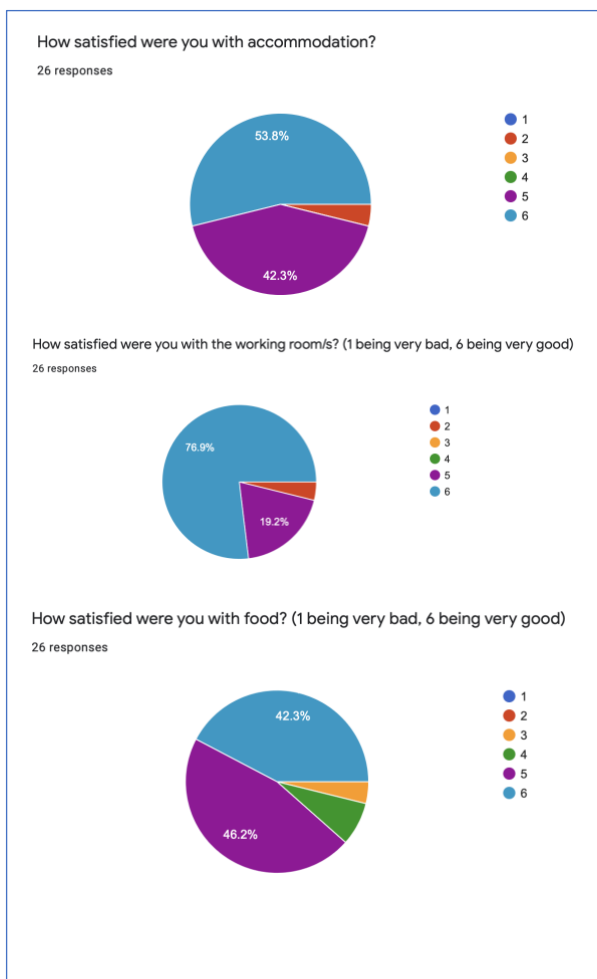
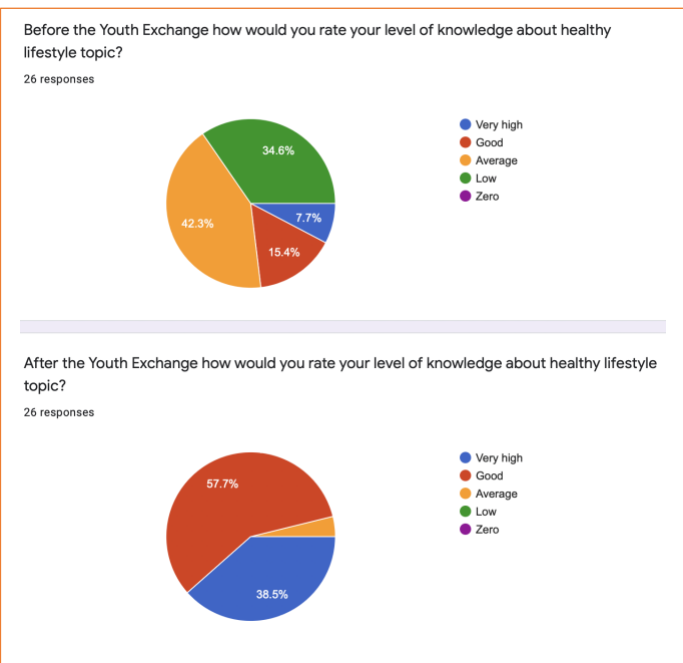


Final Evaluation
“Play for Change”
Erasmus+ Youth Exchange
Willemstad, Curacao
26 October - 2 November 2021

This report shows participants’ satisfaction with the Youth Exchange, both on the thematic part of the youth exchange and the logistical part of it. They had to rank some questions from 1-6 (1 being very bad, 6 being very good), also answer some open questions and assess a learning environment on a scale.

On the last day of the project, the final evaluation was organized, where participants anonymously evaluated all aspects related to the project. The evaluation showed that participants were satisfied with all phases/aspects of the project implementation.

The participants reported an increase of knowledge about healthy lifestyle, if before the project 42.3% reported an average and 34.6% low knowledge of the topic, at the end, 38.5% reported very high knowledge and 57.7% good knowledge on healthy lifestyle topic.



53.8 % of participants rated accommodation as Very Good, while 42.3% as Good.

76.9 %of participants also rated working rooms with the Very High score and 19.2 % with Good.

As for the food, 42.3% evaluated as Very Good, 46.2% as Good.

Only few numbers were not much happy with the food and accommodation.

65.4 % of participants were very much satisfied with the preparation of the Youth Exchange. As for the the most important and useful programme part(ss), participants named:

What was for you the most important and useful programme part(s)?

26 responses

I really learnt many interesting facts about how to leave more healthy and how to promote healthy living among my friends and family members.

