

**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 “Step Out of Your Comfort Zone Mentally. Embrace the Unknown.” MENTAL COMFORT took place in Pissouri, Limassol, Cyprus from 11th to 19th October‘2025. The organizer - NGO POLYCHOROS VOROKLINIS, Cyprus. VšĮ JAUNIMO LAISVALAIKIO CENTRAS (Public Institution Youth Leisure centre) was a partner organization in this project and sent 6 participants and 2 group leaders – youth worker&volunteer.

The hosting organization 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 understand the link between mental health, physical activity, and stepping out of one's comfort zone. Through discussions, research, and creative poster-making, young people explored the main challenges face regarding stress, anxiety, and self-confidence, while highlighting national initiatives that promote well-being through movement and community engagement. Project activities helped participants reflect on their own comfort zones and prepare for future lives.

The Lithuanian group organized a dissemination event for the Mental Comfort Youth Exchange at Ukmergės Senasis (nebe) Knygynas (No Longer a Bookstore), where participants shared their impressions, have had a discussion on project goals and non-formal education benefits, and the event concluded with an interactive workshop on personal comfort, fear, and learning zones. The project was also presented at Ukmergės Antano Smetonos Gymnasium, where participants conveyed its meaning using visuals and personal experiences, concluding with a practical workshop titled "The Inner Self and the External World."

We are looking forward to future collaborations with NGO POLYCHOROS VOROKLINIS.

Daiva Pranskevičienė (Director) Ukmergė, Lithuania 2025-12-14