

# Evaluation of the organization and activities of the YE "Step Out of Your Comfort Zone Mentally. Embrace the Unknown." MENTAL COMFORT. Agreement No: 2024-3-CY01-KA152-YOU-000288301" from participants.

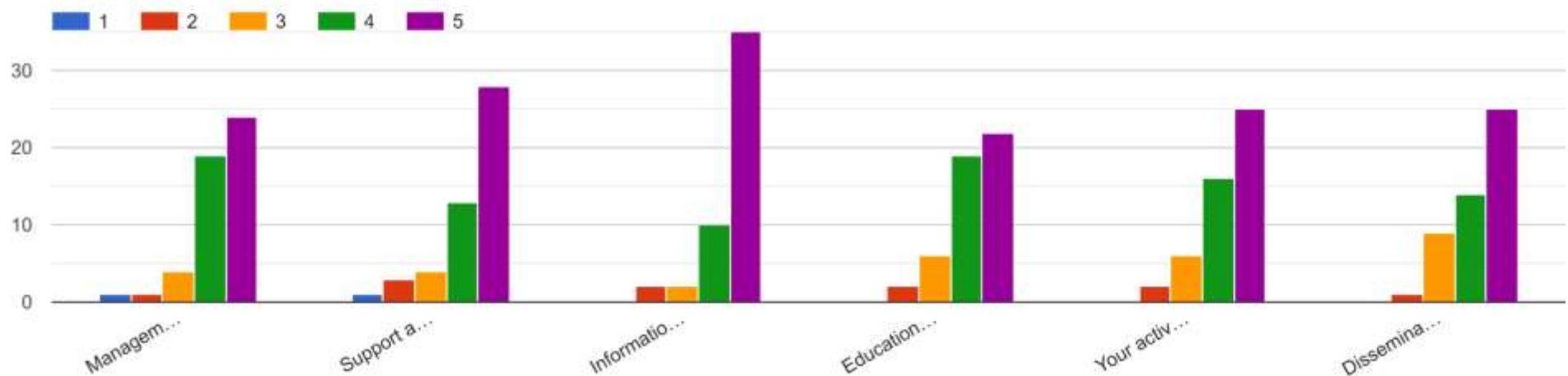
On the last day of the YE MENTAL COMFORT (on 18<sup>th</sup> of October 2025) of our activities participants of the project answered online the following questionnaire.

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

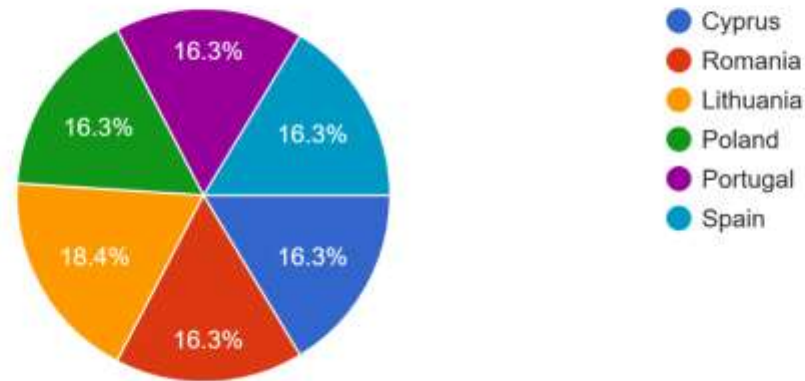
The questionnaire is divided in five sections and we would like to gather your feedback because your opinion is important to us and will also help us to improve. This questionnaire is only for participants AND LEADERS in the youth exchange.

## 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  
49 responses



**Do u want to mention anything about management - information send and other organisational themes of the project?**

**Any comments about the activities?**

-More comfortable chairs for the participants -An activity room that can be closed with a door, not having every guest from the hotel bothering us all the time. Sometimes I could not hear the trainers , not even with a microphone  
It was a really nice experience overall and I am looking forward to participating in more projects!  
The activities were very beautiful, interactive, and functional. Through them, we learned new things even about ourselves.  
the activities was very good, but some activities doesn't make sense

Activities were really good and interesting, just a bit too much of drawing for me  
Most of them were amazing, but some of them had very basic information  
I really liked everything.  
I really liked all the activities, it was rally nice  
They were all really good but maybe i would have liked that they were more dinamic  
The activities were really interesting. We were having fun, while at the same time learning new things.  
I think they could be focused in other way to be more active and meaningful, because I feel that I

All the drawing activities were amazing!  
They helped me relax and enjoy the time spent at our project  
Everything was great. Aqua aerobics just smashed it.  
I loved every one in a different way  
It was creative and interesting. It was nice to do such practical things without much theoretical stuff  
They were nice with a variety off different activities we gained more skills about how to manage our feelings and

The activities were good, entertaining, and educational. Certainly, the space is good for the more static or quiet activities, but for the more dynamic activities, it's a bit small with so many people. In my opinion, the most popular were the introspective activities. Being able to express yourself or reflect a little on yourself in a safe environment is very important.

Activities were very nice and creative.

The friday was Perfect. I thinks those activities calmed me a bit more in the regular life. As I remember there was no bad activity ford me.

I liked it

didn't learn anything useful and that some activities weren't related to the theme neither had an actual purpose.

No, they were all excellent

There are so interessant and diferent

Everything wad good

very cool!!!

Should be more challenging, it s nice to make mindfulness focused activities but i would recommend to make them more difficult because is too easy, the participants will complete the task quickly and then just start being noisy and distract others.

how to get out of our comfort zone with those activities

No

any activities are so boring and they didn't have relation with the project, in my point of view.

i love them all

i really liked all of the activities and the way it was manual instead of sitting couple hours and listening to a

presentations

All of them very good!

I like the activities

## Any additional comments?

No

no

Love you 🥰

Thank you for the best week of my life. I had so much fun, I enjoyed every second there. Learnt new things, met many amazing people.

thank u for a wonderful time

I would recommend maybe having work shops with more specialized knowledge not because they weren't good but I because I believe it's different to hear from someone else.

Maybe someone who gives professional seminars could come and teach us.

the básquetball was so nice, I love it

Thankyou for the best week of my life

love bobby

Non, give to romanians that damn mayonaisse

Thank you so much for everything.

The sentences in English is not as funny enough as in my language

I don't have

- just find a better place for this YE, without tourists, or upgrade our status and our rights here.

-Maybe letting the trainers to explain

EVERYTHING . They have a better

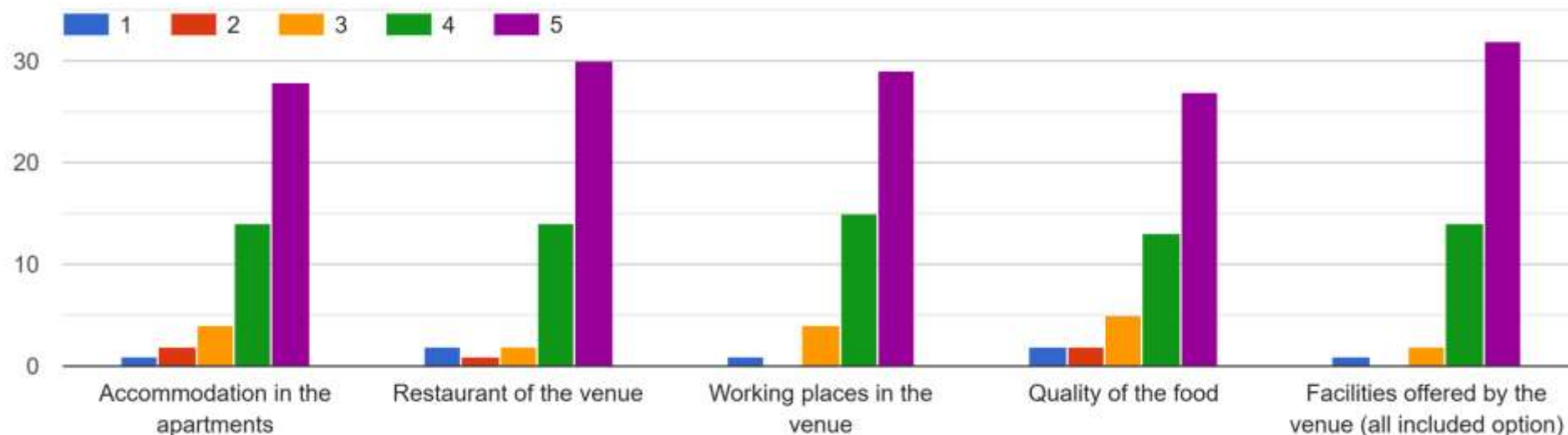
English and better manners and

common sense, They do not shout.

