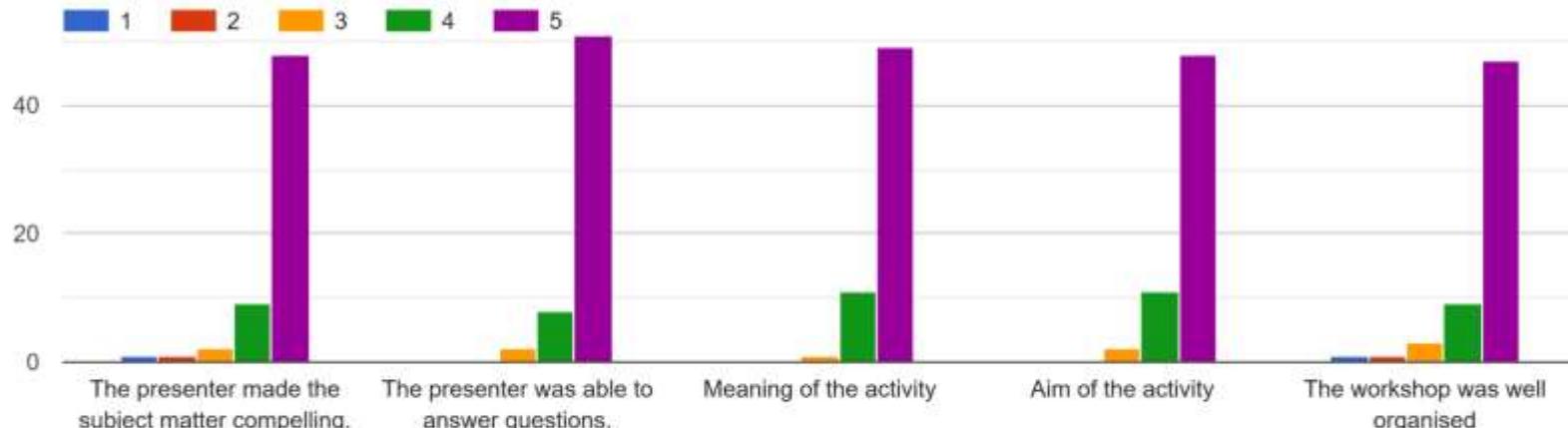
Phototherapy x Art therapy activity. (Sunday afternoon) This was the activity with Chrystalla, where we picked from images on the table, and built upon them like a visual board. Evaluate the activity according your expectations:



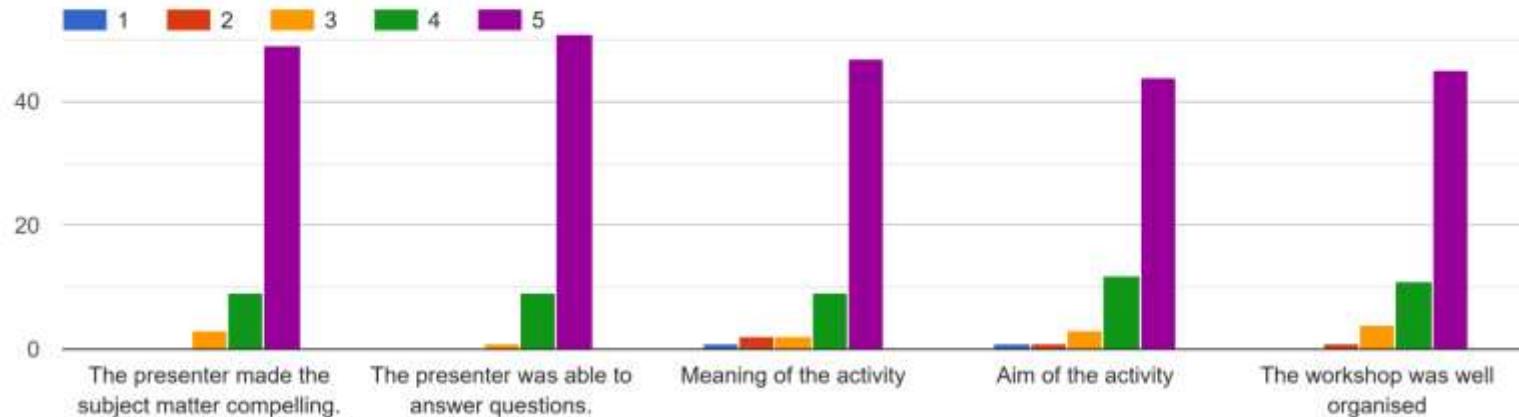
Calming activity. (Sunday afternoon) This was the activity with yoga mats outside, with Erma based on calming techniques. Evaluate the activity according your expectations:



