

Evaluation of the organization and activities YE Feelings Unleashed (*FUL*)

Agreement Number: 2025-3-EL02-KA152-YOU-000368641 from participants.

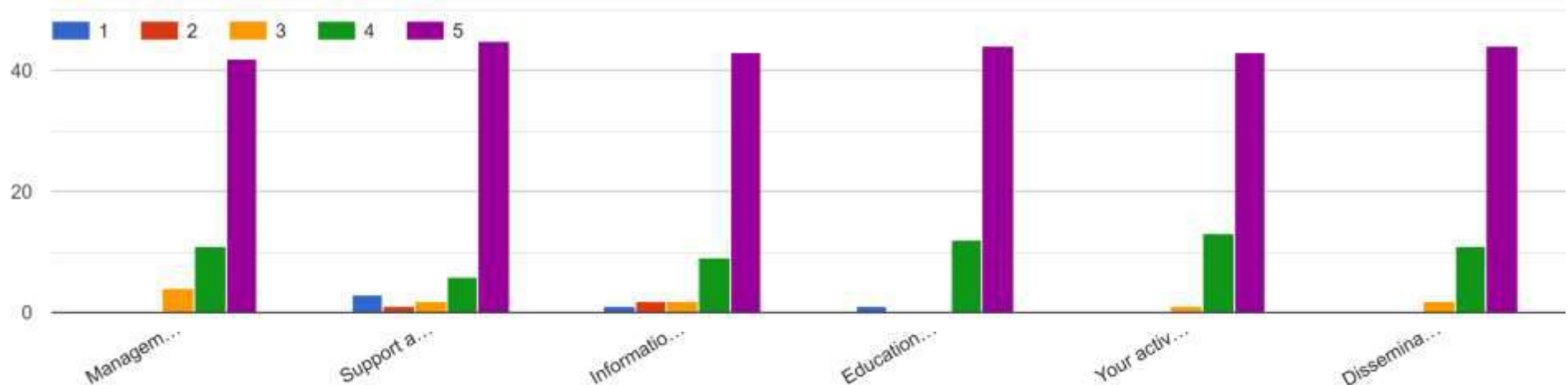
On the last day of the YE "**Feelings Unleashed (*FUL*)**" (on 22nd of July 2026) of our activities participants of the project answered online the following questionnaire.

We would like to have your opinion about our YE, that took place in KATO ALISSOS CAMPING, KATO ACHAIA (PATRA AREA, GREECE) regarding the overall training organization and the activities we had; educational, cultural and others.

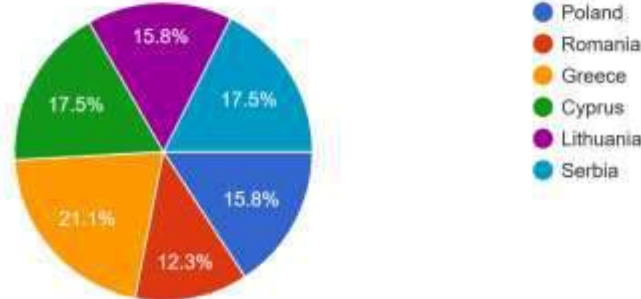
The questionnaire is divided in five sections and we would like to gather your feedback because your opinion is important to us and will also help us to improve. This questionnaire is **only** for participants AND LEADERS in the youth exchange.

Management and Organisation Questions

The following questions are about the project's overall organization. Answers are from one to 5 where one is the very negative answer and 5 the very positive answer. With the following order: 1. Highly ...onse must be your personal opinion depending on your own experience.



Country
57 responses



Do u want to mention anything about management - information send and other organizational themes of the project?

No
no
Nope
everything was amazing, our leaders were very helpful
no
No
It is very good

No
Everything was on time
No
All information was clear and informative. I came fully prepared and knew what i would have to do.
Everything was perfect
It was clear for me
Good

All good
The conditions were not said in the beginning
Mo
Very professional and responsible, providing us all the I information we needed.
Everything was good because meetings
Perfect

Any comments about the activities?

No
no
They were all perfect
I liked them
It was really fun and i made friends through them
I really like them
Activities was really fun and I am happy i could participate in them, but some people wasn't activ at all.
all fun
No

Very funny and interested activities
No like them
they were starting a bit to early
The activities were very fun and interesting, ai enjoyed talking with new people and getting to know them.
Great
It was reply fun and i made friends
Very good
All good
Childish

They were very nice
Perfect
Activities were very interesting and active
Workshops were very interesting.
The activities were fun
I love them all
Really good and not boring from first to last activity
I like them

Any additional comments?

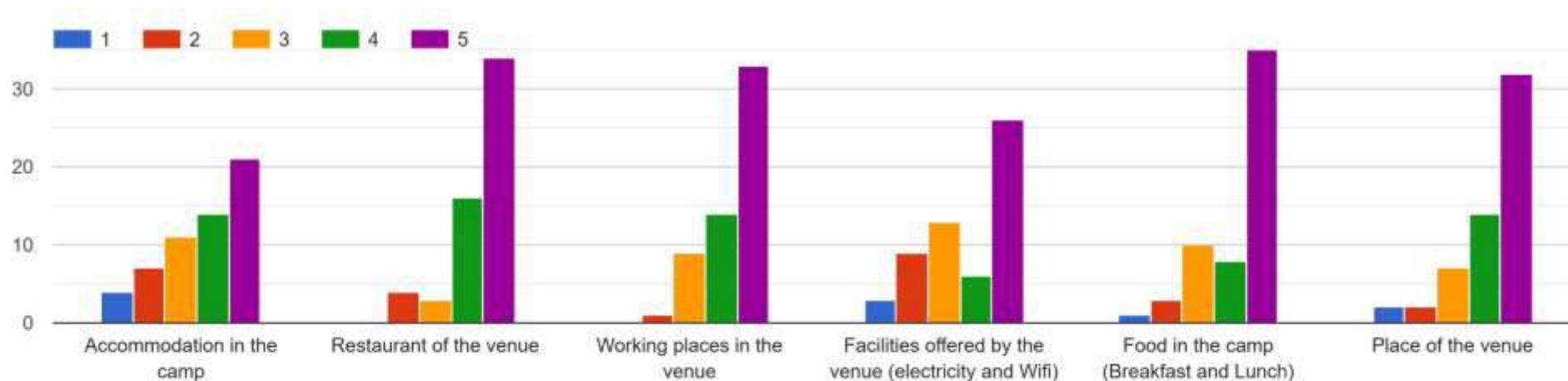
No
no
No
Nothing
Living conditions are very poor

The project was very fun and i would love to experience it again.
We need more alcohol was banned at the end of the project
No,everything was great

Some people are Privileged from some activities.
Maybe some of the participants should be more active in workshops and other activities. It would be better for all.
Everything was good . I like this project

Accommodation and Food of the Training

Within your recent stay in KATO ALISSOS CAMPING, KATO ACHAIA (PATRA AREA, GREECE) for the need of the youth exchange please rate your overall satisfaction with:



Anything that you want to mention in particular that will make us better about our future projects which have to do with the accommodation place and the food in the project

No
no
Nope
Shorter break between lunch and dinner or more snacks,

No hot water unfortunately
To get better AC
We need more meat and less vegetables.
Air conditioning

There was quite a serious disagreement within our Romanian team regarding the accommodation, mainly because some of the girls from other countries were staying in more comfortable conditions than the ones that were

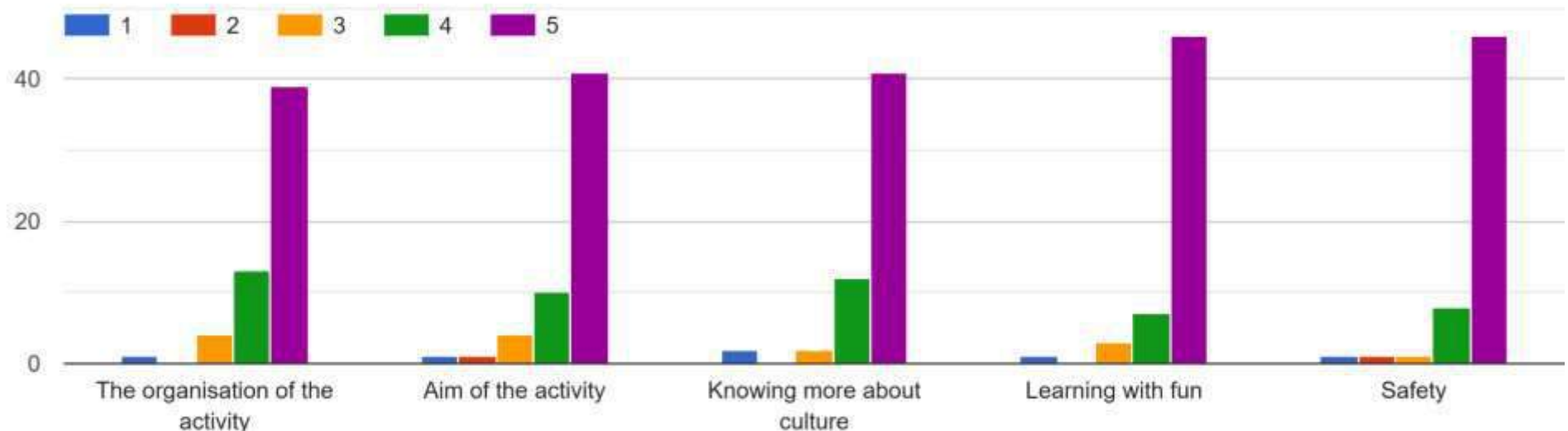
AC is needed for sure
better network connection
No
Nothing
Have the showers and toilets regularly cleaned
and stocked up.
everyone should have the same
accommodation

Everything was very good and facilitators were
amazing
Planing activities regarding the weather ☹
living conditions were very unequal compared
to others participants
Don't change jaja in the kitchen
Living conditions should be better, and if one
country gets better living conditions others
should to it's unfair.

