

Final Evaluation Paragraph from Polish Participants

Maks Boszczyk

- **Organisation of the project**

The project was very well organized, with a clear schedule and great communication from the team. Everything ran smoothly. Everything ran on time, almost to the second, which really impressed me. The location was also perfect and added a great atmosphere to the experience.

- **Training implementation**

The training was well-prepared and delivered in an engaging way. The sessions were interactive, combining theory with practical exercises that helped us understand the topics better. The Erma and Bobby were very supportive, and always open to questions, which made learning enjoyable and effective.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

The local follow-up activity took place on 20 November in Kielce, Poland.

During the session, I delivered a short presentation about the project, describing its goals, positive outcomes, and the experience gained during the project. Participants learned about the benefits of international cooperation and how the project influenced personal development.

As part of the interactive activity, we created drawings of our safe place, encouraging creativity and reflection on emotional well-being.

- **Added value**

The project helped me learn about my comfort zone. I developed better convince communication skills, gained confidence in expressing myself in English, and learned to work effectively in an multicultural team. It also inspired me to stay active in youth work and cultural exchange projects.

- **Suggestions for improvement**

Everything was very well organized, only thing that would change is make it longer

- **What you liked/disliked**

I loved the openness, creativity, and positive energy during the whole project. The workshops were fun and inspiring, and the people were awesome. The only downside was that a few people didn't take the program as seriously as others, which sometimes disrupted the flow. Apart from that, everything was handled really well by the organisation.

Karol Konieczny

- **Organisation of the project**

The project was organized in a very professional and thoughtful way. Each activity had a clear purpose and contributed to both learning and teamwork. The schedule was well-planned, balancing workshops, discussions, and cultural activities, which kept everyone motivated and involved. The hosting organization ensured that all participants

felt comfortable and included from the very beginning. Communication between organizers and participants was clear and effective, which helped everything run smoothly. Overall, the organization of the project made the exchange both enjoyable and meaningful.

- **Training implementation**

The training process was engaging and well-structured, combining various non-formal learning methods such as team workshops, creative exercises, discussions, and outdoor challenges. Each session encouraged active participation and meaningful reflection, allowing us to connect theory with real-life experience. The trainers created a supportive atmosphere where everyone felt confident to share ideas and express themselves freely. What I appreciated most was the balance between learning by doing and personal reflection - it helped us discover new perspectives, strengthen our teamwork skills, and grow both individually and collectively.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

The workshops took place on 21 November 2025 at High School No. 1 in Jędrzejów. Their main goal was to raise awareness about youth exchange programs and help students understand how their comfort zone influences their decisions and personal development. The session began with a World Café discussion, where participants shared associations, hopes, and concerns regarding Erasmus+. Afterwards, they completed an art-based task: illustrating their comfort space on one sheet and their fears or barriers on another. This activity aimed to show that while the comfort zone provides safety, stepping beyond it can lead to growth, new opportunities, and valuable experiences such as taking part in an international exchange.

- **Added value**

This project has given me a deeper understanding of myself and others. I learned how to communicate more effectively, manage emotions, and collaborate in a diverse, international environment. It also inspired me to take initiative and be more open to new experiences and perspectives. Through different activities, I developed skills such as adaptability, empathy, and creative problem-solving. Beyond personal growth, I truly appreciated the sense of community and mutual support that made the experience both meaningful and unforgettable.

- **Suggestions for improvement**

What I didn't like was that some participants didn't take the activities and workshops seriously. It often felt like they came just to relax, as if they were on vacation with their parents, instead of taking part in a learning experience. In the future, I think it would be good to make sure that everyone understands the purpose of the exchange and is motivated to actively participate.

- **What you liked/disliked**

I truly enjoyed the friendly atmosphere and the sense of creativity and cooperation within the group. The trainers were supportive and well-prepared, which made every session interesting and meaningful. I especially liked the cultural evenings and outdoor activities, as they helped us connect on a deeper level and learn more about each other's backgrounds. Honestly, there wasn't anything I particularly disliked — the whole experience was inspiring and well-organized.