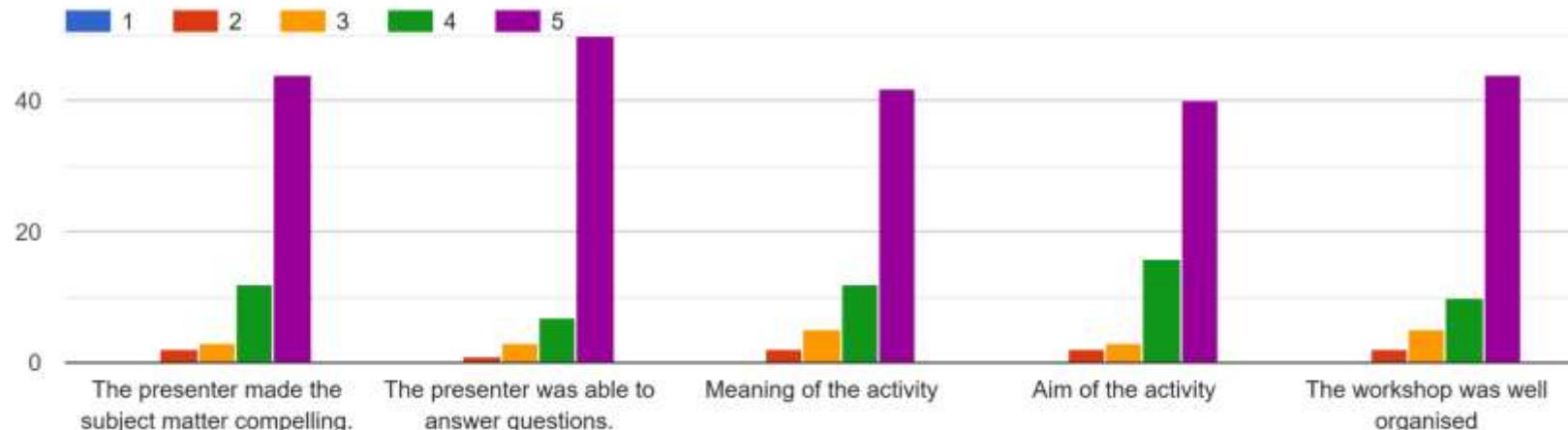
Intro to Art genres. (Monday morning). This was the presentation and introduction to art-genres by artist-man Martin. Evaluate the activity according your expectations:



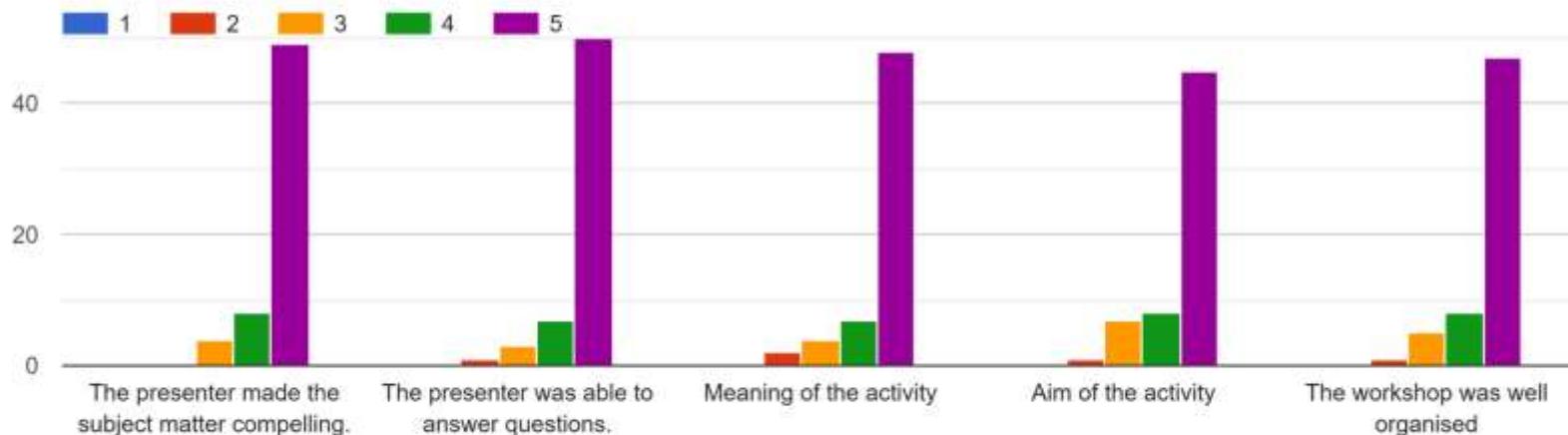
Painting. (Monday 2-sessions). This was the painting, in groups, with different topics and genres where we created canvases for the upcoming Pissouri exhibition. Evaluate the activity according your expectations:



