

From HESSA's perspective, the "Mental Comfort" project had a strong and visible impact on the young people involved, on the group leaders, and on the local community we work with. For the participants, the mobility created a safe context in which they could step outside their usual environment, interact with young people from other countries, and reflect more consciously on mental health, emotional wellbeing, and personal growth. The experience supported the development of confidence, adaptability, communication skills, openness toward diversity, and a better understanding of healthy habits connected to everyday balance. At the same time, the project helped many of them see Erasmus+ not only as a travel opportunity, but as a real learning process that can influence their future choices, motivation, and level of involvement in similar educational experiences.

The impact was also significant for the group leaders, who strengthened their capacity to support young people in an international setting, guide reflection processes, and contribute to a positive and secure learning environment. For HESSA as an organization, the project reinforced our role as a trusted promoter of youth participation and non-formal education in our community. Through the local dissemination activities organized after the mobility, we were able to transfer the learning further and introduce more young people to the value of youth exchanges, mental health education, and Youthpass recognition. Overall, the total local reach of the dissemination activities was approximately 77 young people, including high school students, university students, and active HESSA volunteers. This extended impact shows that the project did not remain only at the level of the direct participants, but also generated wider awareness, curiosity, and motivation in the local community, encouraging more young people to explore international learning opportunities and to reflect more openly on mental health and personal development.

Signed  
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