

### ***Evaluation letter by partner organisation - Reflections on Europe Association***

The youth exchange project "**Soul on Canvas**" took place from **October 24th to November 1st, 2024**, in **Limassol** and **Pissouri, Cyprus**. This initiative was organized by the NGO **ACPELIA** and funded by European Union resources under Erasmus+].

The organizing team ensured a smooth and professional experience for all participants. Thorough preparation included pre-exchange meetings and introductory events that familiarized participants with the goals and structure of the program. Throughout the exchange, the organizers maintained constant communication, ensuring that everyone felt supported and informed. Practical arrangements such as accommodation, meals, and transportation were meticulously handled, contributing to an overall seamless experience.

On-site, the project objectives were fully realized. Professional trainers conducted workshops designed to teach practical skills for managing emotions in an engaging and approachable way. Activities were often delivered through games and unconventional methods, enabling participants to delve deeper into their inner selves and improve their ability to express emotions constructively.

Each session was supported by an abundance of high-quality materials and resources, enhancing the effectiveness and reception of the workshops. Participants were given tools and techniques that encouraged self-reflection and growth.

Feedback from our organization's participants highlighted that the knowledge and tools they acquired were not only useful but also transformative. The program significantly contributed to their personal development, enhancing their soft skills, emotional intelligence, and intercultural competence. This youth exchange left a lasting positive impact on the participants, equipping them with valuable insights and practices they can apply in their personal and professional lives.

We hope for the future collaboration, building on the success of this exchange. Together, we can continue creating meaningful opportunities that empower young people, foster cross-cultural understanding, and contribute to their growth..

PREZES ZARZADU  
  
Kamil Stanos

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President of the Board