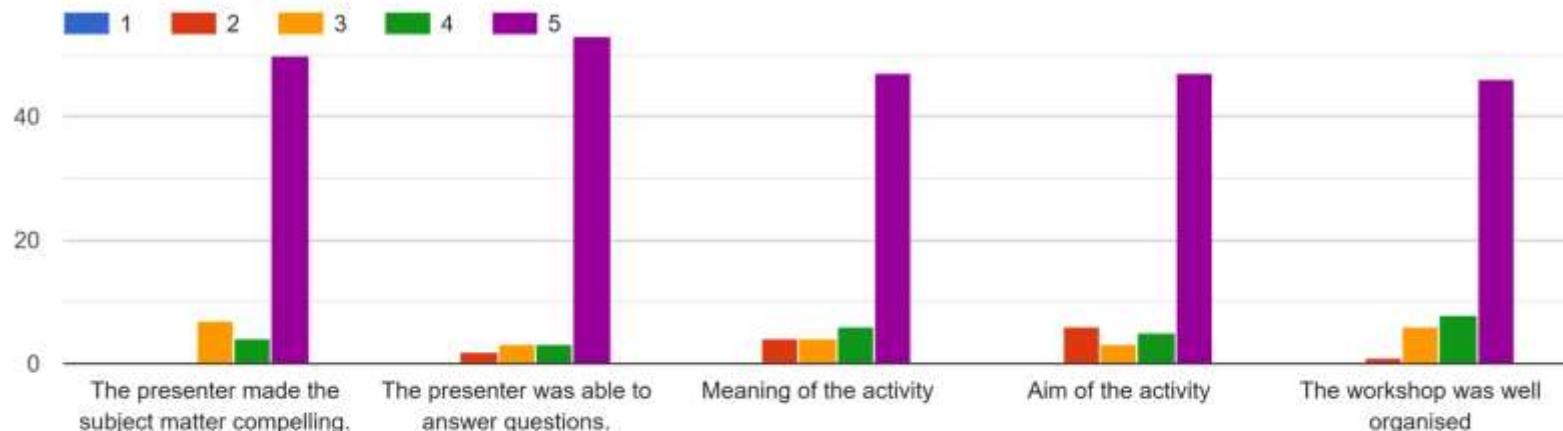
Countries' realities (Monday evening). This was the activity based on your homework before coming to the youth exchange. You presented organizations and practices that ...ealth. Evaluate the activity according your expectations:



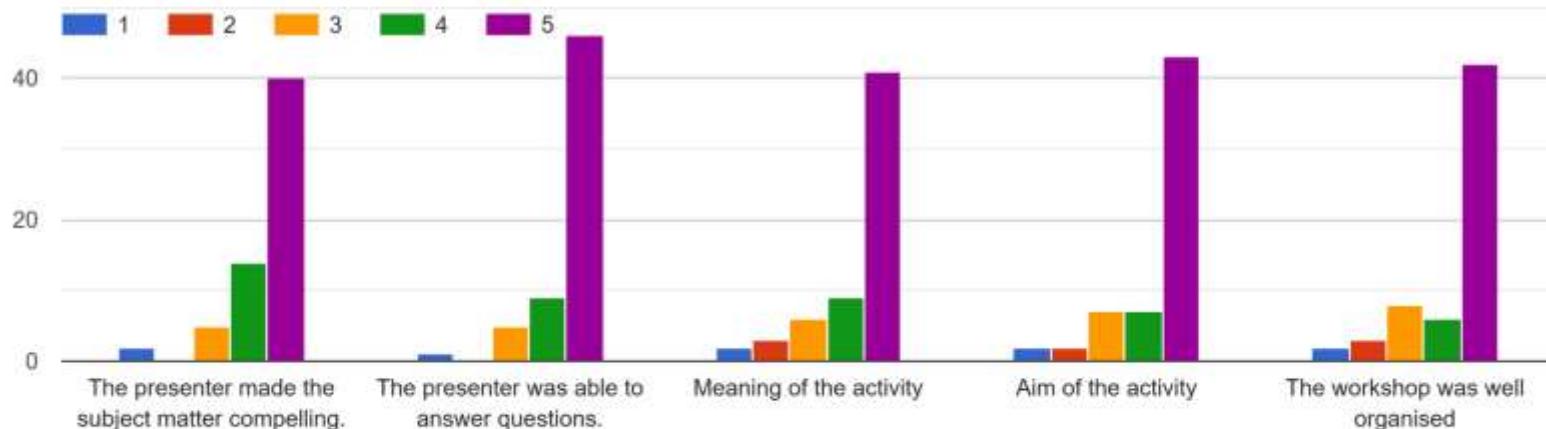
Trust walk (Tuesday morning). This was the activity outside, where in pairs, with one being blindfolded where you guided each other around the accommodation. Evaluate the activity according your expectations:



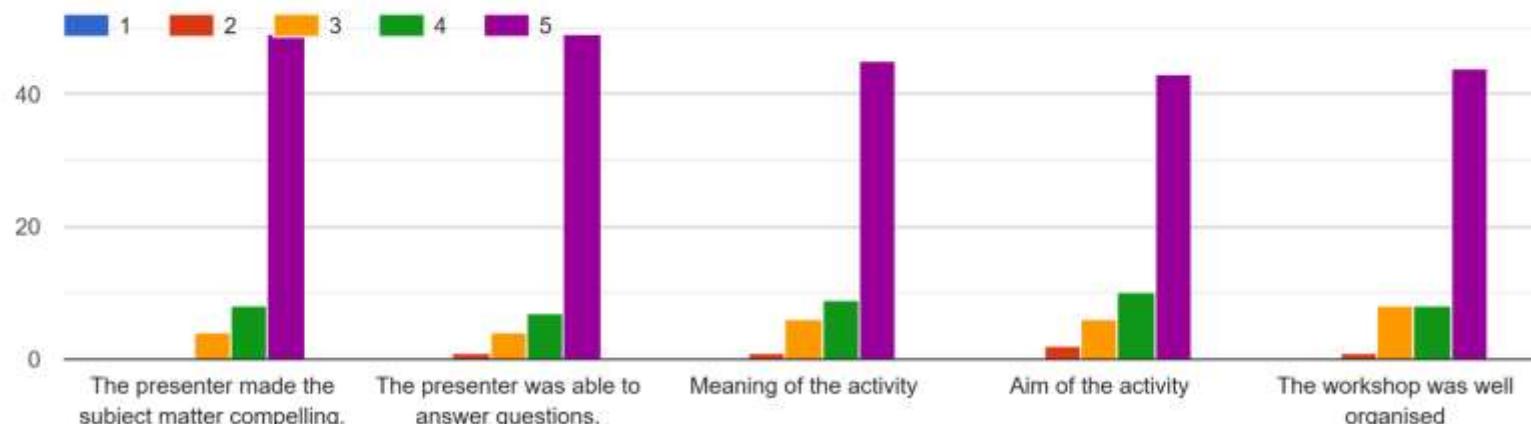
Nature-based self portait (Tuesday morning). This was the activity, where you collected items such as leaves, pebbles, leaves to create a self-portrait out of them. Evaluate the activity according your expectations:



