

Kielce, 14/12/2025

Evaluation letter by the partner organization “Reflections on Europe”

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 project was organized by NGO POLYCHOROS VOROKLINIS, Cyprus. Association Reflections on Europe participated in this project as a partner organization and was actively involved in its implementation.

The hosting organization provided clear and timely information related to all stages of the project. The organizers were always available to answer questions and offered strong support in handling logistical and organizational matters. Communication was effective and took place through e-mail, WhatsApp, and social media platforms.

The main objective of the project was to explore the connection between mental health, physical activity, and stepping outside one’s comfort zone. Through non-formal education methods such as group discussions, research activities, teamwork, and creative tasks, participants examined challenges related to stress, anxiety, self-confidence, and personal development. The project enabled young people to reflect on their own mental well-being, increase self-awareness, and gain tools useful for their future personal and professional lives.

Participation in the project contributed significantly to the development of participants’ social, intercultural, and communication competences. It also strengthened their sense of initiative, openness to new experiences, and motivation to engage in activities promoting mental health and well-being within their local communities.

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