

Evaluation of the organization and activities PDA PEMEHECON

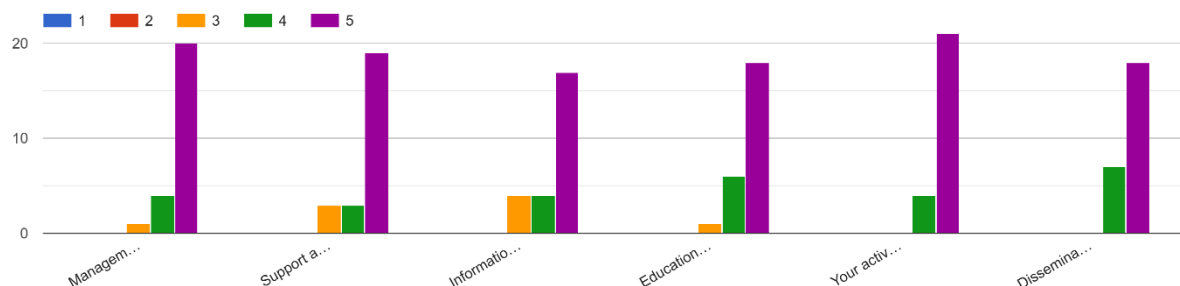
We invite you to share your feedback on the Professional Development Activity, which took place at Apartments Ferchergasse in Vienna, Austria. Your input regarding the overall organization of the training, as well as the educational, cultural, and other activities, is highly valued.

The questionnaire is divided into five sections and is intended to gather your perspectives and evaluations. Your feedback is extremely important to us, as it will support continuous improvement and enhance the quality of future activities.

SECTION 1: PROJECT MANAGEMENT

Please note that this questionnaire is exclusively for participants of the Professional Development Activity (PDA) PEMEHECON: Protect the Environment and Your Mental Health with Your Connection with Nature.

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.



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

- No, everything was good!
- Organized and clean communication and management
- I liked that we had groups to communicate and one online meeting to discuss details from ACPELYA. My sending organisation could have offered me more support, but I am happy with all in the end.
- Everything was organised very good
- No
- The themes of the project were implemented greatly, the information shared effectively.
- It was normal, I didn't have problems at all.
- a bit chaotic at first, didnt really know what to expect cause the information provided was also said to be not to work out exactly like that because the training was actually planned for summer months...
- We had an online meeting before the training and we got prepared for it.

- In my opinion, each of these parts was organized at the highest level. Somewhere I put a 4, but only from personal feelings.

Any comments about the activities?

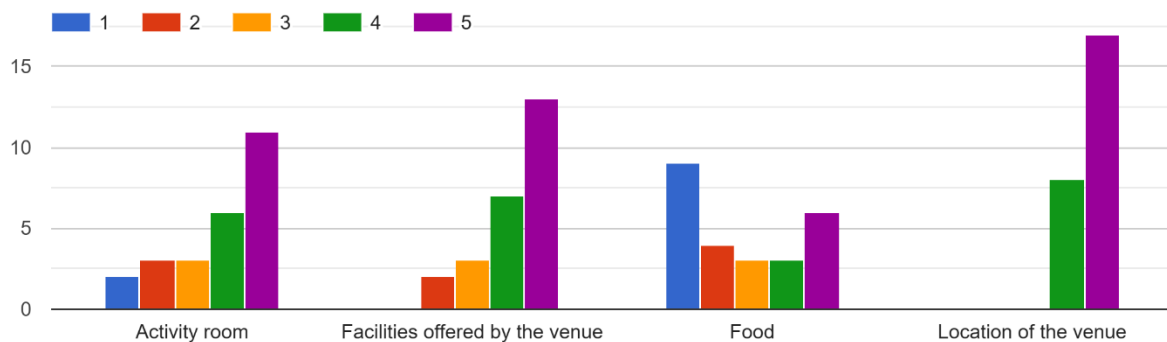
- The activities were great and insightful, they were very thought out.
- I liked them a lot. Most of the things we did were new for me, I've never played with clay, or done foot painting, never done art therapy, aromatherapy and yoga. I find the preparation for the activities very deliberate, thoughtful and well-developed. They were all fun and at the same time very educational and helpful to find some peace within ourselves. I really needed this project.
- I really loved all the activities and I was actually surprised how well thoughts were made.
- I liked it really much
- No
- Greatly paced throughout the days.
- Really liked it, that there were like a lot of different tasks to do
- It was really entertaining
- It was really nice, educational and useful to use for our youth working.
- Unfortunately due to the season (winter) a lot of activities outside - to which I was looking forward to - had to be changed.
- very good, a lot of personal engagement by the trainers, very helpful
- I liked a lot the activities and especially the fact that it went had a lot of practical tools that we can use them in our everyday life.
- Very creative and well structured
- I liked the facilitators and I learned from them how to conduct workshops and work with groups.
- excellent activities
- I really like all of them! Because this topic was so relatively to my experience, values, priorities. I really appreciate this project