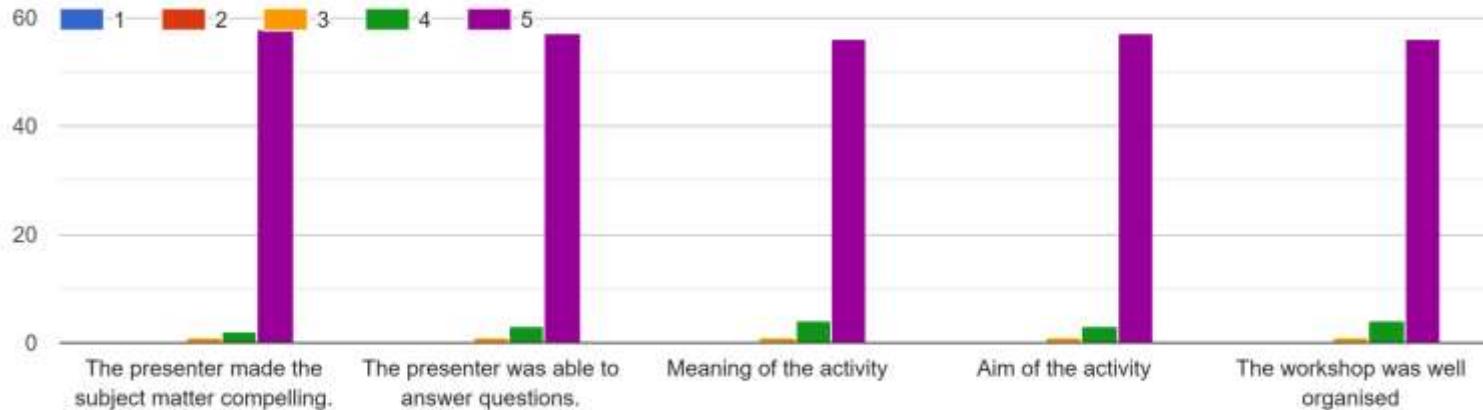
Visibility and media campaign (Wednesday all day). This was the activity where we were split into the teams of booklet, testimonials, articles, posters, video testimonial...hange. Evaluate the activities according your expectations:



Blindfolded Clay therapy (Wednesday evening). This was the activity where we made clay based objects, while blindfolded, with the theme "future me". Evaluate the activities according your expectations:



Erasmus+ Opportunities (Tuesday morning). This was the activity where Bobbie spoke about all the different types of opportunities Erasmus / the European Commission...rs. Evaluate the activities according your expectations:



## General Questions

### Write your emotional outcome for the organisation and implementation of the YE

Great

Feel better

loved it all, i grew as a person!

felt more released and calm

Great job.Thank you Acpelia team.

Fulfillement

I become more extrovert and I tested myself, I stepped out of my confort zone

I am very happy but sad the same time because this gurney will have to come to an end and i will definitely keep contact with everyone amazing

GREAT

All activities were interesting and everything was clear. The facilitators always helped us and made activities more interesting.

The project gave me a lot of space to stop for a moment and think.

I think that now I understand my feelings better and i'm able to control my emotions by exercising them and not hiding

I became better and healthier

This Erasmus project has helped me get out of my comfort zone and work on my communication skills and therefore enabling me to build my own community and interact with à plethora of new people. In conclusion i will definitely be walking away from this experience a lot more knowledgeable.

I'm full of energy, happy, and thankful.

i am really thankful

It was really great

This Erasmus+ project, being my first one, was so impactful that it became a cathartic moment. I can say I'm a more emotionally intelligent person than I was before. I'm more calm, understanding and sociable as I had the opportunity to take part in such beneficial activities.

Satisfied

vert excited

I really enjoyed the program

i grew as a person, with new and exciting activities!

Excellent organisation that created a great opportunity to take part in every activity and to express your opinion and thoughts freely

It was an amazing experience.

Definitely I delay a lot of emotions during all activities. But at the end I feel happy and grateful

Since it's my first project, it overcome my expectations. I'm leaving with the best emotions. Great job!

World Cafe workshops.

Organization made great impression on me

I had a brilliant time spend here, i am happy about learning new skills and i am satisfied with all the interesting workshops that you have made. ❤

I feel bittersweet because it ended, but I loved pretty much everything! everything is fine

happy

I've stepped out of my comfort zone.

