



Evaluation Letter (Somos la Otra)

From our organisation, we consider the youth exchange carried out in Cyprus between 12 and 19 October 2025 to be a positive and well-implemented activity. The programme was developed as planned and included a variety of educational, physical, and group-based activities focused on personal development, emotional well-being, and healthy lifestyles. The overall organisation and methodology supported active participation and created a safe environment for learning and cooperation.

Throughout the mobility, the participants showed a good level of involvement and a constructive attitude towards the activities. Over the course of the exchange, they demonstrated increased confidence, improved communication, and a greater ability to work with others. The non-formal learning approach used during the project allowed young people to gain practical skills related to emotional awareness, stress management, and social interaction, while the intercultural context contributed to mutual understanding and respect among participants from different European countries.

In general, this youth exchange met its objectives and had a positive impact on the participants. From our organisation's perspective, the activity can be evaluated as satisfactory and beneficial, providing young people with useful learning experiences and supporting their personal and social development.