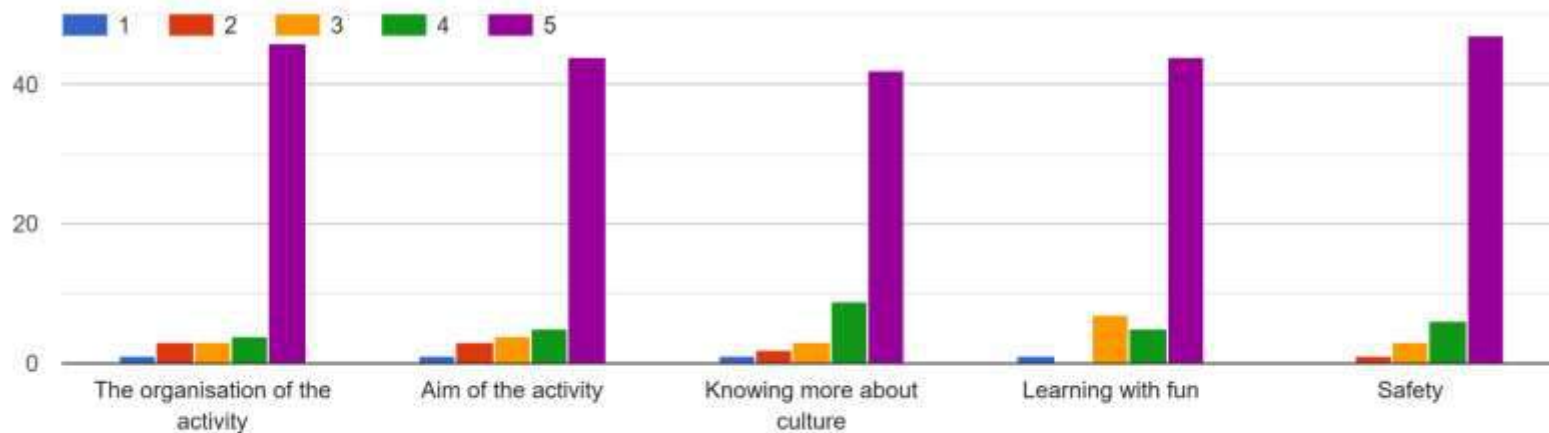
available to us. In my opinion, everyone should
have equal accommodation conditions—either
everyone stays in tents or everyone stays in the
more comfortable cabins. That would feel fair
to all participants. I would also like to add that,
because it was unbearably hot inside the tents
during the day, we spent most of our time in the
outdoor area near the restaurant. It would be
great if there were some outdoor seating or
lounge areas, such as sunbeds, hammocks, or
bean bags, where participants could relax
during the day instead of staying inside the hot
tents.

Outside Activities

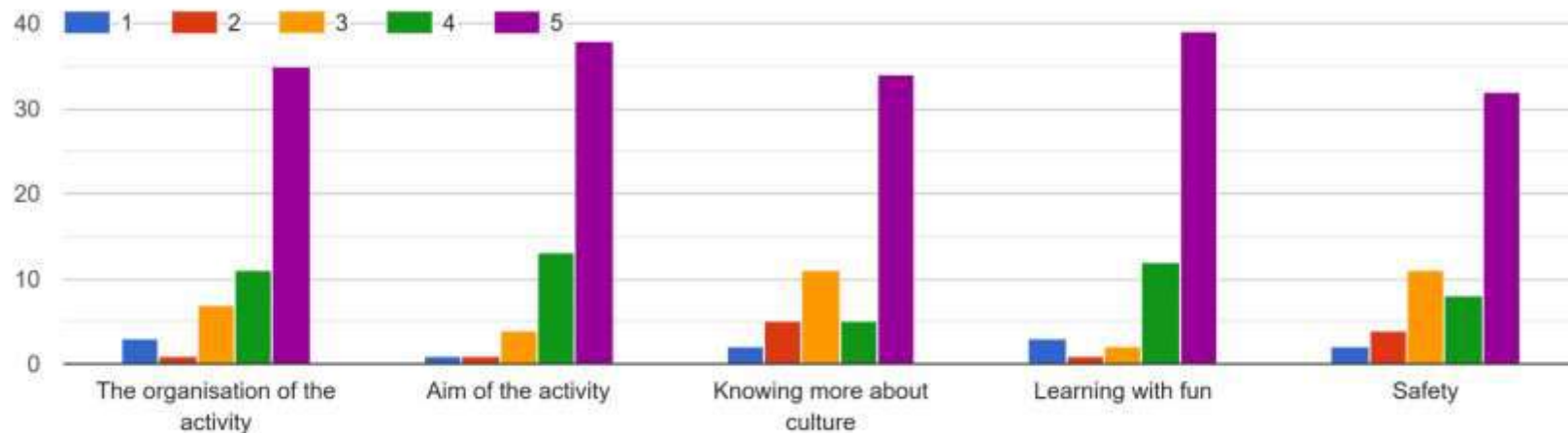
Tasks in Kato Allisos (Thursday evening). This was when you explored the area and uploaded photos based on your findings and communication with residents around. Ho... your personal involvement in the activity according to:



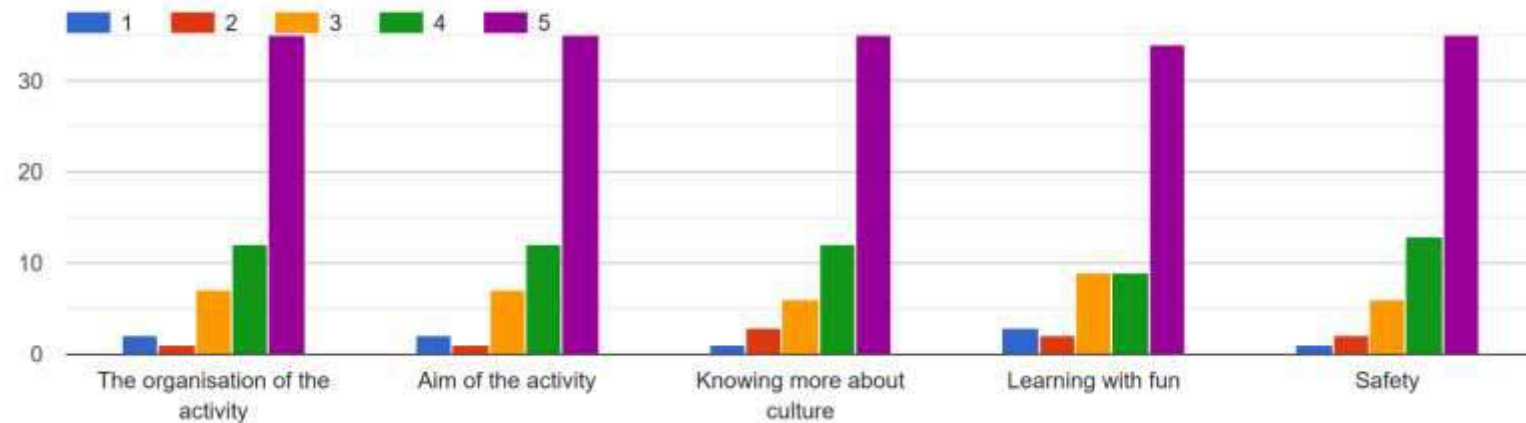
Cultural Visit to Patra, Church of Saint Andrew, (Monday whole day). How do you evaluate your personal involvement in the activity according to:



Competitive Sports games (Wednesday evening) - by the Lithuanian team LT This was the sports based activities we played near the sea organized by the Lithuanian team. ...te your personal involvement in the activity according to:

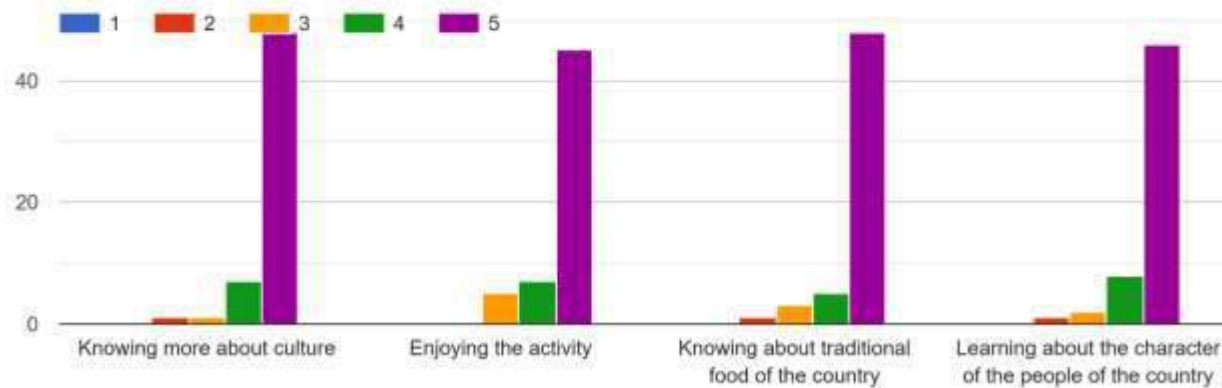


Visit to greenhouse (Tuesday morning) - by Mr. Theo 🧑🏻‍🌾 This was the visit to the greenhouse in the morning to learn more about the area as well as planting in the accom...te your personal involvement in the activity according to:



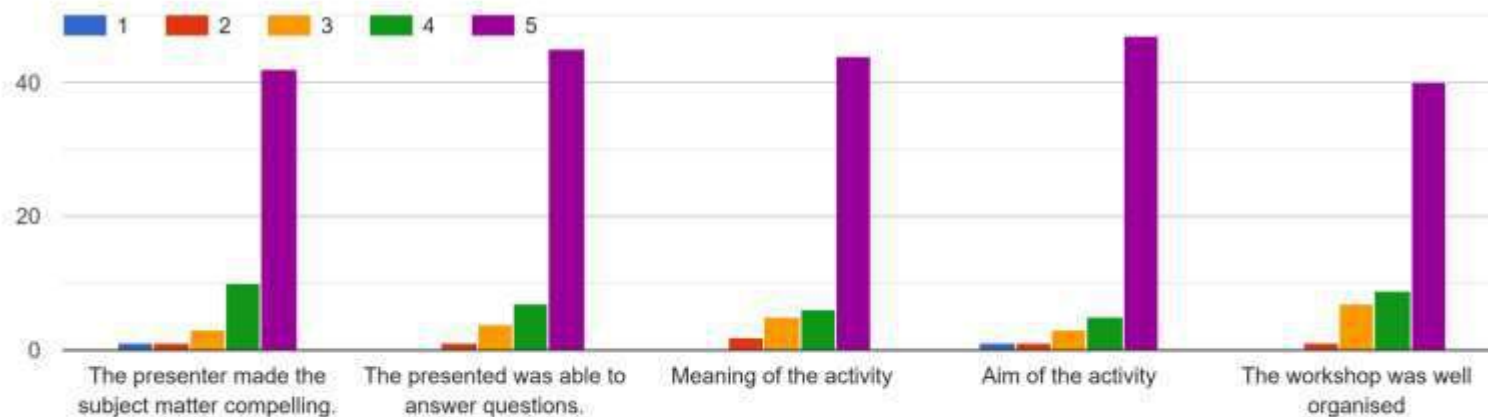
Intercultural/Night Activities

Intercultural night and traditional cooking (All nights): How do you evaluate your experience in not only cooking, but also experience the cooking of others as well as their culture:

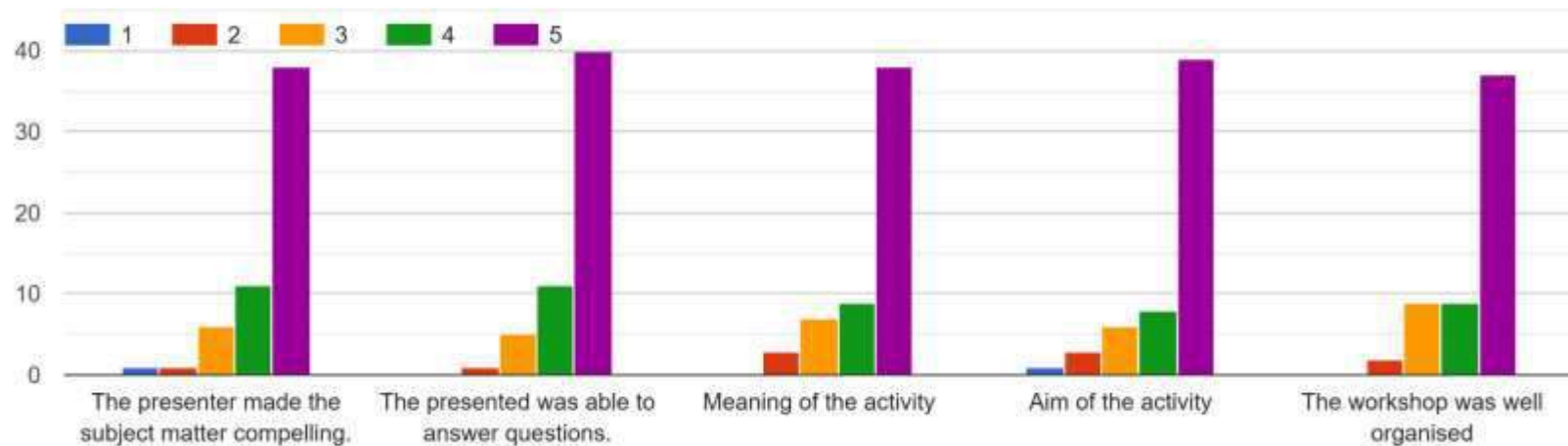


Non-Formal Educational Activities

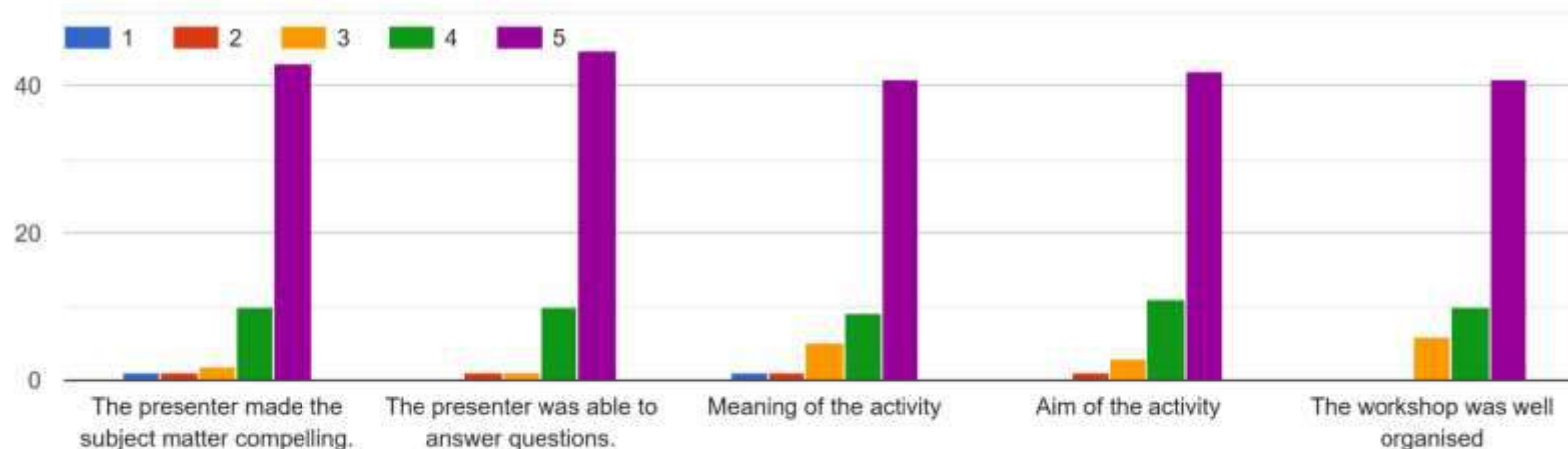
Icebreakers and Team building activities. (Thursday ongoing). These were the activities on the first day. We played different type of games in order to learn more about...ther. Evaluate the activities according your expectations:



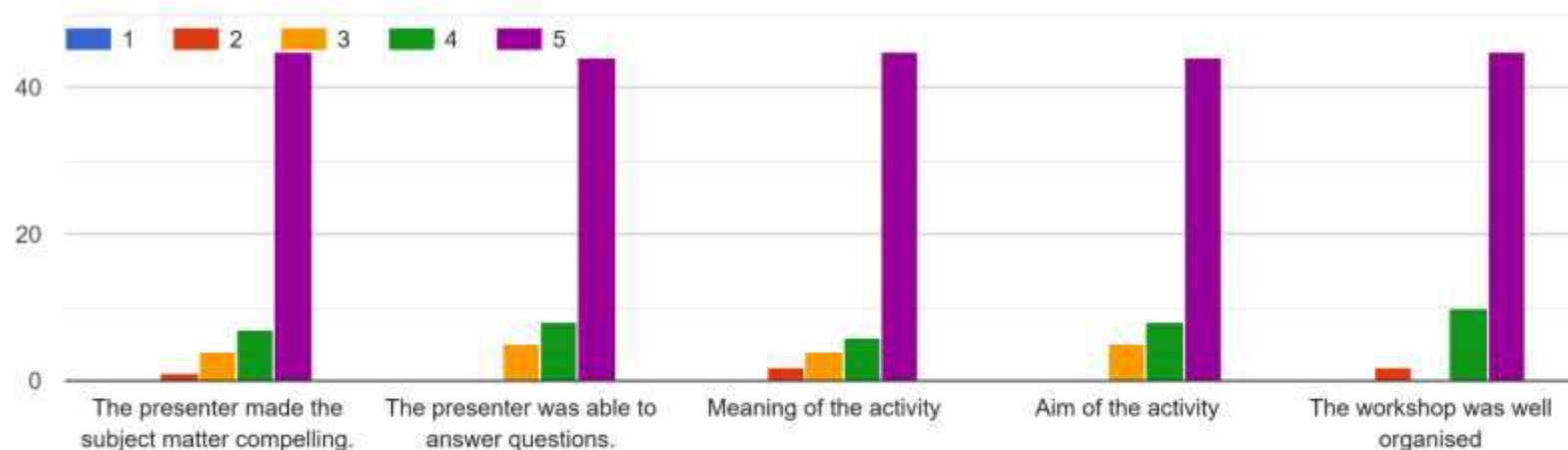
Energizer activities (Every day by teams). Evaluate the activity according your expectations:



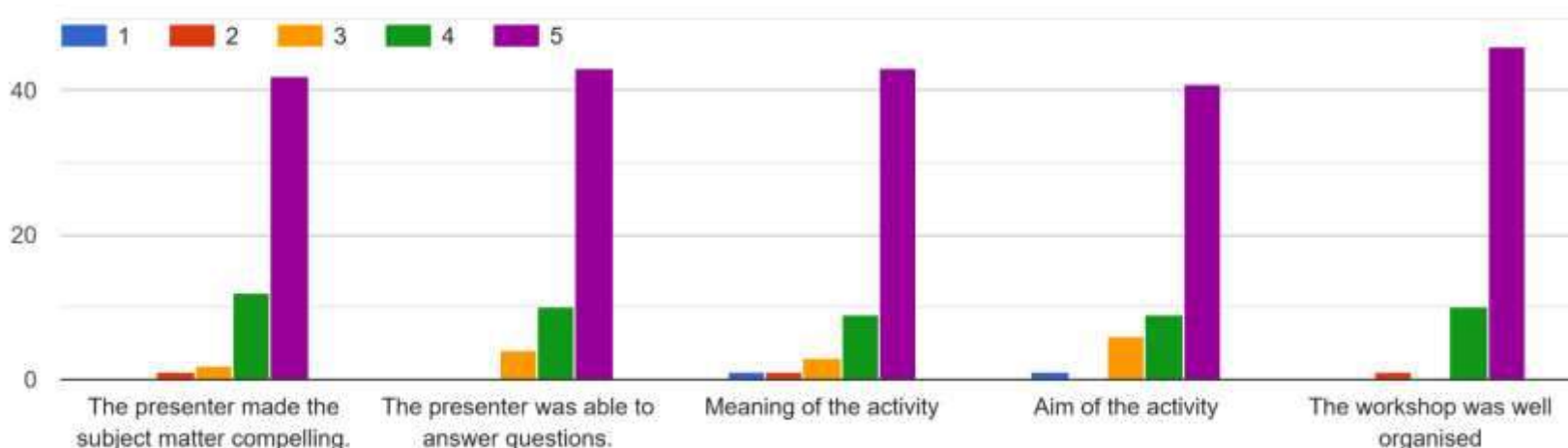
Fears, Expectations, Contributions backpack (Thursday morning) - This was the activity where we drew our backpacks based on the above factors. Evaluate the activity according your expectations:



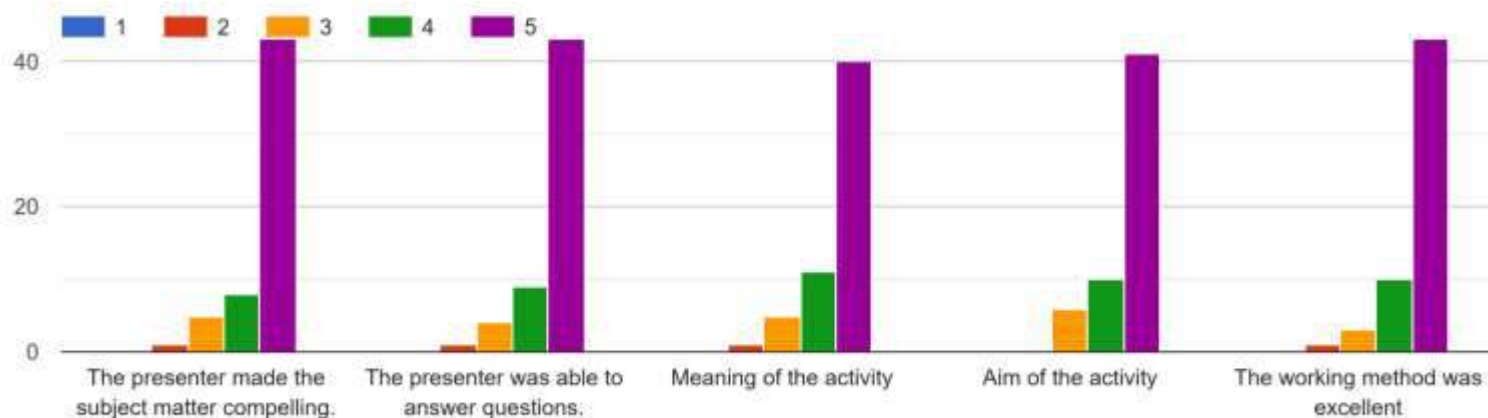
Youthpass key competencies activity (Thursday morning): This was the basic activity where you took part in different mini-activities to understand how the categories... works. Evaluate the activity according your expectations:



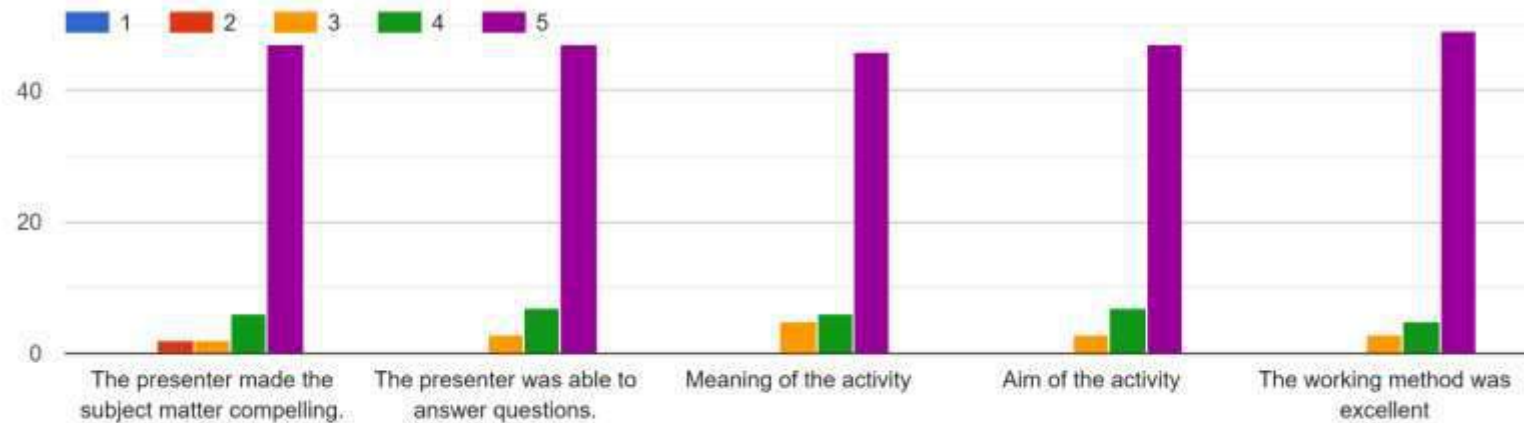
Mood pictures and interpretations (Thursday afternoon): This was the activity where you took 4 different pictures based on feelings and had a competition where other team...uess. Evaluate the activity according your expectations:



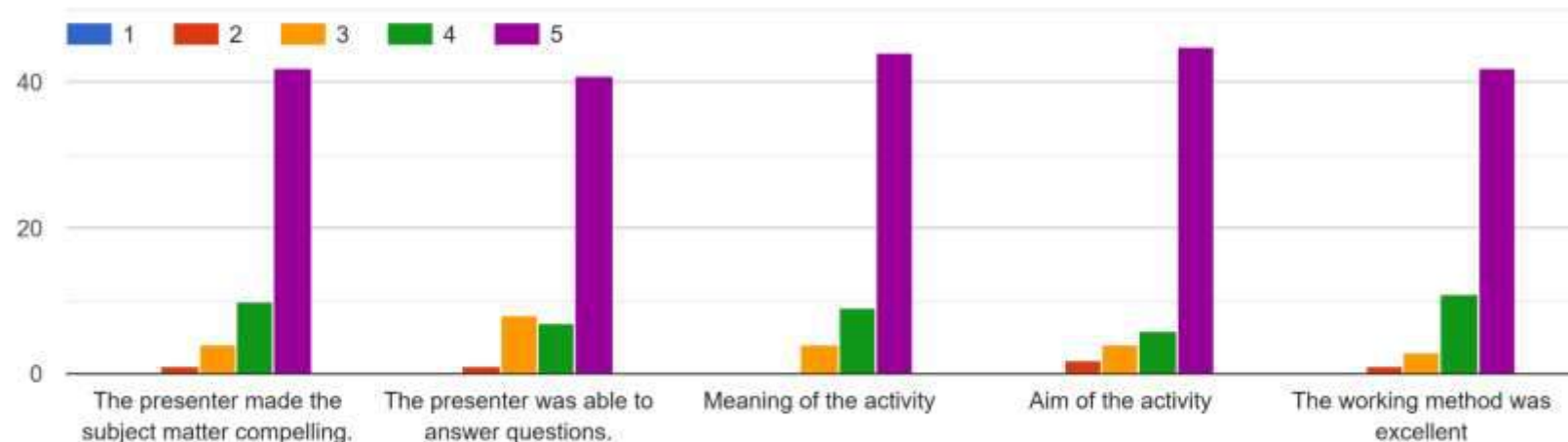
Realities of Countries/Homework presentation (Friday morning): This was the activity where each country presented the preparation activities they did before comin...hange. Evaluate the activity according your expectations:



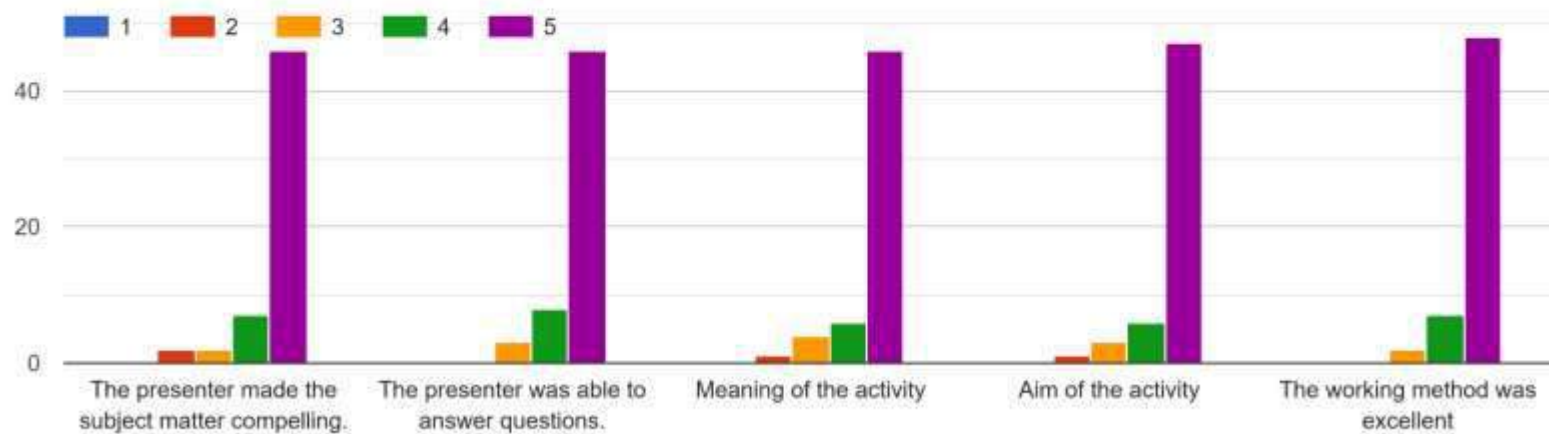
Dive into the topic + S.M.A.R.T (Friday morning) This was the presentation by Bobbie diving into the topic, followed by learning how to set SMART goals for personal growth. Evaluate the activity according your expectations:



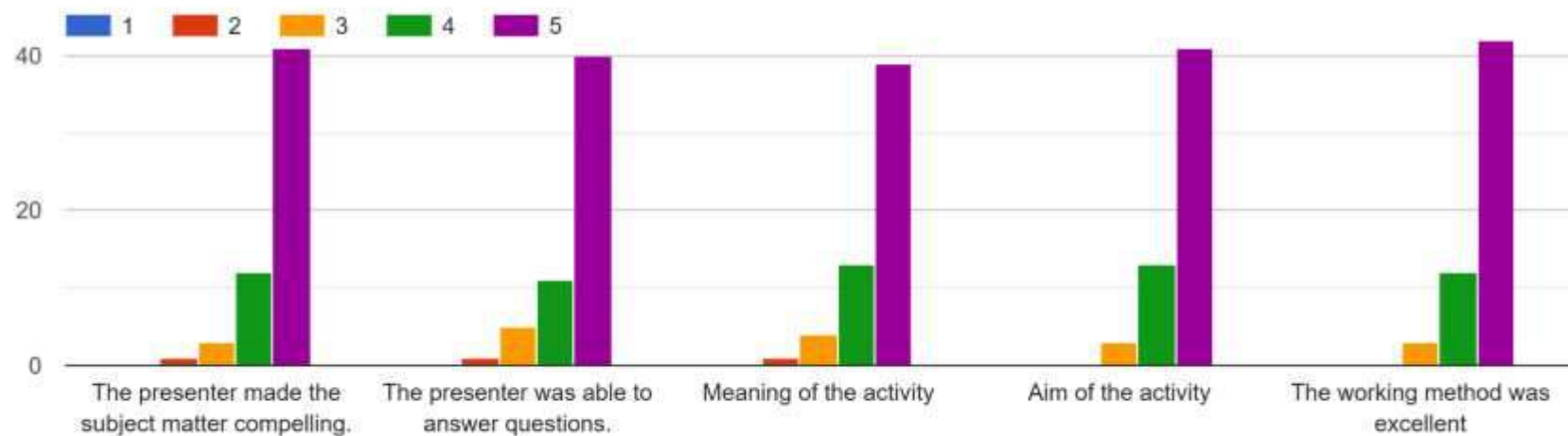
Active Listening activity I (Friday morning). This was the activity with active listening in pairs, both where one group was tricked. Evaluate the activity according your expectations



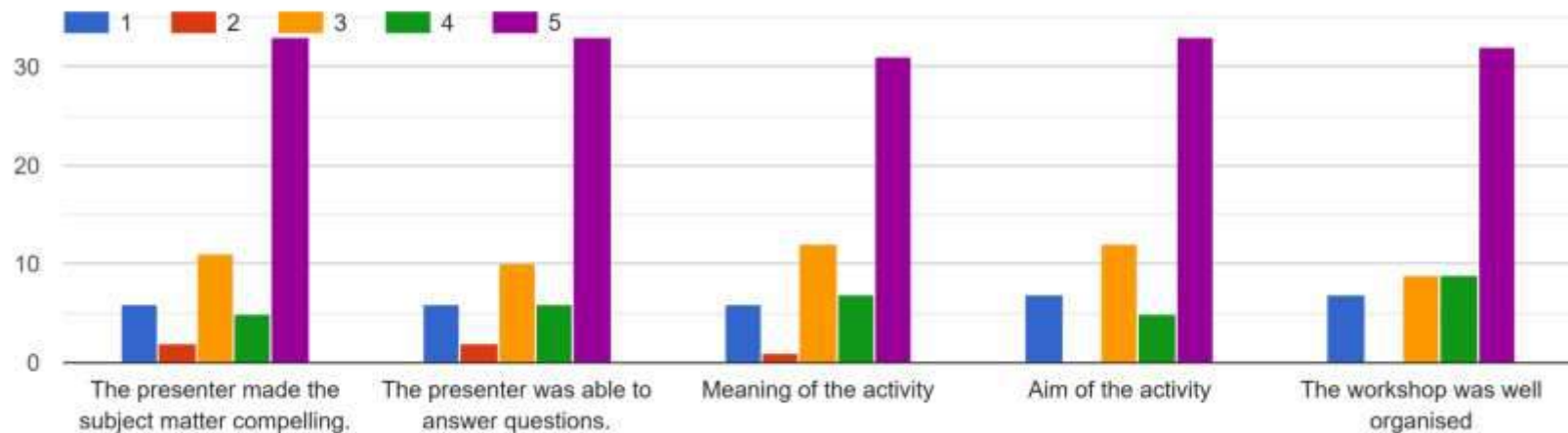
Active Listening activity II (Friday morning). This was the activity in trios, where one was blinded, one was deafened and one could not speak. Evaluate the activity according your expectations



