

**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 "Soul on canvas" took place in Pissouri, Limassol, Cyprus from 24 of October to 1 of November 2024. The organizer - NGO ACPELIA from Cyprus. VšĮ JAUNIMO LAISVALAIKIO CENTRAS (Public Institution Youth Leisure centre) was a partner organization in this project and sent 8 participants and 2 group leaders – youth workers.

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 aim of this project was to train the incoming youth from complex social backgrounds on how to prioritize their mental health, recognizing its importance. For some young people, it was the first step and workshops helped them develop healthy mechanisms through inclusive workshops, using the creative methods of art therapy. In this way, they made sense of their thoughts and emotions, developed greater self-awareness on how to cope with stress and increased self-esteem. The result is satisfied young people with formed personalities, which leads to a more inclusive and accepting society overall.

After the end of the project, the lithuanian team organized a presentation in the 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, and how it helped to provide a safe and creative space where they began to explore their self-care and feelings. They 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 2024-12-05