Karolina Koziel

- **Organisation of the project**

The project was good organized and thoughtfully structured, combining educational, physical, and creative elements in a very engaging way. The daily schedule was well-balanced, allowing participants to connect, adapt, and gradually take on more complex tasks. From the very beginning, the hosting organization created a warm and inclusive environment where everyone felt respected and encouraged to participate. As a participant, I appreciated the clear coordination, smooth logistics, and the professional approach of the organizers, which made the entire experience both enjoyable and efficient.

- **Training implementation**

The training sessions were interactive, diverse, and based on non-formal education methods such as workshops, simulations, group reflections, and outdoor learning. Every activity had a clear aim and helped us develop both personally and as a group. The trainers were inspiring, patient, and always ready to provide support or feedback. What stood out to me most was the combination of experiential learning and emotional reflection, which made the program truly transformative. It encouraged us to think critically, collaborate effectively, and explore our limits in a safe and motivating environment.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

The workshops took place on 14 November 2025 in High School no.2 in Starachowice. During the session, reference was made to earlier discussions about the youth's participation in an international exchange program and the importance of stepping outside their comfort zone. To deepen their reflection on this topic, participants were given an art-based task in which they were asked to create a drawing illustrating how they personally perceive the process of leaving their comfort zone. The activity aimed to support self-awareness, encourage personal reflection, and help participants better understand how they define personal growth in the context of new experiences, such as taking part in an exchange.

- **Added value**

The project offered me valuable insights into teamwork, leadership, and intercultural understanding. It strengthened my confidence and helped me improve essential soft skills, such as problem-solving, empathy, and active listening. I also became more aware of the importance of mental health and the need to maintain balance between personal development and well-being. Most importantly, I built strong friendships that I believe will last long after the project ended.

- **Suggestions for improvement**

Before the project started, we had an online preparatory meeting, which was a good opportunity to get to know each other and understand the main goals of the exchange. However, during the project, it became clear that some participants did not take this preparation seriously and were not fully interested in active participation or cooperation. Although the trainers and organizers did their best to engage everyone, a few people seemed unmotivated and treated the activities with little attention. To improve future exchanges, I would suggest emphasizing the importance of personal involvement already during the preparation phase. Sending organizations could make sure participants understand their responsibilities and are truly motivated to contribute to the group process. This would help maintain a more balanced and committed team dynamic throughout the project.

- **What you liked/disliked**

I really appreciated the openness, creativity, and support within the group, as well as the professional approach of the trainers. The cultural evenings and outdoor activities were a highlight, bringing people closer and creating strong connections.

What I disliked, however, was that some participants were not genuinely engaged or interested in teamwork. At times, their lack of motivation made collaboration more difficult for others who were fully committed. Despite this, the hosting organization handled these situations with understanding and professionalism, ensuring that the overall atmosphere remained positive and inclusive.

Angela Mozal

- **Organisation of the project**

the project was very well organized. The schedule was clear and easy to understand. Each activity had a purpose what caused the feeling that i'm learning a lot. Also venue was beautiful and added great atmosphere to whole experience.

- **Training implementation**

The training program was dynamic and thoughtfully organized, using a variety of non-formal learning methods such as group workshops, creative tasks, open discussions, and outdoor activities. Every meeting promoted active involvement and meaningful reflection, helping us link theoretical concepts with real-life practice. The trainers fostered an open and inclusive environment where everyone felt comfortable sharing ideas and expressing themselves. What I valued the most was the harmony between experiential learning and personal reflection – it allowed us to explore new viewpoints, strengthen our teamwork abilities, and develop both as individuals and as a group.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

The workshop took place on 3 November 2025 at the 3rd High School in Ostrowiec Świętokrzyski. By introducing practical activities such as guiding a partner with covered eyes, it encouraged students to step out of their comfort zone and build trust in one another. For the local community, this workshop helped strengthen cooperation, improve communication among young people, and inspire them to take more initiative in their daily school and social activities. It also showed that positive change often begins with small, courageous actions.

- **Added value**

The project gave me meaningful perspectives on collaboration, leadership, and working across cultures. It boosted my self-confidence and supported the development of key soft skills like creative problem-solving, empathy, and attentive listening. I also gained a deeper appreciation for the role of mental well-being and the importance of finding a healthy balance between personal growth and everyday life. Above all, the experience allowed me to form genuine connections and friendships that I am sure will stay with me long after the project is over.