It would be better to put all Erasmus teens close to each other so we don't do that much noise and we don't annoy the other hosts

## Accommodation and Food of the Training

Within your recent stay in HYLATIO TOURIST VILLAGE, PISSOURI, LIMASSOL, CYPRUS for the need of the youth exchange 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

The only minus was that we didn't had hot water. Just on last day (today, when we are leaving...) but overall i loved everything the beds were cozy, food was SO AMAZING AS SO GOOD. Also the strawberry ice cream( FAVOURITE)

Maybe trying to gather all the participants in a place not near the other tourist so that they don't complain about loud noise

For me, everything was perfect! The hotel was very clean and comfortable. The evenings with the presentations about our countries, like the Cyprus Night, were fantastic!

Staff was so good

I just want to say that they have the best mayonnaise I've ever ate in my life

No, because everything was very good

No complains

Maybe you should try to gather all the participants of the projects in the one side of the hotel, so that the other residents will not be bothered

I really love the mayo, it's the best one i ever had in my life (that's why i keep coming back)



Cheep food - Cheep drinks One of my participants vomited, and several others have been with stomach ache all week. Rooms have NO isolation. People from the other apartment can hear EVERYTHING. Even if you are whispering. This morning I woke up at 6:30 a.m because guys from next door(12A) were living , so they talked, laughed closed doors, open windows, etc.The noise might have a normal level on other conditions, when rooms are better isolated. Buy not here. It's imposible to have normal life in this conditions. So , as ai

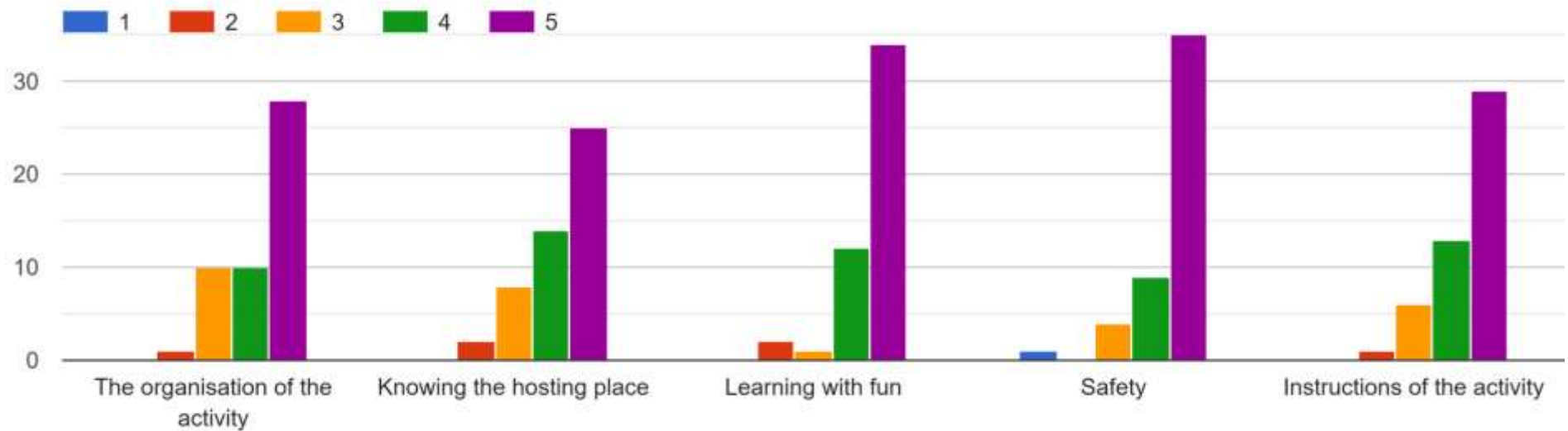
continue with ice cream free  
No hot water for a week. Please check before.  
The food, especially breakfast, made some people feel ill. As for the accommodations, they're quite good, but if you're traveling with young people, you might need to try to accommodate them in the same room or near the counselors.


The accumulations are excellent but the food could be improved in the sense of having more variety  
Service rooms no satisfy

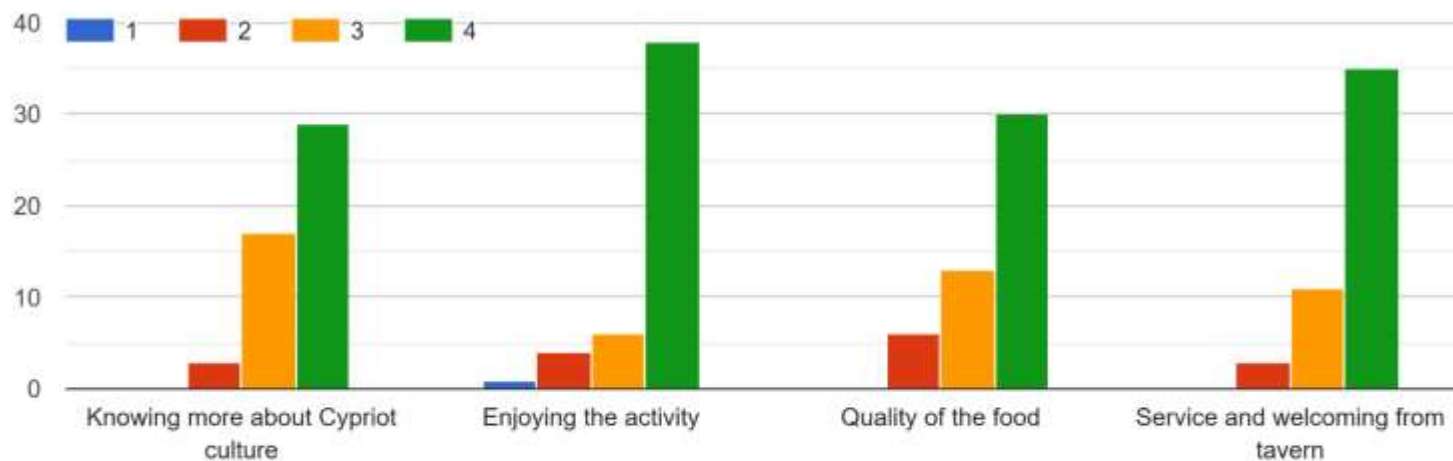
can see, it's COMPLETELY INADEQUATE for gathering 50 young people