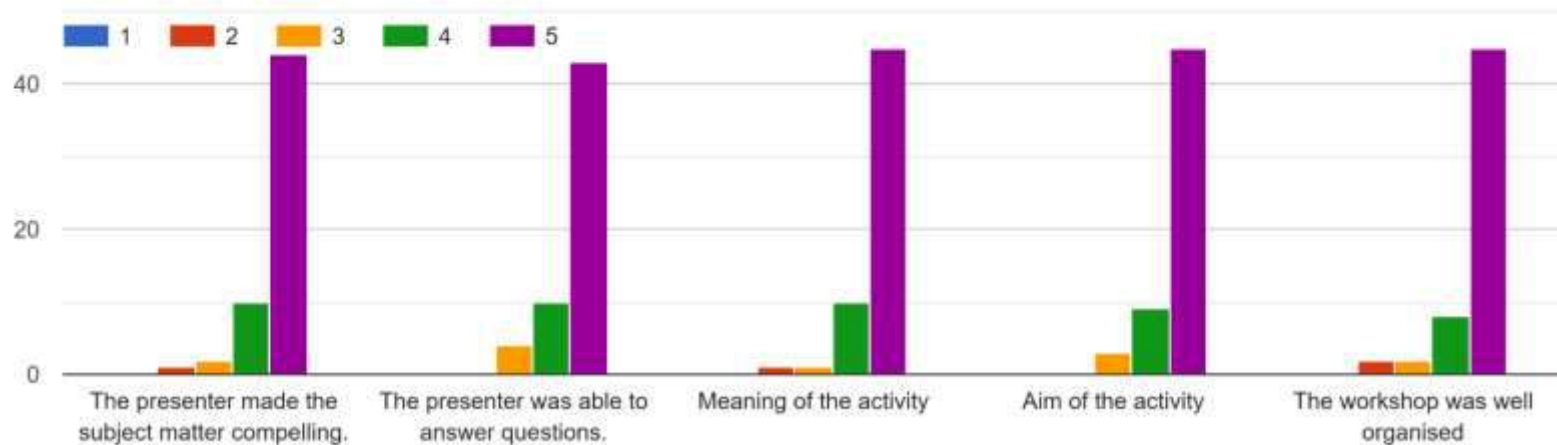
NGO Market (Friday afternoon) - This was the activity where we hosted a mini fair, based on what your organizations do locally. Evaluate the activity according your expectations.



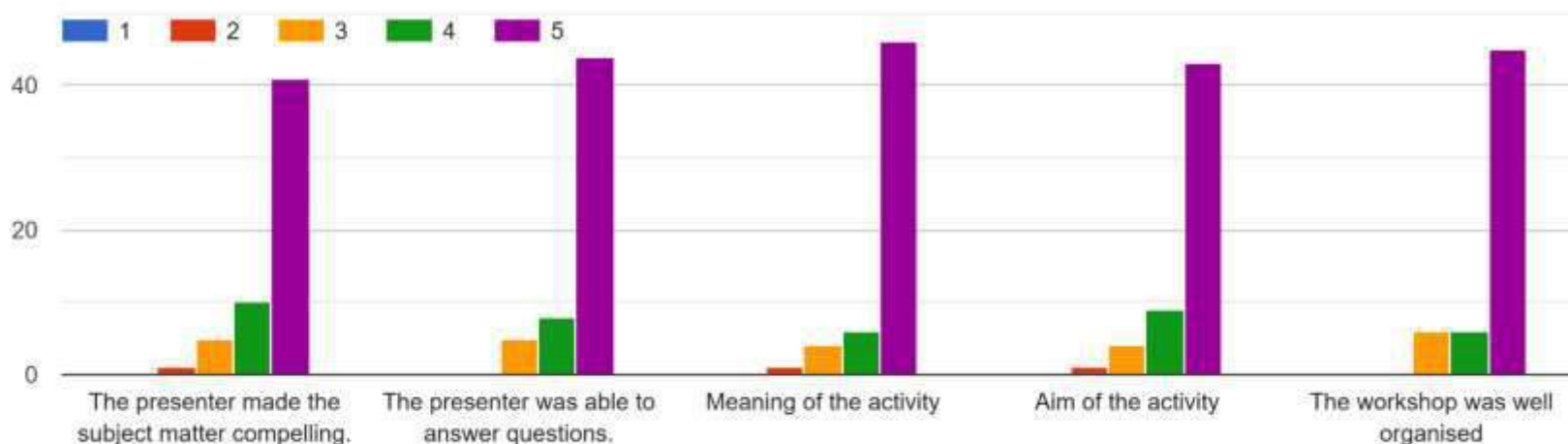
Dance based/Body movement activities (Friday evening) - by the Romanian team RO This was the activity by the romanian team where we focused on dance and body movem...s. Evaluate the activity according your expectations:



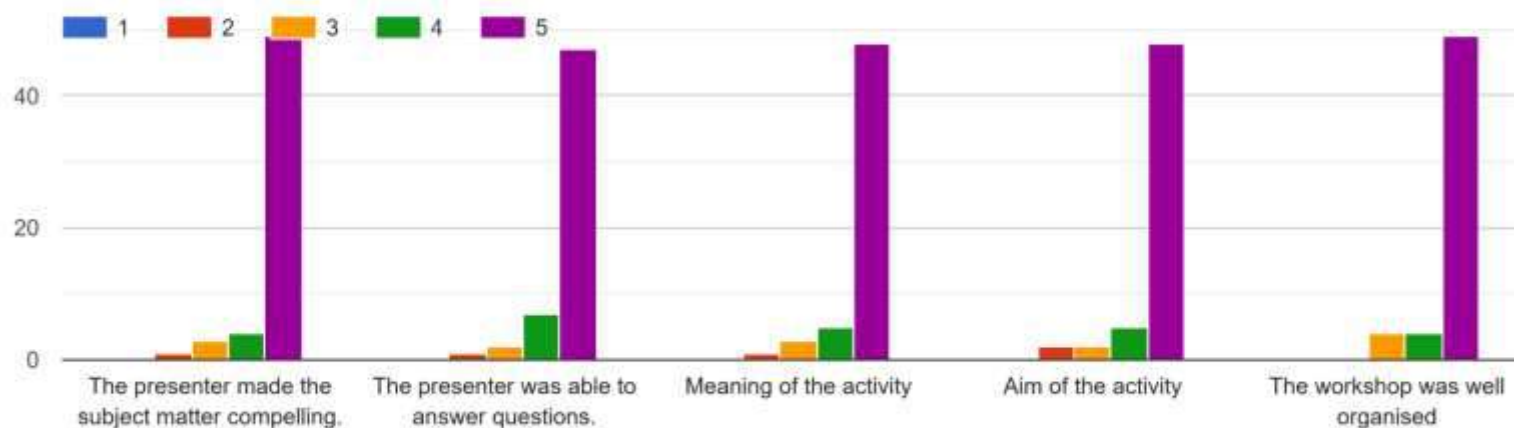
Mini-games based on feelings (Saturday morning) - by the Greek team GR This was the activity by the greek team, where in 5 stations you had mini games based on feelings, ...ation. Evaluate the activity according your expectations:



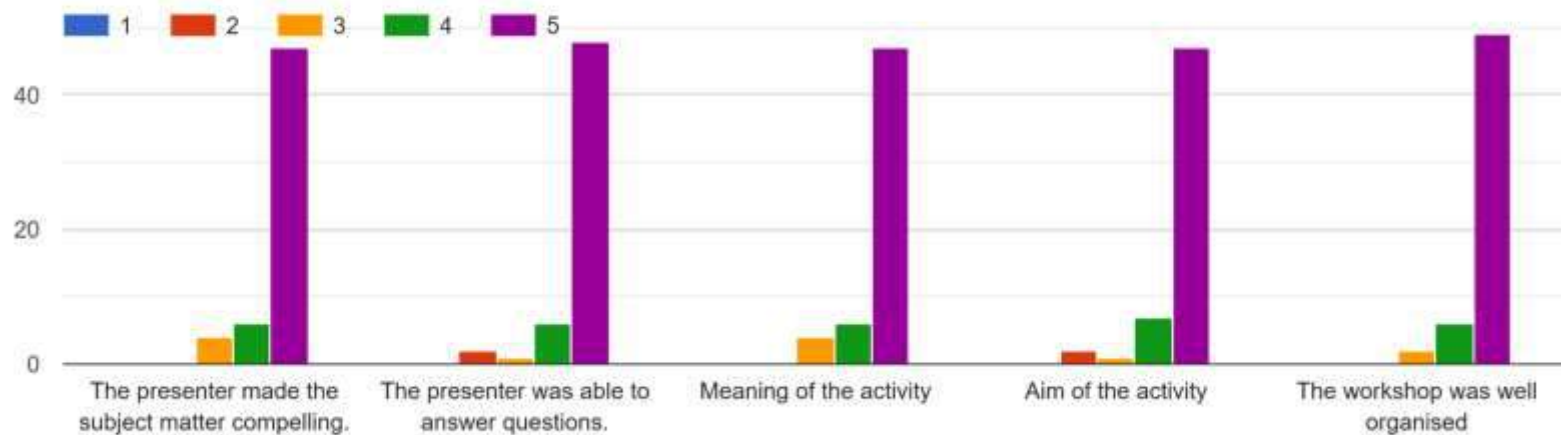
Poster design based on discrimination (Saturday morning) - by the Polish team μ_L This was the activity by the polish team where we made posters to represent emotion b...on. Evaluate the activity according your expectations:



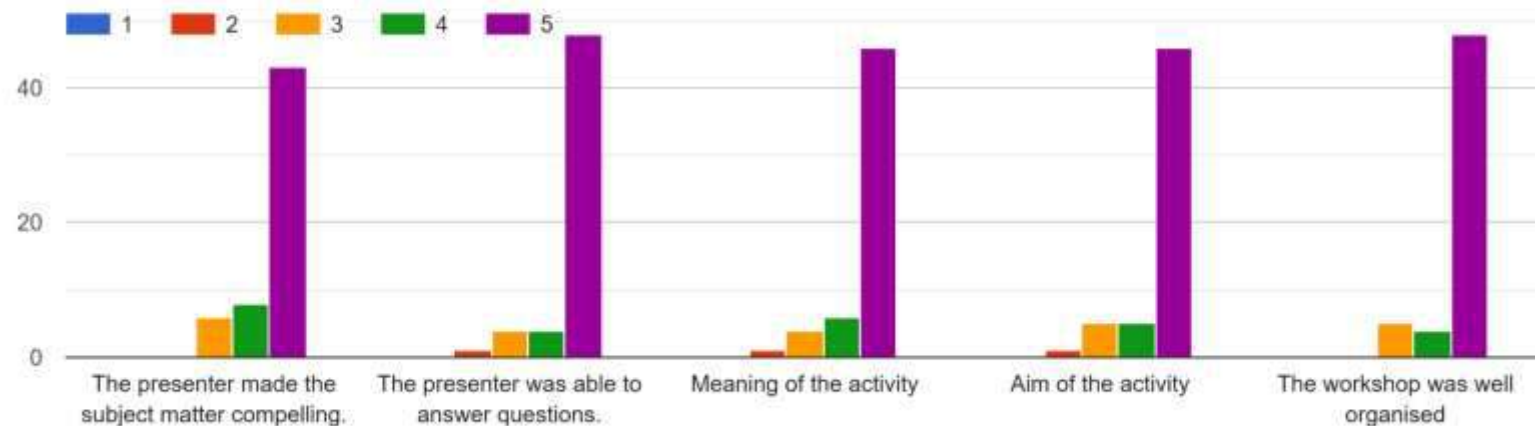
Theatre of the Oppressed / Forum Theatre (Saturday afternoon) - by the Cypriot team c_v This was the activity, in the same teams as the posters, where you prepared plays w...em. Evaluate the activity according your expectations:



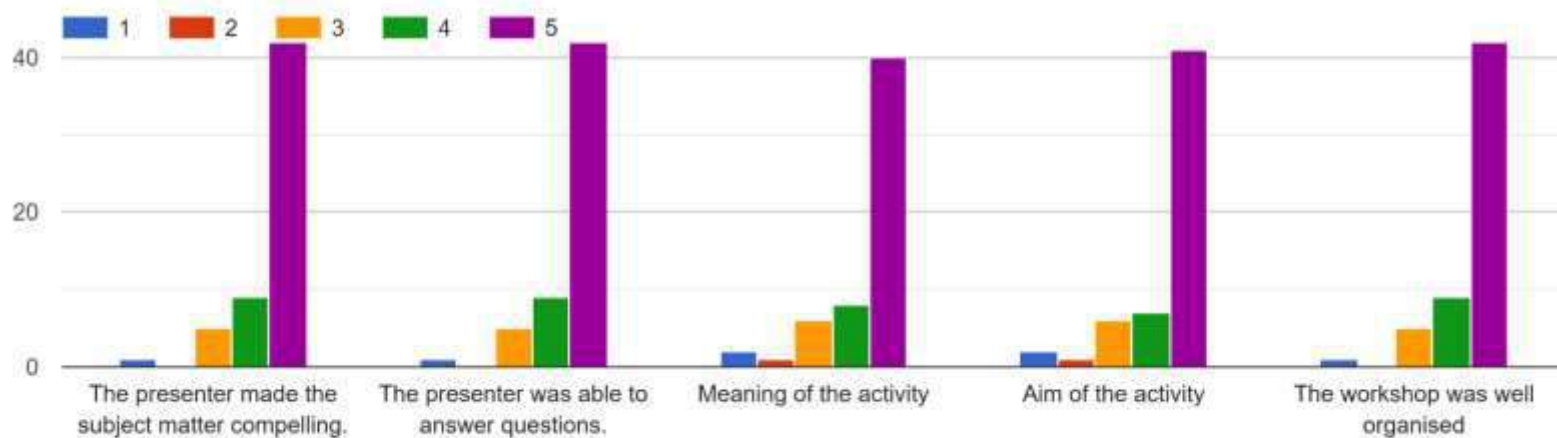
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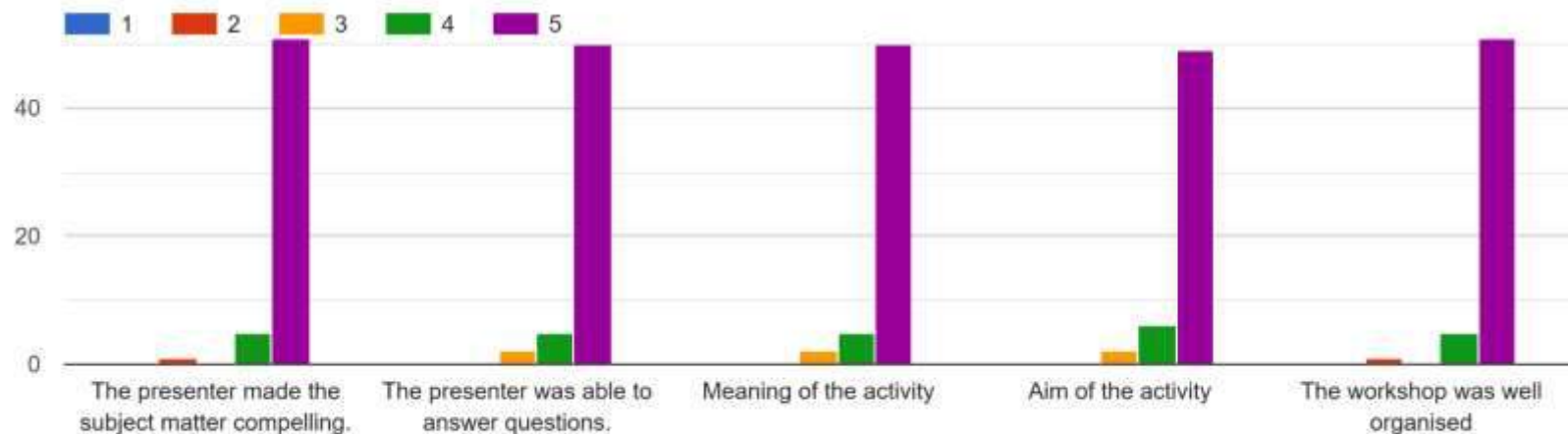
Group based Youth projects (Sunday morning) This was the activity where you prepared concepts of youth centers, but were then judged by 3 leaders to receive "funding" Evaluate the activity according your expectations:



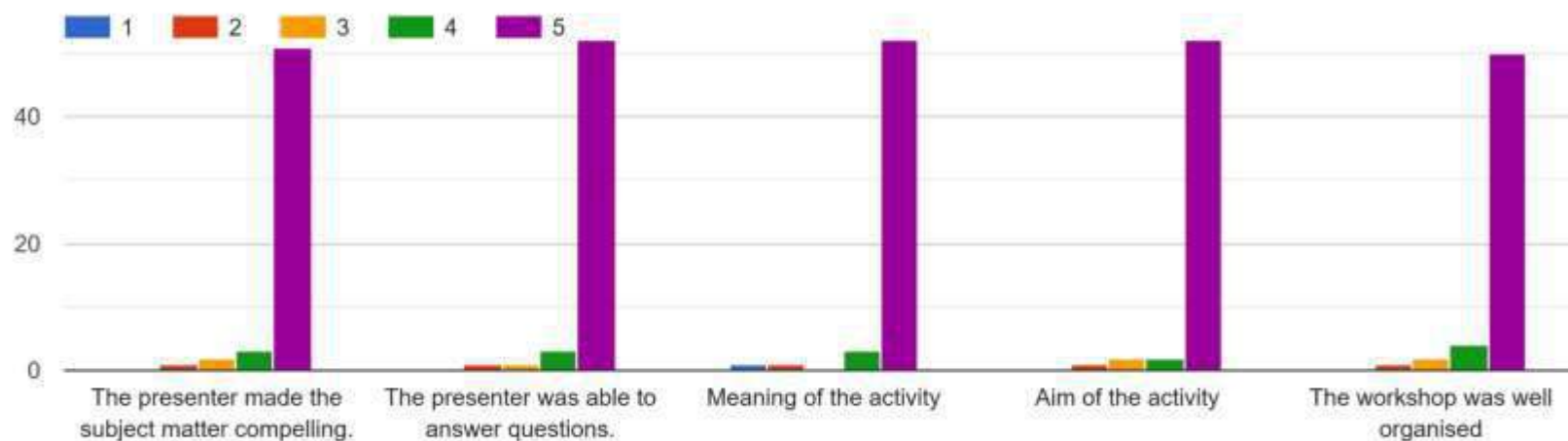
Drawing/Collage of your feelings (Sunday afternoon) - by the Serbian team ^{RS} This was the activity that started with movement and mini-discussions based on each feeling...ges. Evaluate the activity according your expectations:



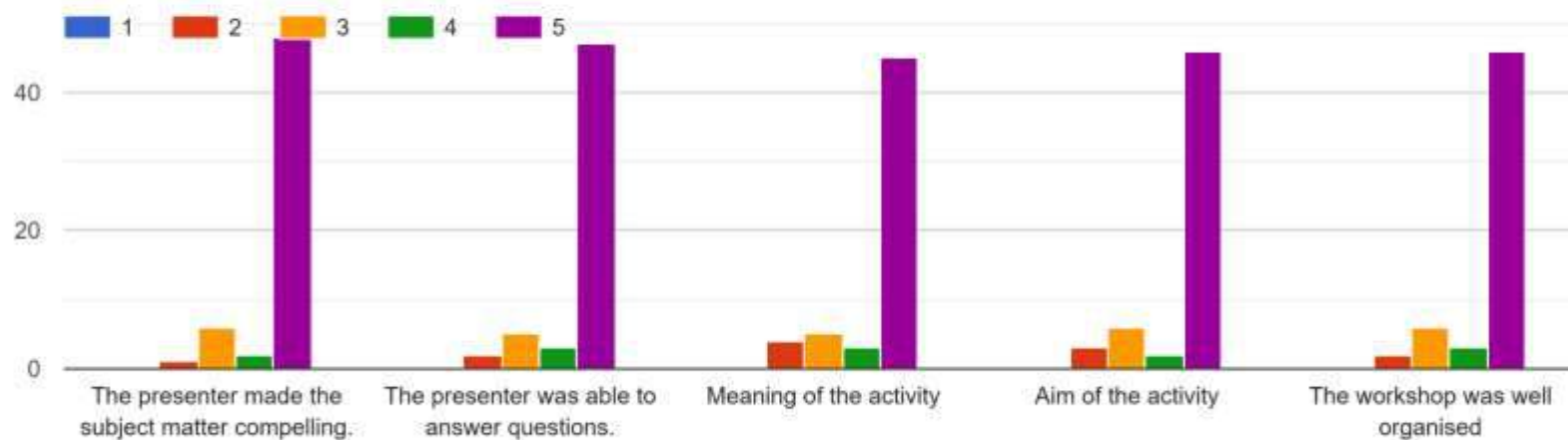
Video making 🎥 (Thursday) Starting our dissemination campaign already, in national teams you made videos sharing your experience of this project. Evaluate the activity according your expectations:



eu Erasmus+ Opportunities (Wednesday morning). This was when Bobbie talked about all the different opportunities you have as part of the European Commission. Evaluate the activity according to your expectations.



🔊 Reflecting song (Wednesday morning). The last activity in the Youth Exchange, a song based on our reflection of the whole youth exchange experience. Evaluate the activity according to your expectations.



General Questions

In a few words, how would you describe your emotional outcome for the organization and implementation of the Youth Exchange?

I am just thankful that I could participate in such a great project, I am happy I meet new people and know better other cultures. I am really grateful to organization, leaders and everyone. That's gonna be a good memory very important inspired, connected and motivated It was perfect Good feeling I like it I was connected with my feelings all week amazing I would love to come here again I come back from this project learned about emotions, how important they are and why we need to talk about them. Super sam se osećao sve vreme It was one of the best programs I have taken part Grateful, inspired, emotionally connected, more self-aware, and motivated to express my feelings openly. I feel more connected to other cultures * Highly rewarding and fulfilling. * Proud, grateful, and inspired. * Challenging but deeply rewarding. * Excited, accomplished, and connected. *

Motivated by the positive impact. Happy Loved it all Inspired, connected, and emotionally enriched. I changed as a person It was really good and fun and I would like to experience it again I learned new things I was happy and shocked because of the living conditions but I learned a lot about other countries I got the opportunity to talk in English and learn about other cultures also learned about importance of emotions Thank you Feeling more free in expressing myself I am very grateful and happy to be a participant of this project Amazed Highly satisfied and inspired Inspired, motivated and connected grateful inspired and motivated! I feel glad to take part in this project Stressed anxious sad fearful learn how to be more open Proud, grateful, and accomplished It was just great and I feel very happy Really good project

Perfect good Now, I'm less afraid to express my feelings. I really enjoyed the time, I actually was smiling all the time Friendship, happiness connected, motivated and inspired Awesome ecstatic, happy, amazed I feel really happy grateful excellent time, I admire the fact of learning about different cultures and making friends, I understand now that I can't escape my feelings and they are all okay and welcome to feel it was good Amazing It was perfect, I feel happy and motivated Friendship Enthusiasm, knowledge, new opportunities fun, energy, love I got to know how to express my emotions and it became normal to me so I'm happy 😊 I feel more freely to express my emotions to other people I feel very happy As always I am really grateful about the project. I am also going to Poland with new experiences

Which activity had the maximum impact for you?

Skoro sve u prva 4 dana.
The way that we can feel the others emotions and to express ours
I cant really tell
Greece
theatre!!!
Theatre
All
the video making
the mini games
I don't know
Video making, photo
Mini workshops
Greece's mini games
Sports activities
One did by Greek team
everything

The emotional sharing circle, where everyone had the opportunity to talk about unshared emotions in a safe and supportive environment. It helped me better understand myself and others.
The one with Communication
Red light and green light
Red light,green light
Theatre for sure
Active Listening activity
I think video making I like creative things
The video making
Theater
Song making
Presentation Erasmus opportunities and I really like Greek activity where we had a lot of tasks for group
All did

Theatre
All of them did
Probably the S.M.A.R.T. activity
The active listening in pairs, because my partner was not talking whenever I stopped asking questions and it was impossible for me to ignore her and It made me had to improvise and find different way to learn something from this activity
Drawing and collage of feelings
The activity by Lithuanian team at the beach
Video creating
Vudeo making
„Draw your emotions”
theatre
This with blind, deaf and mute
All of them

All the activities for the beach
the greek activities
Reflecting song
ngo creation
the theatre one
Music chairs
Theatrical activity
Video making
I think theat was really good activity
cultural nights
Music chairs
the beach games by Lithuanian team
every activity was amazing
The active listening. Its showed that listening to others is very important and can boost ones self-esteem.

Which activity had the least impact for you?

I think it was reflecting song, but it only because music is not my favorite way to express my feelings
energizers
no one
Singing
Sport one
SMART, what I bring in my bag
no activity gave me that feeling s
Dancing and then talking about the emotion we had to do.
Šetnja do plastenika i sadnja
No ond
Drop the hanky

Dancing activities
Greek games
energizer
Lithuanian activity
they were not like that
Neither did
The eas not any activity that had the least impact on me
I think every activity had its own value. If I had to choose, the icebreaker games had the least impact because they were mainly for getting to know each other.
none

Dance based/Body movement activities (Friday evening) - by the Romanian team ro
Dances
Go to the garder
Drawing poster of the organization and ptesent the organization
Lithuanian's sport activity
Singing
This with dancing
Sport activitie
Theater
singing
All
singing

None
Nothing
the energizer
No
Probably the song singing.
Songwriting
Youthpass
visit to greenhouse
none
I liked everything
sport games
Sports
i dont know
Romania

Any message you want to tell the facilitator's team? :)

No
no
No
Everything was okey.
I love Bobby
Keep your amazing work
♥ We love you guys, you guys are
so amazing
I appreciate the work you put in for
us to have fun'
Odličn posao su obavili.

you are the best <3 it's not my first
project with you, and i still didn't
get disappointed 😊
Keep going 🙌 🙌
Thank you so much for all the
things I learned and all the
opportunities you gave me to be
part of this project
Thank you so much
Bobby is sigma
They were amazing and did
amazing work

Thank you very much!! Much love!
Bobby is really great person and i
hope to see him in other projects
congratulations from Romania
thank you for positive energy, it
was an unforgettable experience
😊
They was the BESTTT
good job
They are the best !
I had so much fun! thank you!:))

Good job
Good job
Love you
Keep the projects alive you are the
best host i had so far and i would
like to participate in it again
Good job . You are amazing 😊
You did a great job and I would like
to be with you again ♥
happy birthday bobbie ♥
Thank you