All parts of the project was very useful, even preparation of the project was very interesting for me.

There are many unhealthy lyfestyle habits which destry our bodies and leaving healthy is not actually difficult, not that expensive.

Understanding the myths about healthy and unhealthy lifestyle aspects

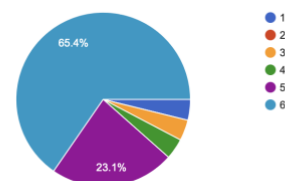
Each part was very interesting and balanced. I would still highlight that the most important was a communication with others from other countries, we got lifelong friends and memories.

The most amazing was the methods we used, I realized that we can actually learn by fun-activities (theatre performance, team discussions, games).

The programme was very well-planned, we had. time for everything. Little bit more time in Curacao would have been much better to learn better the local island and people and their traditions.

How satisfied were you during the preparation of the youth exchange (communication with organisers, logistic support, etc.). (1 being very bad, 6 being very good)

26 responses



For the question what I learned from the Youth Exchange, participants replied:

What I have learned from this youth exchange is...

26 responses

It is our responsibility to make our communities better

That there is a balance needed in everything, even in exercise - we should not over-exercise. For the best results in everything, we should find a balance. I also learned that Erasmus plus has more projects for youth, including volunteering in your country or abroad

That we can volunteer in other country for 1 years within Erasmus projects, that healthy lifestyle consists many aspects and among them are eating, sleeping, exercising, mental calmness etc.

It is always possible to quit unhealthy lyfestyle habits, even if you are a consumer for many years (alcohol, drugs, tobacco) and it is our responsibility to give a good example to our friends and peers on how to leave healthy.

1. Many things we know from our past generations about food, are myths, not always though. 2. The sport activities are not only a physical exercise, but it is socialization and social learning rprocess too. 3. We need balance in all aspects of healthy lifestyle - nothing too much is good. 4. Many interesting historical facts about Georgia and Curacao, which I would never know if I would not meet these excellent people in here

Erasmus is huge and has many other projects, which I want to be part of. I also learned the aspects of healthy lifestyle and how to use them in daily life. I learned the myths about eating and exercising, which are widely spread in our societies. I also learned that each person is an example for others, that's why we have responsibility not only on our actions and choices but for our surroundings as well

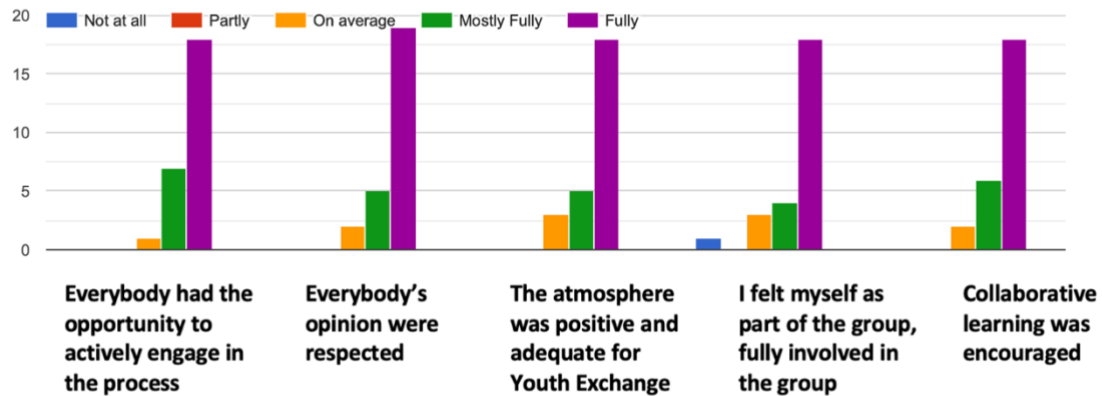
That amazing people live in all parts of the world, no matter color, age, ethnicity

I learned about healthy life and during the sessions I understood how many unhealthy habits I have without knowing it before. Now i know how to address it and at elast I will try to improve my health condition.

How to live more healthy and how to promote healthy life among others. I also learned about Erasmus volunteering in other countries, which I would love to do in future, maybe in Finland or Georgia.

Living healthy is not difficult and not expensive. Many apps. exist that can also help in planing our daily life to live healthier. Mental health is a part of the healthy lifestyle and that we have to pay more attantion to our mental health, especially during covid pandemic

My assessment of the learning environment is that



Do you have any ideas on how we could make the program better than on this course? Please be specific to really helpful for further participants

7 responses

Ummm not that i can think of

For me the program was already the example how the perfect project have to be , leaders were with us supporting us and I don't think that you need to change anything

Just keep doing them and adapt to the needs of the larticipants

If it would be little bit longer so we can get more time to concentrate to project because I was felt like we don't have enough time to do our sessions and also it's would be better get to know each other

I think everything was perfect!

i think everything is good generally

No