## Outside Activities

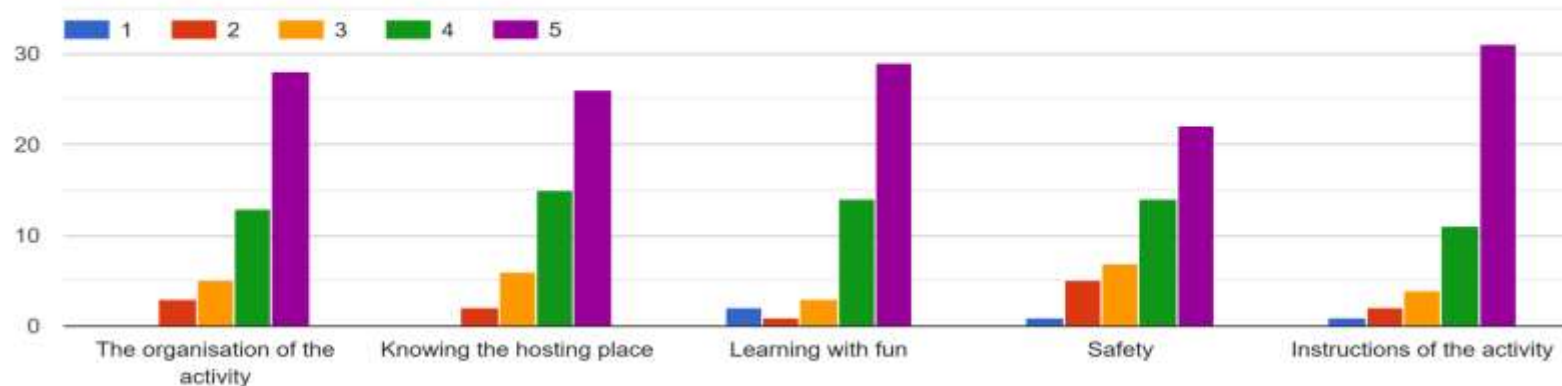
Exploring Pissouri village (Tasks activity) How do you evaluate your personal involvement in the activity according to:



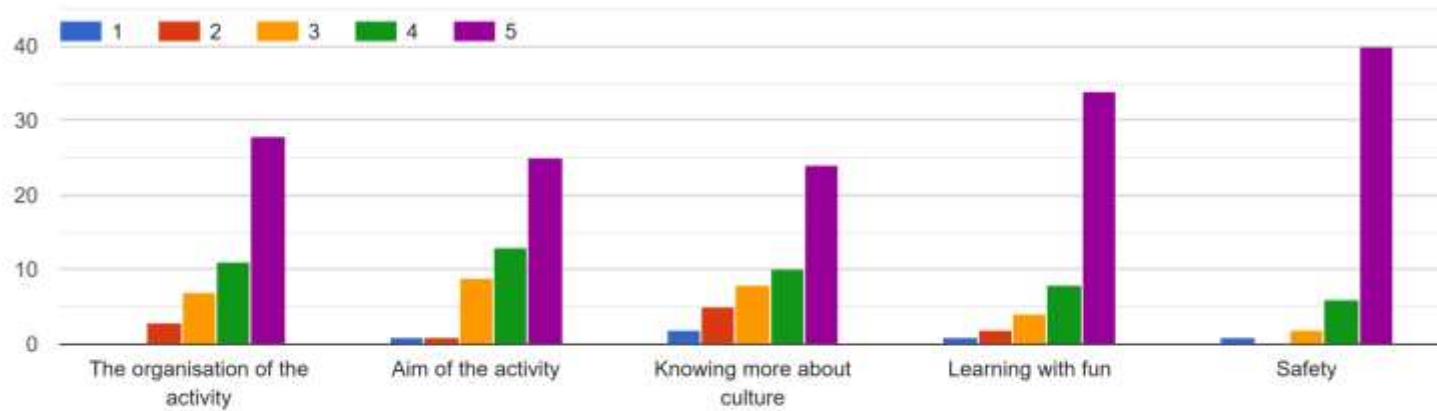
 Dinner in Pissouri Square (Day 1). How do you evaluate your personal involvement in the activity according to:



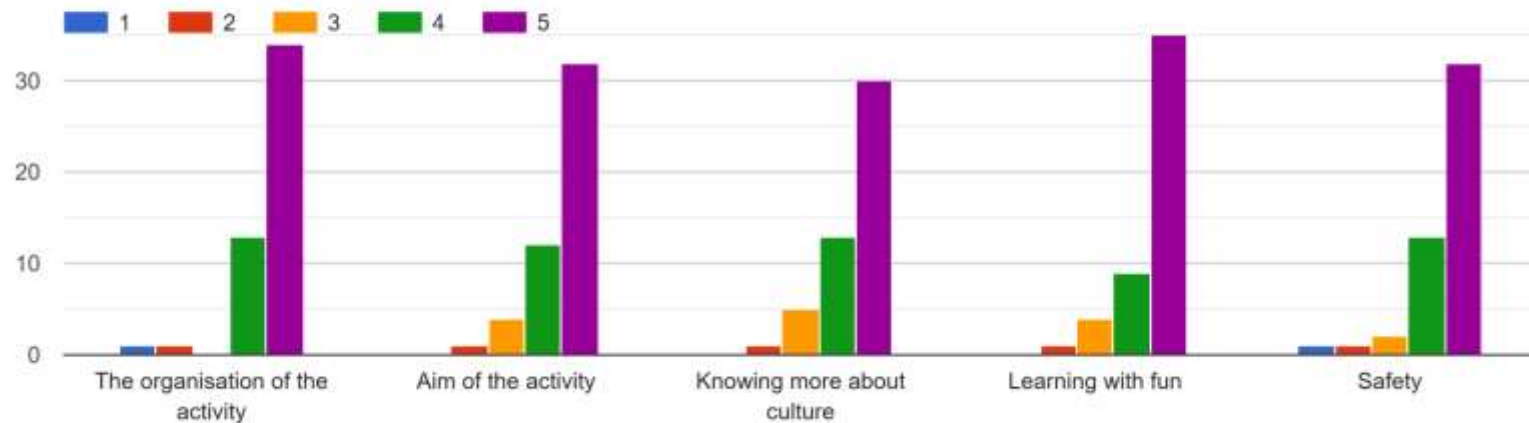
 Hiking in Pissouri (14 Oct - Tuesday morning). How do you evaluate your personal involvement in the activity according to:




🚐 Theatre of the Oppressed (16 May - Thursday). This was when we dropped by Ancient Kourion to play our theaters.



🚐 Cultural Visit to Limassol (16 May - Thursday). This was when we dropped by the city of Limassol for a cultural visit.

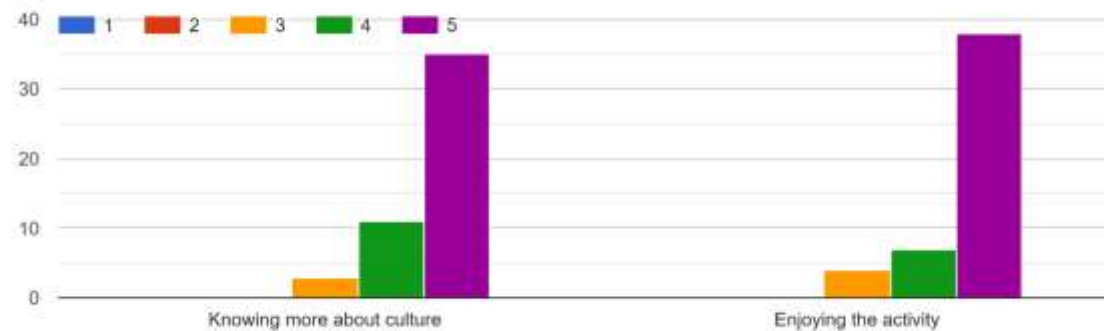


 Wheelchair Basketball (16 Oct - Thursday afternoon). This was when we visited a Ifestos to try out the sport Wheelchair Basketball ourselves. How do you evaluate your personal involvement in the activity according to:



## Intercultural/Night Activities

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



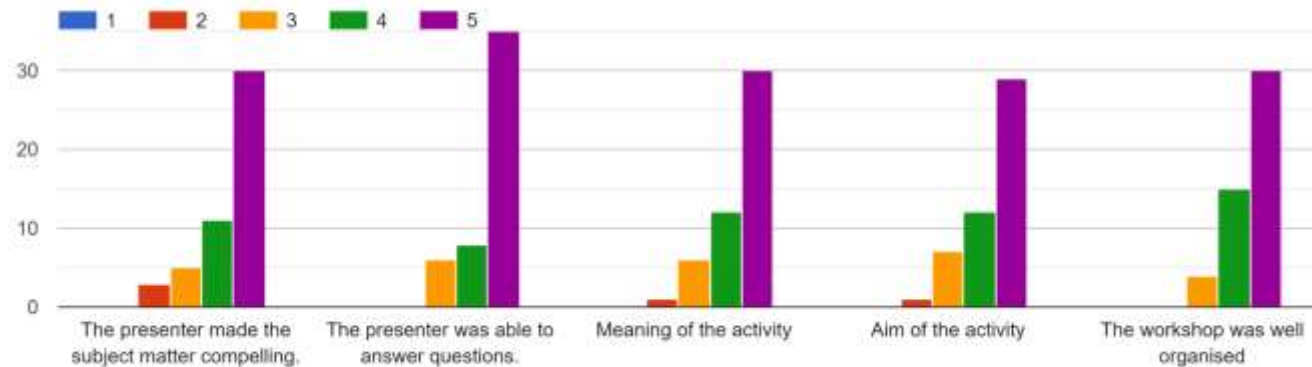


# Anything you want to mention about cultural nights?

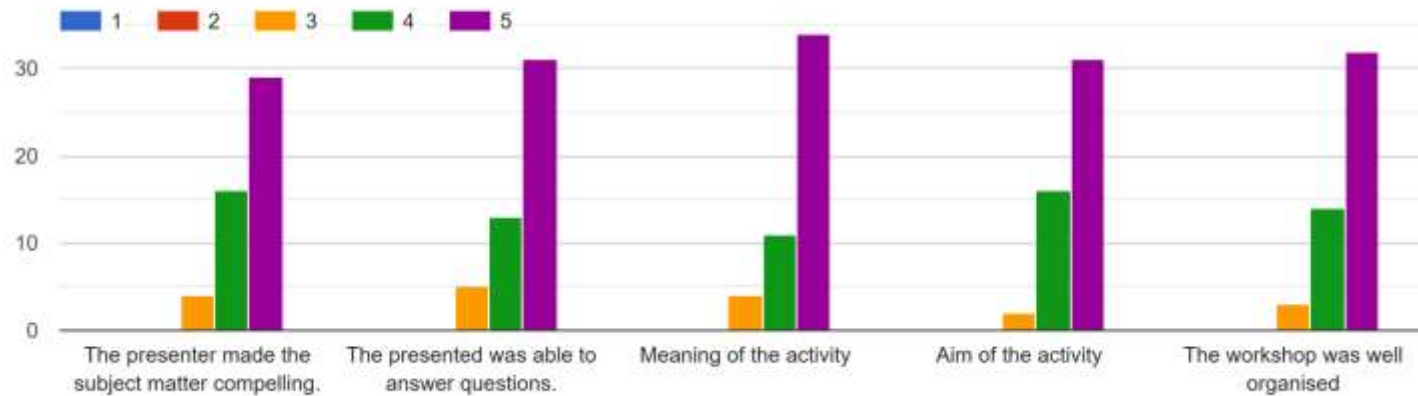
It was one of my favourite activities to boost my knowledge getting to know different cultures I believe that having fun is always nice but we also want to learn more about the country of each team not just have fun	They were really fun. They are a must activity for all projects so that we learn the culture and tradition of each country. they were all fun 👍 so nice	I really liked the traditional dances. AMAZING It was amazing, and it was great than in the end it was distributed into three days and not two! Everything was perfect.	Very entertaining and fun for everybody. We had a great time. They could be more interesting and interactive Everything great, i love Romania I enjoyed it so much.
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## Non-Formal Educational Activities

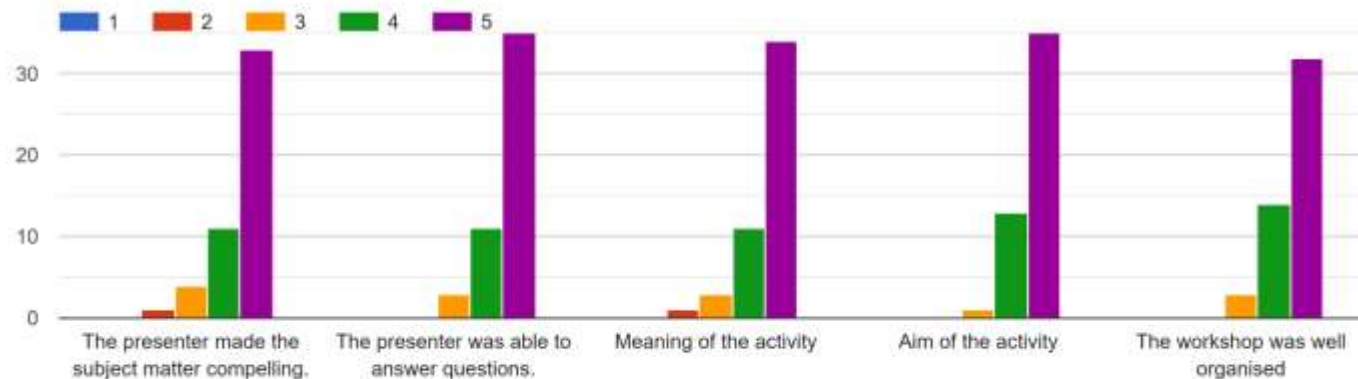
Fears, Expectations, Contributions (Day 1). This was the activity by Erma focused on sharing the above in the form of a backpack. Evaluate the activity according your expectations:



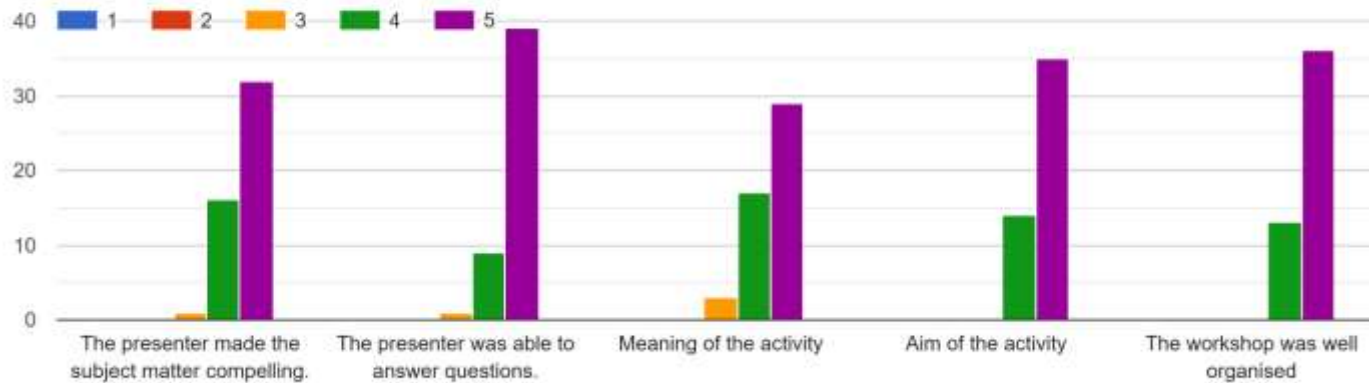
Icebreakers and Team building activities. (Day 1). These were all the activities in the first day until the coffee break of the afternoon. Evaluate the activities according your expectations:



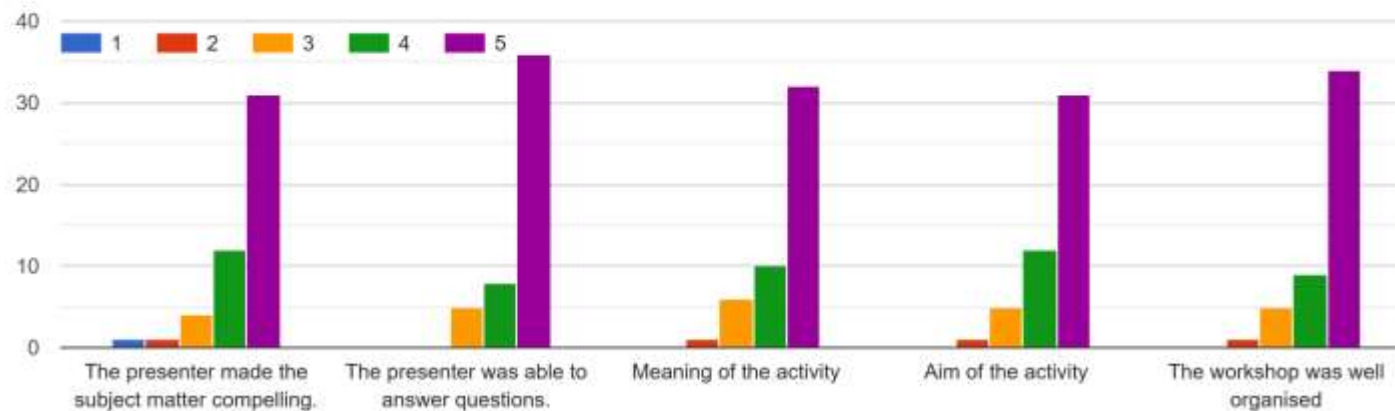
YouthPass Team building activity. (Day 1) This was the short session with mini youth-pass stations to understand the key competences. Evaluate the activity according your expectations:



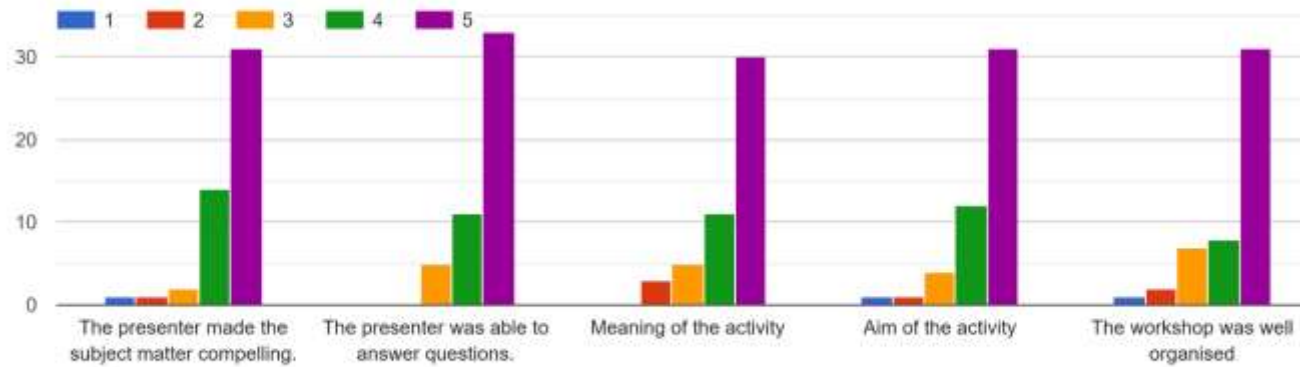
Journal-making (Monday 13 Oct). This was the physical journal making where you even designed the cover, after Bobbie gave an intro to the project. Evaluate the activity according your expectations:



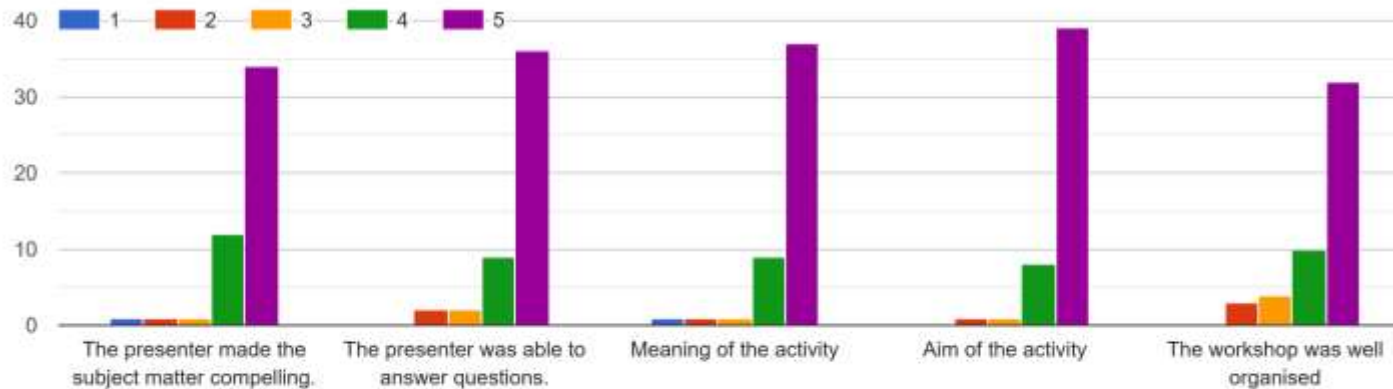
The Masks We Wear (Tuesday 14 Oct) This was the activity with the A4 paper split into two, how you perceive yourself, and how you believe others perceive you. Evaluate the activity according your expectations:



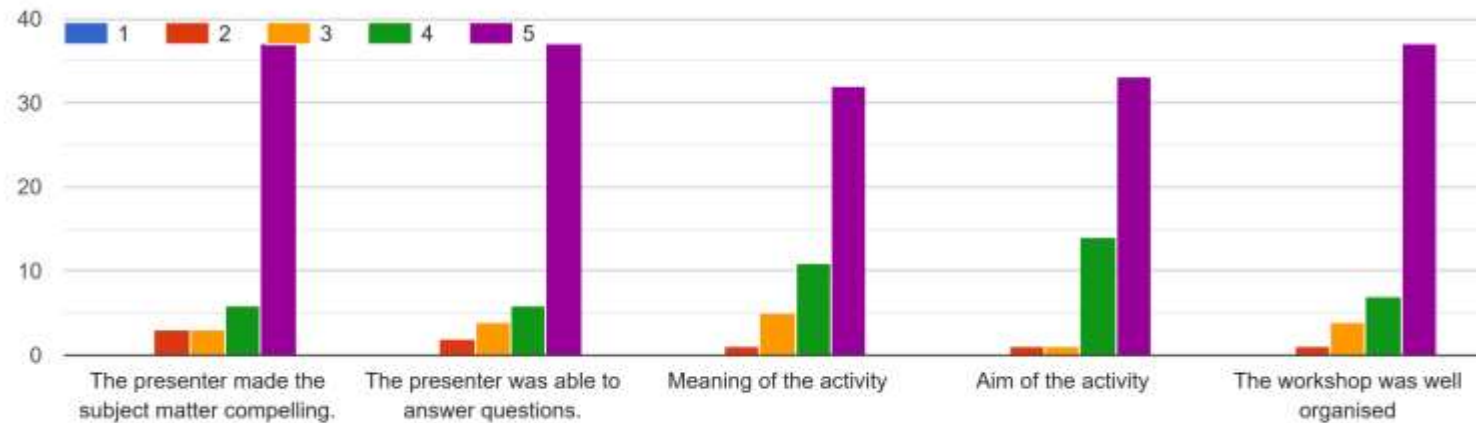
Countries' realities (14 October evening). This was the activity based on your homework before coming to the youth exchange. You presented the realities of physical/me...tries. Evaluate the activity according your expectations:



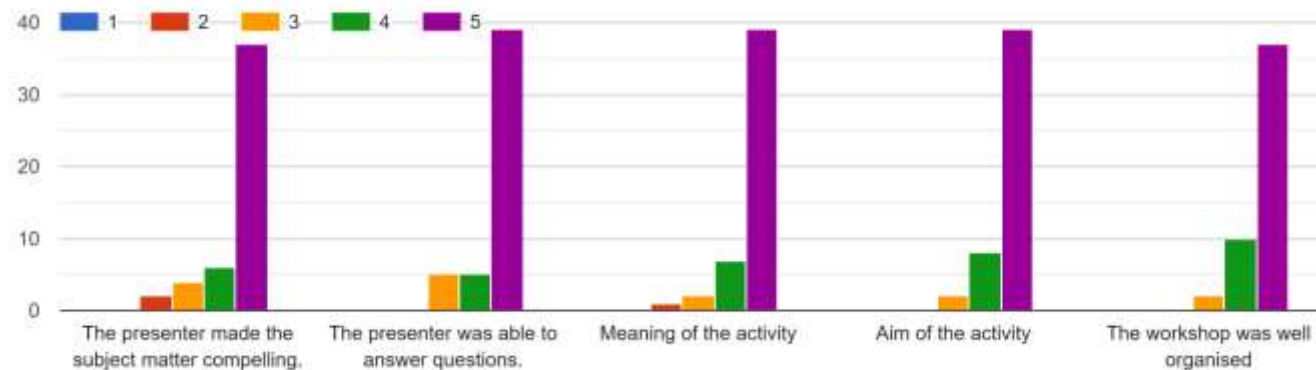
The Comfort Zone (15 October Wednesday morning). This was the activity where we learned about the comfort zone, stretch zone and panic zone. Evaluate the activity according your expectations:



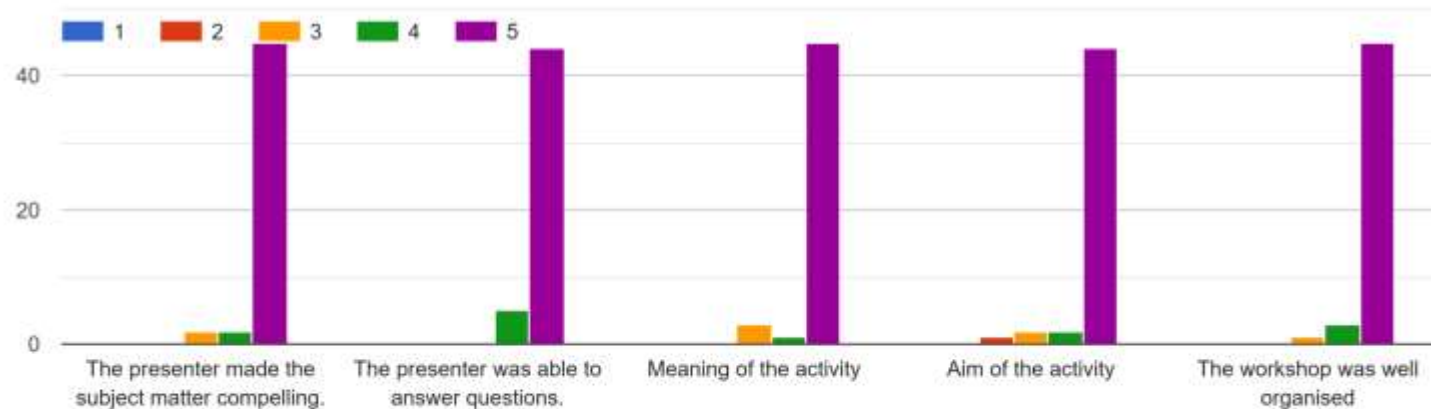
Active Listening (15 October Wednesday morning). This was the activity were, in pairs, you shared stories in an A B format. Evaluate the activity according your expectations:



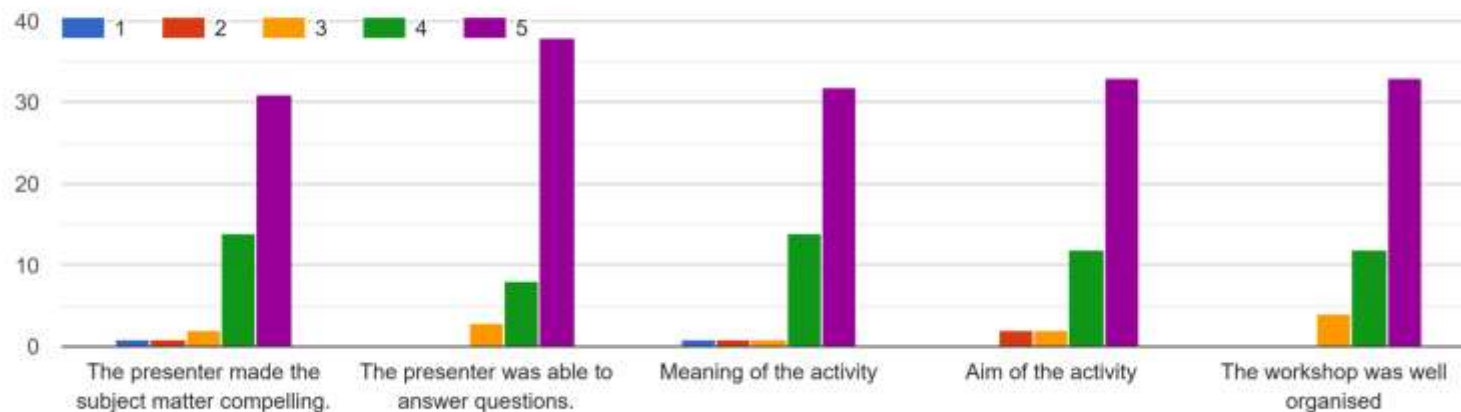
My Safe place (15 October Wednesday afternoon). This was the activity that began with a short meditation, and let to us drawing our safe place. Evaluate the activity according your expectations:



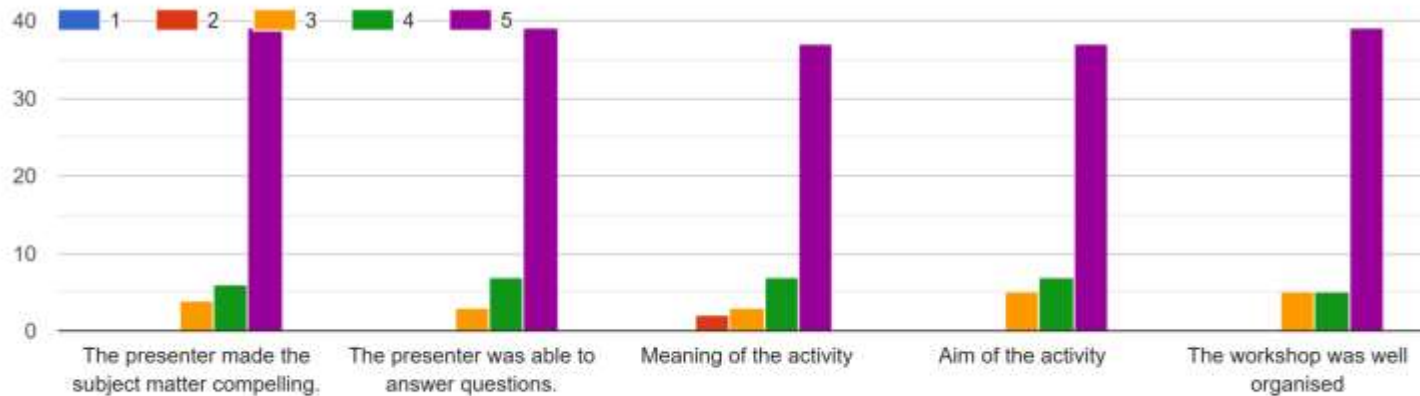
Leading the blind (17 October Friday morning). This was the activity in pairs, when either of you were blindfolded, and guided around the hotel, with storytelling along with it. Evaluate the activity according your expectations:



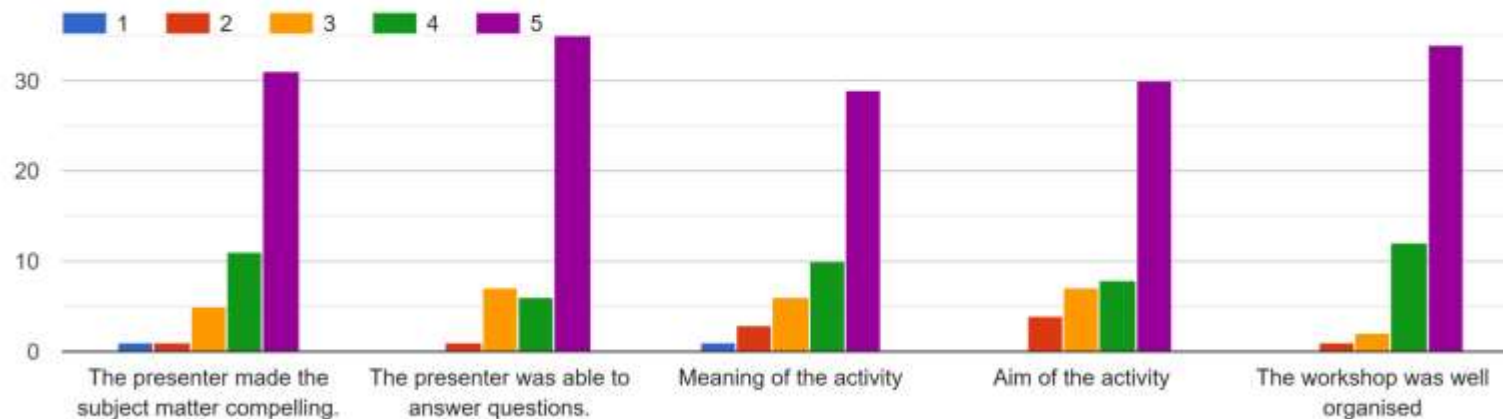
Blind Self Portraits + Past | Present | Future (17 October Friday morning). This was the activity which started with finger based blind painting, then drawing our past, present...of you. Evaluate the activity according your expectations:



Emotional zones challenge (17 October Friday afternoon). This was the activity at the tennis court where you engaged in different activities based on moods. Evaluate the activity according your expectations:

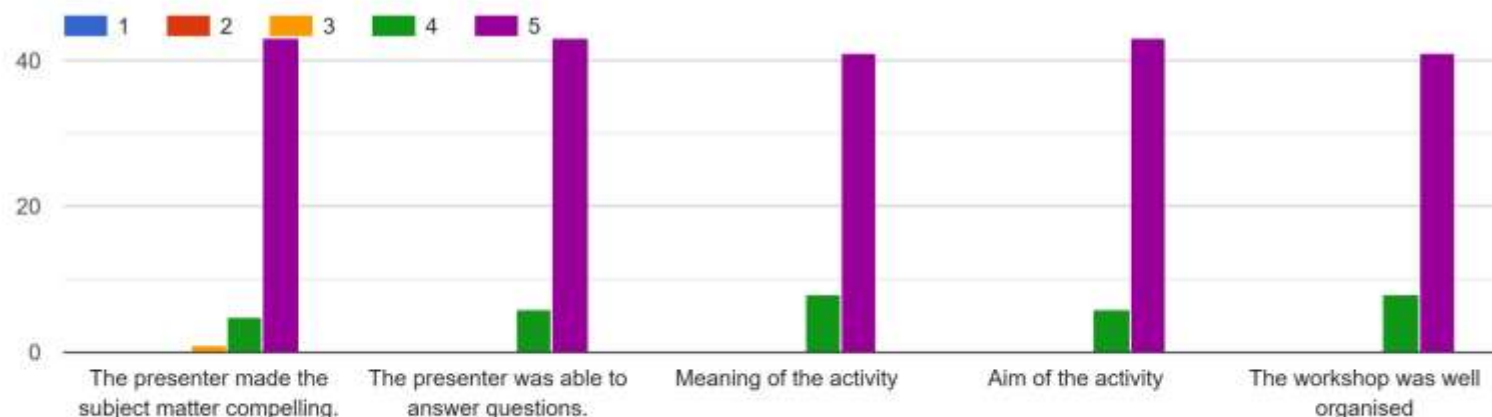


Neurographic Art (17 October Friday evening). This was the activity where you drew random circles, then random lines on piece of papers and drew in between the spaces, ... Erma. Evaluate the activity according your expectations:

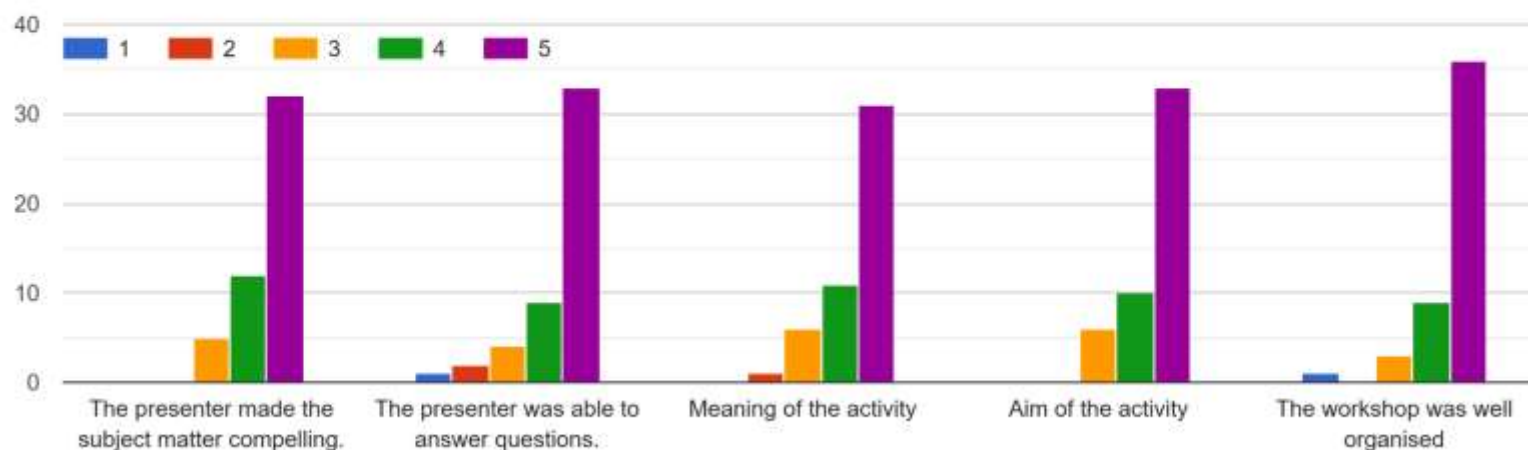




eu Erasmus+ opportunities (18 October morning). This was the session by Bobbie, where you found out about every single opportunity that Erasmus offers you. Evaluate the activity according your expectations:



🏊 Aqua-aerobics (18 October Saturday morning). This was the aqua-aerobics session with Xenia Evaluate the activity according your expectations:





## General Questions

### In a few words, how would you describe your emotional outcome for the organization and implementation of the Youth Exchange?