- **Suggestions for improvement**

Before the project began, we had an online introductory meeting that helped us understand the goals of the exchange, but during the project it became clear that some participants were not fully prepared or motivated to engage. Despite the trainers' efforts, a few people remained passive, which affected the group dynamic. For future exchanges, it would be helpful to stress the importance of commitment already in the preparation phase and ensure that sending organizations verify participants' motivation and readiness.

- **What you liked/disliked**

I really appreciated the whole atmosphere on the project. Creative workshops and openness made me feel supported. Also the cultural evenings were amazing because it took us close to each other. What i dislike was the fact that no all of us was engaged in activities. Some of participants didn't want to teamwork and network.

Igor Papierowski

- **Organisation of the project**

The project was very well organized and structured, combining educational, physical, and intercultural elements in a balanced way. The schedule allowed participants to gradually adapt, first through team-building and communication activities, and later through more challenging outdoor and reflective sessions. The hosting organization created a supportive and inclusive atmosphere where everyone felt safe to express themselves and share experiences. As a team leader, I appreciated the clear communication and well-prepared logistics, which made the exchange run smoothly and efficiently.

- **Training implementation**

The implementation of the training was dynamic and practical, using non-formal education methods such as workshops, group discussions, role plays, and outdoor activities. Each activity had a clear purpose — helping us step out of our comfort zones, build resilience, and raise awareness about mental health. The trainers were open-minded, approachable, and motivated participants to take an active role in the learning process. I especially valued the balance between physical challenges and mental reflection, as it truly reflected the project's goal of embracing both the mental and emotional sides of personal growth.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

The local activity focused on the idea of stepping outside one's comfort zone and personal development through new experiences. It included sharing real-life examples of overcoming fears and uncertainty, as well as workshops aimed at self-reflection, communication, and building self-confidence.

The activity encouraged participants to reflect on their own limits and motivated them to apply the discussed concepts in everyday life.

- **Added value**

The project gave me much more than I expected. It helped me develop leadership, communication, and organizational skills while deepening my understanding of mental health and self-awareness. I gained valuable experience in supporting and motivating others, which will be useful in my future professional and personal life. The exchange also strengthened my belief that stepping out of our comfort zone is essential for growth and self-confidence.

- **Suggestions for improvement**

One thing that could be improved is the level of understanding among some participants about what a youth exchange truly represents. A few people seemed to treat it more like a holiday rather than an educational and intercultural learning experience. I am aware that this is mainly the responsibility of the sending organizations, which should better prepare and inform participants before the project. Nevertheless, ensuring that everyone understands the goals and values of Erasmus+ would make the experience even more meaningful for all participants.

- **What you liked/disliked**

I really liked the open-minded atmosphere, the diversity of participants, and the creative methods used during the workshops. The cultural evenings were also a great way to learn and connect with others. What I disliked was the attitude of some participants who did not fully respect the purpose and spirit of the exchange. Their behavior sometimes made it harder for others to fully benefit from the activities and group experience. However, I have no complaints towards the hosting organization, as they managed the situation professionally and created a positive and supportive environment throughout the project.

Maja Rafalska

- **Organisation of the project**

The project was very well organized. All the information about the daily schedule, location and time of activities was clearly communicated. The organizers made sure that every participant felt comfortable and always knew what was happening. Excellent preparation for the workshops made it a pleasure to participate in them.

- **Training implementation**

The workshops were conducted in any interesting and engaging way. Many of them were practical and artistic- drawing, creative projects and group activities. Thanks to that it was easier to understand our own feelings and express emotions through art.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

On November 13, I conducted workshops in Ostrowiec Świętokrzyski focused on stepping out of one's comfort zone. At the beginning, I talked about the project, the difficulties I encountered during it, and how the project helped me step outside my comfort zone and cope with those challenges. Then, in the form of art activities, we illustrated what makes us feel uncomfortable and held a brainstorming session on how we could help each other with it. Next, we wrote down all the ideas, and those that could be implemented right away were carried out on the spot.

- **Added value**

The project helped me break out of my comfort zone. At first i had a big language barrier but day by day i became more open and strted speaking English more confidently. I also learned how important it is to take care of mental health and to talk openly about emotions.