It was nice

Amazing

I think during this whole project I became more aware pf my feelings and paying attention to them more, learned new techniques om how to manage stress and being overwhelmed by the everyday life.

I feel great.

I really enjoyed whole exchange. There are some things to fix but overall

It was a very good project, I liked the fact that we had time to express ourselves freely and connect with our inner self. I'm glad I got to experience this and learn more ways of art therapy.

After this exchange I learn new ways how to deal with stress and I increase knowledge about discoverEU

I felt really inspired by the organization and how everything was put together. It was great to see everyone connecting through art and learning about mental health.

I am really thankful for this week. I learned useful methods that I am going to use. I had so much fun and im looking forward to coming back one day.

I had a great time here, I think the main idea of the project was really really good, but I mostly always missed something at the of the activities and I felt a lot that its not organised enough. Maybe the big problem was with the members number, but for me it took out a lot of the experience, even for the goup tasks. I love working in groups, but we were always too many of us.

Like i said, loved the activities but it was to much in a short time, so kinda stressful for me.

I expected the same

It was an amazing experience.I had the opportunity to understand a lot of things about myself and to express my thoughts and my feelings through a lot of creatives activities.

I have a feeling of unease about the project. The whole thing seemed rushed and in some places disorganised and ill-conceived

I understood more about myself and my feelings, and I discovered new methods to express myself and calm down my emotional pain. I feel like this entire experience is very important for my personal growth and development, and I can also share with other people what I've learned. I overcame some personal issues as well and I honestly even surprised myself with the results. Overall, I'm definitely grateful I was part of this project.

It was amazing

I enjoyed everything and would like to go more Erasmus programs.

I'm feeling more relaxed and satisfied with myself. I'm really happy that i got the chance to meet all of you.

Im happy to tried different ways of expressing my emotions

.

Here i made friends from another countries, learnt about their culture, i am happy and grateful to be here. I will never forget this project.

Theme was good for this project but I think it was a lot of people and we didn't had a chance to go deeper in some topics that I think should been interesting.

Ir was a good chance to get to know some new practices

Im happy I learnt new ways how to relax and take care of my mental health

I feel that I had a good rest from routine

I loved it

# Which activity had the maximum impact for you?

Painting rocks, playing with clay - these are unique artistic activities that feel refreshing after drawing/painting sessions the one with the calming activity and also the painting ones ,I really enjoyed them because it made me take a break from my everyday life where I don't usually pay that much attention to my mental health  
Painting and relaxing on the yoga mats.  
I think the pebble paintings  
Painting the rocks - for me it was the best time to reflect on my life  
The painting activity had the most impact on me because it allowed me to express myself and explore emotions creatively.  
Meditations and painting  
All  
Beach art  
The photo therapy  
The activity with painting at the beach  
Confidence walk  
The clay workshop and the one that we made portrait combined with Nature elements.

For sure the painting and art exhibition in Pissouri  
My favourite activity was the painting pebbles on the beach because it combined the peacefulness of painting with the beautiful scenery of the beach and was just over all extremely relaxing and so much fun.  
Stone painting  
intercultural night  
The team building games  
The activity that had the maximum impact for me was the nature-based self-portrait because being in the nature and picking up flowers, leaves, sticks etc made me more calm and peaceful. At the same time, the self-portrait was an amazing opportunity to get over my fear of perception.  
Peeble painting, flower self portarait  
I think the one on the beach when we had to paint on the rocks  
The pebble painting, collage making, and playing with the clay

Painting in the beatch  
Clay activity and the exhibition drawing your inner self  
The one with painting on Canvas and the pebbles on the beach.  
Every activity had a great impact on me as an adult, but I liked very much the energizers and the sport activities.  
The collage  
The one that we did with the clay and the yoga  
the painting in groups, the Martin one  
The one where we were on the beach and painting  
Intro to Cultrular canvas  
Painting Stones  
Painting stones at the beach  
Yoga  
Photo kollage  
Painting, it was a lot of fun  
Making national videos  
Almost all of the activities left an impact on me  
Breathing meditation.  
Those activities where was integration.  
Drawing on the stones

