

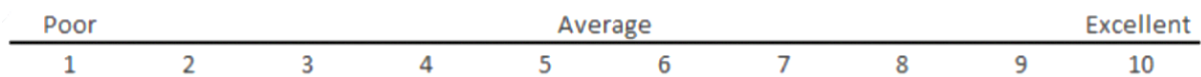
## Follow-up Evaluation

Filled between 19-22 January 2022 by participants of

### Erasmus+ Youth Exchange "Play for Change"

This report shows participants' feedback on overall impact of the project on their lives after two months and a half of participating in youth exchange. Therefore, these results can be used to measure long-term impact of the project on participating youth.

Overall, 23 participants filled the online questionnaire between 19-22 January 2022, which is 77-81 days after the youth exchange. The participants had to answer total 5 group of questions. In the first 4 statements, they had to rate "changes" on 10-point Likert scale, where 1 referred to "Poor" and 10 referred to "Excellent" (as shown below)



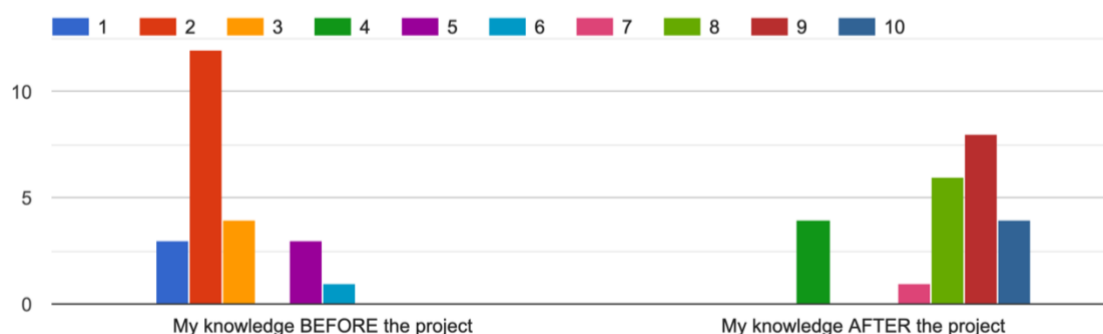
The last, 5<sup>th</sup> question gathered several questions and the participants should choose between "agree", "disagree" or "same as before".

The report of questionnaire demonstrated positive changes in participants in all 5 subjects:

1. knowledge about cultures and traditions of participating countries,
2. positive changes regarding self-confidence/self-esteem,
3. knowledge about Erasmus+ programme
4. health lifestyle aspects (eating healthier, exercising more often than before, using stress management techniques, reducing smoking and drinking, avoiding unsafe sex)

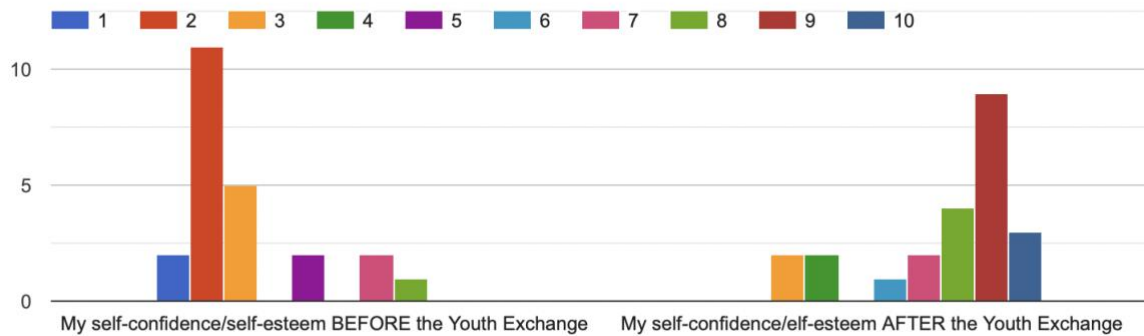
- 1. The participants reported an increase of knowledge about cultures and traditions of participating countries involved in youth exchange. On a Likert scale, most of the participants marked their knowledge before the youth exchange with No. 2 and 3 (close to "Poor"), while they marked mostly 9 and 8 after the youth exchange (close to "Excellent")**

Please rate how participation in the "Play for Change" increased your knowledge about cultures and traditions of participating countries (Curacao, Georgia, Finland)



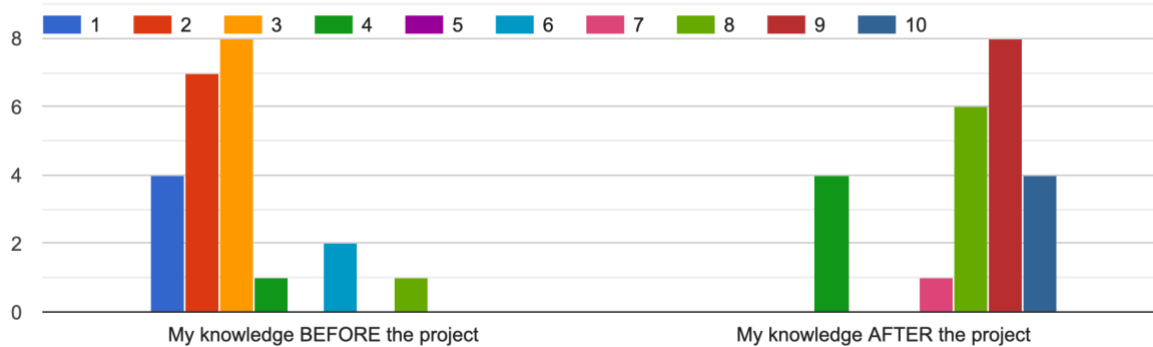
2. The participants reported an increase self-confidence//self-esteem before and after the project. On a Likert scale, most of the participants marked their knowledge before the youth exchange with No. 2 and 3 (close to “Poor”), while they marked mostly 9 and 8 after the youth exchange (close to “Excellent”)

Please rate if participation in the "Play for Change" brought some positive changes in you regarding self-confidence/self-esteem.



3. The participants also reported an increase of their knowledge on Erasmus+ programme. On a Likert scale, most of the participants marked their knowledge before the youth exchange with No. 2 and 3 (close to “Poor”), while they marked mostly 9 and 8 after the youth exchange (close to “Excellent”)

Please rate if participation in the "Play for Change" increased your knowledge about Erasmus+ programme (Youth exchanges, European Solidarity Corps volunteering and other opportunities)



5. On the last question, the participants had to answer “agree” “disagree” or “same as before” on the following statements:

- I am trying to eat healthier food after participating in "Play for Change"
- I exercise more often after participating in "Play for Change"
- I use stress management techniques more often after participating in "Play for Change"
- I am trying to reduce smoking and drinking after participating in "Play for Change"
- I am avoiding unsafe sex after participating in "Play for Change"

As demonstrated on the scale below, most of the participants confirmed positive change in their lifestyle after the project (Blue) and just few of them reported no change (yellow and red).

Please choose "I agree" or "I disagree" to help us rate if participation in the "Play for Change" brought some positive changes in you regarding healthy lifestyle aspects.