Amazing project,I learned a lot about myself.

It really helped me get out of my comfort zone and put myself in challenging situations.

I think I learned a lot of things and had fun while doing so.

It is my first exchange and it's awesome like there was so many fun ways to learn about comfort and anything.

it was great

After the exchange I definitely feel more relaxed but also more aware of myself. incredible

I feel a bit more relaxed with meeting new people and having small talks (that would've stressed me out in the past) Very positive, inspiring, and full of connection.

Awesome, engaging and very interesting

It was amazing

fulfilled, more confident, sociable

It was generally great, but in my opinion the activities weren't useful for me. I think that I didn't learn anything important.

Fine

I became more confident and more like myself around other people. I think it was a well organised project, well thought out but somewhat too easy to follow. Maybe in the future it should be more

Amazing

Felt exhausted

The first day was quite awkward but every other day just was very good and i'm right now so happy and i'm enjoying it

I feel very good because this project made me think about something that I don't think about in my daily life. I'm so grateful and thankful for everything i feel more open, comfortable and i feel like k found my safe place

I grew as a person and learned to make some decisions in specific difficult situations

More confident, able to get out of my comfort zone,feeling more sure about how i am and we're i stand

Activities well adapted to the age of participants

Anxiety. Unfairness. Misunderstanding. Asking a lot(before and after), offering little(during) Not respected. Feeling like a second hand person, low below any other turist in the same facility.

I like the organization

I feel more open to new experiences and more comfortable.

I feel deeply satisfied and inspired by the excellent organization and implementation of the Youth Exchange. It was a valuable and emotional journey of learning and cooperation

I think i really stepped out of my comfort zone and tried to face the anxiety

I left with a better perception, better

I enjoyed it, I have fun, I learned about me, I connect with all and I relax

Good for vollunters

very good

i like it so much and i enjoy and if i have the oportunity to come here again i will do

I learned how to be more calm, understanding and how to socialize easier with others.

Memories for life

I am more open and I more confident to step out of my comfort zone

i learned so much about myself

it was really weird because i was doing things i'm doing daily but finally i was able to understand why i sometimes wearing a „mask” while talking with someone new - my outcome i would describe as a good and positive, i go out of my comfort zone a bit

Overall, it has been an incredible experience, apart from a few disagreements throughout the project

I am very happy about the emotional outcome.

I appreciate all the activities we participated during the week, was a great combination between body and mind. Pushing you to step out from your comfort zone, being more aware about your toughts, behaviour and physiquel movement. Makes you embracing the unknown and grow with it.

Troubled

I've a good expectation

challenging, or with more complex matters, as teens are pretty knowledgeable about the subject already.

Strange feeling, that project group didnt stucked together

Very good good

## Which activity had the maximum impact for you?

Probably the zones  
ALL HAD IMPACT THANK YOU!!!  
the zones  
Stress zone from playing ground  
Leading the blind and Emotional zones  
The activity that had the most impact for me was the neurographic art and leading the blind  
The leading the blind activity was really interesting.  
Leading the blind emotional zones  
For me the maximum impact had activity about imagining safe space as well as the one about past presence and future.  
basket  
The blind painting  
active lisening

The safe place activity  
The activity with the portraits of past, present and future  
Wheelchairs basketball  
Safe place  
Leading the blind- I could make a real connection with someone from another country and give my trust to them.  
The aqua-aerobics and the one from the tennis court  
The one where bobby explained everything about Erasmus  
Emotional zones challenge  
Draw the safe space  
My safe space  
I liked all activities the drawings  
Leading the blin  
Forum theatre

Aqua aerobics  
Drawing  
Blindfolded walk  
Choosing which comfort zone is the best for you. ( It was the activity where Erma was reading us the different situations and we needed to step on a different paper where we relate the most: comfort zone, learning zone and panic zone)  
making a journal  
The masks we wear  
The activity of past,present and future because it helped me dig into my past into thinking about how I felt before how I feel now and how I think I am going to feel  
leading the blind  
The one with competences where we had tasks to do for each one

The one we were blinded with a guide  
Wheelchair  
Everything that was based on team work and mixed teams from each country.  
The Cyprus Night had the biggest impact on me. It was fun, interactive, and helped me learn more about my own culture and others'.  
basketball in wheels chairs  
Comfort zone  
the basketball in the chair  
The activity which had the maximum impact on me was the active listening one.  
Kultral nights  
"I really liked the activity where we had to walk with a friend while tied together."

## Which activity had the least impact for you?

none, every one teach me something:)  
Water aerobics  
Non, all of them had in impact, direct or indirect.  
/  
Neurographic design  
It is not necessarily that it did not have an impact but because i really

The future past and present one  
Active Listening  
all had impact  
For me the least impact had self portrait while blind and neurographic art. It didn't appealed to me.  
hiking

None  
Hiking  
Blind self portraits  
Neurographic Art  
The comfort zone  
Every activity was interesting in it's way  
every activity had an impact  
the hiking

All activities were enjoyable, but if I had to choose, the sessions with more presentations and less interaction had the least impact for me  
passive listening  
I don't know  
mu safe place  
active listening

don't like to paint i will go with the  
self portrait activity  
Neurographic art  
Wanted more name games  
the hiking  
Neurographic Art  
Zone comfort

The one where we had to speak  
with someone about leaving the  
comfort zone  
None — everything was valuable.  
Blind leading  
aquaerobics

The country realities activities  
because I didn't real get gained  
anything useful  
The comfort zone  
The hiking activity  
Aqua erobics  
Exploring pissouri

There weren't any, I liked all the  
activities  
Theatre  
Countries realities  
none:)

## Any message you want to tell the facilitator's team? :)

You're amazing!  
I love you, you inspire me, thank you for being  
our facilitator's you're the best 🐼  
:))  
Thank you by all  
Good job, guys!  
You are great guys, keep going the great work  
and see you in Romania to eat soup or in  
Cyprus again. 🐼 You really inspire me  
Thank you for organizing this Youth exchange.  
Good luck for the next event you are doing it  
great  
you are great! thank you so much  
It was Great and from your side it was  
amazing!!  
Thank you, you were amazing!  
love you bobbie

You were really nice, and made everyone feel  
comfortable and welcomed. The only thing I  
would say it needs to be improved it's tge  
overall information. The activities were great,  
however the info was known by lots of people,  
so try put maybe other perspectives, harder  
topics, at least a bit. Overall you were a great  
team and we were thankful to have you as  
facilitators. 🐼  
You guys are the best 😊  
Bobby is the best 🤍 🤍 🤍 🤍 🤍 🤍 🤍  
I really liked the reception and the affection  
they had with all the participants  
Good work :)  
Everything was very good  
I think that Nikolas didn't treat us with basic  
respect. I understand that we did things bad,  
but there wasn't proofs of anything and he was  
talking so bad to us.

Keep doing a great work ;)  
Yes I am so thankful that I had these chance to  
be in this project they were very good but I think  
also maybe having a deep talk with everyone in  
circles because I believe it can get you out of  
your comfort zone talking with a lot people  
while sharing your opinions. Not only but like  
this you can hear each other's thoughts and  
maybe changes how you also see some thinks  
from another point of view  
Trainers are ok. The president is not.  
Go on doing this, please!  
No  
kept going  
THANKYOUUU  
Love you guys, it was a pleasure to work with  
you  
i love you boby and erma  
You guys did amazing job