I really liked the painting in the beach , and making collages  
The clay sculpting  
Idk  
i think i really appreciate when we were writing our inner and outer self  
World Café  
Making collages  
Erasmus+ Opportunities  
I think the collage activity had the biggest impact on me because it gave the opportunity to fully express myself through pictures.  
Calming activity  
Visibility and media campaign  
Painting on the canvases with my team  
Teambuilding games in Pissouri  
Painting on Canvas using different art techniques  
drawing on the canva  
Painting.  
Painting the rocks.  
Activity on the beach when we were painting rocks  
Inter and outer side

## Which activity had the least impact for you?

Painting pebbles at the beach The yoga. I think trust walk, yoga Maybe tha yoga but because there wasn't enough space. The blindfolded walking activity had the least impact for me; it didn't feel as connected to the theme. Doing Emotional zones, blindfolded ceramics, trust walk Stress ball - i knew in advance that i am not going to use it. Also it will not fit in my backpack when going home the one with the self portrait ,not because of the activity itself but I think I wasn't really in the mood at that specific moment The Yoga. With the clay	The activity that had the least of an impact on me was the stress ball making one. Even though it was really fun to make i'm not sure of what the takeaway from this activity is. Making videos z There was no such activity The activity that had the least impact for me was the stress ball making because the aim of the activity wasn't as relevant as others. Yoga and breathing exercises Cultural Canvas(sorry) Yoga / Yoga and breathing activity All of them had an impact on me, I can't tell	Mindfulness None Making collages Worl cafd All of them had impact clay or painting in groups I loved everything. Every activity has a role for me and my personality The stress ball making There wasnt any activity that did not have enough impact on me nature portreit The yoga thing Exploring Pissouri Joga Calmng activities All activities was fun Visibility and media campaign All activities had impact, i loved them all	Meditation Self portrait The one with clay World cafe. maybe clay or our self-portrait with nature The yoga activities, and meditations The backpack activity drawing i think word cafe Stress ball making Nature-based self portait I think all the activities had an impact on me especially that all of them specialized in mental health and they were useful World Café - what is stress? The one with the flowers Blindfolded clay therapy Yoga activity
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## You can add your thoughts and suggestions in this question about everything that will make us better.

Thank you very much guys for everything <33 I have nothing to say, I am in this project for the first time and in my opinion everything was fine. This time was really interesting and changed a lot in my life. Although the amount of people sometimes was overwhelming. I love this place. I would say breaks should be longer. I think it should have been a little bit organized but overall the project was really good - Thanks for the experience, you did a great job.	Also when travelling to other cities, i suggest you don't give so many tasks and let us enjoy freedom. The whole week was so structured and I think that is why I feel very tired. I really enjoyed this experience,thank you for offering me this opportunity!! Thank you all for everything I really liked how the team tasks was seperated by day to day, and everybody had to do every task. Ice breaking games were really good. Hope you had fun as well with us!! Great work! Thank you!	Thank you Erma, Bobbie, Elena, and at most, NIKOLAS!!! Grateful for this experience. You are great and you will be greater :) You rock guys! Congratulations for being such nice human being! i love yall guys, keep the good work ❤ Thank you for this opportunity to be here and to know myself better, love ya ❤ ❤ ❤ Thank you ACPELIA
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Everything is awesome, i hope i can get another chance to work with you.

Everything is great. Keep making projects like this!

You did an awesome job with this project! The activities were fun and meaningful, especially the painting session, which allowed us to express ourselves. Maybe in future projects, you could include more creative activities like this (painting, drawing etc). Overall, everything was well organized, and I felt really welcomed.

the basic idea is very good, but this topic is not for so many people

Few organizational issues, but in general, the organization was great.

Everything is amazing!

More activities on the beach

That was a great time. I met a lot of amazing people and visited gorgeous places. Thanks for giving me opportunity. Love you guys <3

You are doing an amazing job ,I hope you will get many more project so that plenty of people can get the benefit from them.

Another art project

Thanks for an amazing experience!

Sometimes the time pressure ruined the experience of workshops. I couldn't get into the flow or if i did i was disturbed by the "TWO MINUTES LEFT" like it would be a competition.