- **Suggestions for improvement**

Sometimes the workshops felt a bit chaotic, and it was hard to focus because of other participants were unable to cooperate and interrupting

- **What you liked/disliked**

What i liked the most was the atmosphere. Everyone ws open, kind and supportive. I really enjoyed the art workshops because they allowed me to express myself. I really liked the area where it was organized because it added charm to the entire project.

Katarzyna Szymańska

- **Organisation of the project**

Organization of the project: In my opinion the overall organization was good, although sometimes the workshops could've been shorter (FX drawing) since it did not have any timeframe, some of the participants ended the exercise earlier, some of them did not know if they could leave the table, it was little chaotic. I think that next time you should include more workshops like the one

we did outside (mental zone stations). All the participants liked it, and enjoyed it very much (especially the Erasmus festival day).

- **Training implementation**

Training was on a very high level. As a leader, I saw that our Polish participants were engaging within the workshops and were excited to be present.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

On the 25th of November I conducted workshops on the importance of stepping out of one's comfort zone. The event took place in Kielce (my hometown) in the Youth City Center. I prepared the event in collaboration with the local student's councils, which helped me to spread the information about the project activity. I arranged students in the groups of 5 to discuss the importance of stepping out of one's comfort zone, the pros&cons of being hyper-aware of one's mental health needs (can it be too much to bear for a young person?). As a summary, every group made posters, on which they drew their interpretations of what the comfort zone meant for them in everyday life.

- **Added value**

I feel like engaging with other cultures, getting to know people from all over the EU is one of the best privileges during these projects/exchanges.

- **Suggestions for improvement**

As I've said before in the first paragraph, some of the exercises could have been more time-restricted in a way.

- **What you liked/disliked**

I enjoyed the project very much. From an organizational point of view - the accommodation and the food was great (and sometimes it's not assured:) From the leader's point of view, I have no complaints. I enjoyed the workshops, I felt like you created a great, safe space for participants.

Patrycja Staroścjak

- **Organisation of the project**

The project was organized really well. Everything was well prepared, and the plan for each day was clear and easy to follow. I really liked how the organizers made sure everyone felt welcomed and included from the very first day, it felt like we were part of one big team, no matter if it was your first project or you were already experienced. Communication between hosts and participants was also on a really good level, if we had any questions or issues they listened and tried to help as much as they could.

- **Training implementation**

Trainings were lead in really interesting way, we didn't spend entire days on just lectures. Instead we participated in many manual tasks, which allowed us to both learn, also express ourselves as well as try something new. The trainers were also amazing, they answered every question that we asked and we're always ready to help. They definitely helped to make atmosphere a lot more enjoyable and comfortable.

- **Local follow-up (to be seen also title and logo of the program, dates and location)**

My local follow up activity happened on 15th of November in III highschool in Kielce city. During the activity, I shared with my classmates the knowledge I gained during the project. We talked about the concept of the comfort zone: its definition, why it is sometimes important to step outside of it, and what we can do to make this process easier for ourselves. We also discussed the learning zone and the panic zone, explaining how they influence our development and ability to acquire new skills. Before finishing Additionally, I told them what Erasmus is and what kinds of opportunities it offers, such as gaining international experience, improving language skills, and discovering new cultures.

- **Added value**

This project taught me a lot about myself and others as well as difficulties that different people might be facing. I became more confident when speaking English and learned how to communicate better in a group. It also helped me step out of my comfort zone and be more open to new people and experiences. I learned how to work in a multicultural team, how to be patient, and how to listen to others' opinions. Besides all that, I met some amazing people and made even better friendships

- **Suggestions for improvement**

Honestly, I think everything was organized really well, so there's not much to change. If I had to suggest something, I'd probably say to make the project a bit longer, because the time went by super fast and I would definitely enjoy spending some more time learning with everyone!

- **What you liked/disliked**

I really liked the atmosphere during entire project, it was calm and not stressful which really helped me to focus and learn better. Every workshop felt different and had a purpose, that I couldn't always figure out immediately, but when trainers explained everything it made so much sense. One thing I didn't liked, was that unfortunately not every participant was so excited and willing to take part in workshops, which was sometimes a bit annoying.