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“Step Out of Your Comfort Zone Mentally: Embrace the Unknown.” (MENTAL COMFORT)

(2024-3-CY01-KA152-YOU-000288301)

Evaluation Letter

Associação Nó Górdio was one of the partner organisations in the Youth Exchange project “**Step Out of Your Comfort Zone Mentally: Embrace the Unknown.**” (MENTAL COMFORT).

This project focused on promoting mental health awareness among young people and encouraging them to step outside their comfort zones through physical activities, teamwork and non-formal education methodologies. Our participants were six young people and two group leaders from Portugal.

The Youth Exchange took place between **12th and 19th of October 2025 (including travel days)** in **Pissouri, Cyprus**, gathering **36 participants and 12 group leaders from six countries**: Cyprus, Portugal, Lithuania, Spain, Poland and Romania. During the activity, participants engaged in a variety of workshops, outdoor activities, discussions and team-building exercises aimed at strengthening resilience, improving mental well-being and encouraging healthier lifestyles. The programme also included cultural exchanges, reflection sessions and collaborative activities that fostered intercultural understanding and cooperation among young people from different backgrounds.

This Youth Exchange had a strong impact on the participants, who developed greater awareness about mental health, learned practical coping strategies and strengthened their confidence in dealing with new challenges. The experience also encouraged them to adopt more active and healthy lifestyles and to promote mental well-being within their communities. All the planned activities were successfully implemented and the objectives of the project were achieved. The dissemination activities and follow-up initiatives were also carried out effectively, allowing the results of the project to reach a wider audience in the local communities of the partner organisations. The hosting and coordinating organisations carried out their roles in a very professional and supportive way, ensuring a positive learning environment for all participants. Our participants evaluated the experience as highly enriching and impactful both personally and socially. From the perspective of **Associação Nó Górdio**, the project met its expectations and contributed to strengthening cooperation between partner organisations, paving the way for future collaborations and new initiatives aimed at empowering young people.

Valongo, 6th of January of 2026



Associação
nó górdio

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