Any additional comments?

- No
- Thanks everyone who is involved in this project and who made it happen!!!!
- Keep the good work up! See ya in other projects
- I believe it was unfair that some participants (e.g. Austrian team) were excused for skipping MOST of the activities, while the other participants were scolded for being 2 minutes late.
- I liked the group spirit and how the trainers encouraged it by the choice of the activities
- /
- I put 4 for active participation, because in my opinion I could be more active and open.

SECTION 2: HOSTING (ACCOMMODATION AND FOOD OF THE TRAINING)

Within your recent stay in Apartments Ferchergasse for the need of the training 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

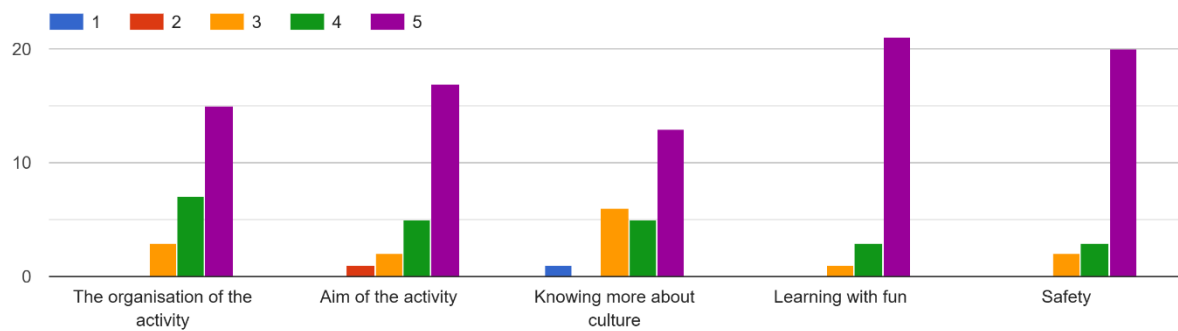
- The food that the host prepared for us, they used expired products. Also, they were, at some point, very rude to us. At the beginning they mentioned that we can help us and use the fridge, but as the days passed we received an angry message from them where they told us not to use the fridge because we can not, it's their food and we can not snack or prepare something like a sandwich. Also, some of the participants where intimidated by the host for wanting some more food. At one point, a girl was shamed that she took a bigger portion and she eats a lot.
- I felt like I wasn't really welcome here by the host, there were some comments made that I felt like could have been worded out more respectfully, the food wasn't really inclusive for the people here. I wished I was treated by the host in Vienna with more kindness and respect.
- I want to thank the hosts as they did a lot of work to make pur stay here possible and comfortable. However I do think that there is ample room for improvement especially when it comes to food. I think most of the participants expected more meat, as that is their diet and we were asked about that exact thing in a google form. We also noticed that some food was expired and still suggested for us to consme, which is kind of not really ok when the ham expired 10 days ago. The same goes for the eggs that had an unpleasant smell. You don't really want participants to get food poisoning and not to be able to participate in the activities. Moreover, I think some participants, including me, had an impression that we weren't really welcomed here, as some reactions and demands, warning not to do something were a bit harsh sometimes. That probably has

something to do with the difference in mentality and culture, but still as it's an intercultural project you need to be prepared for that.

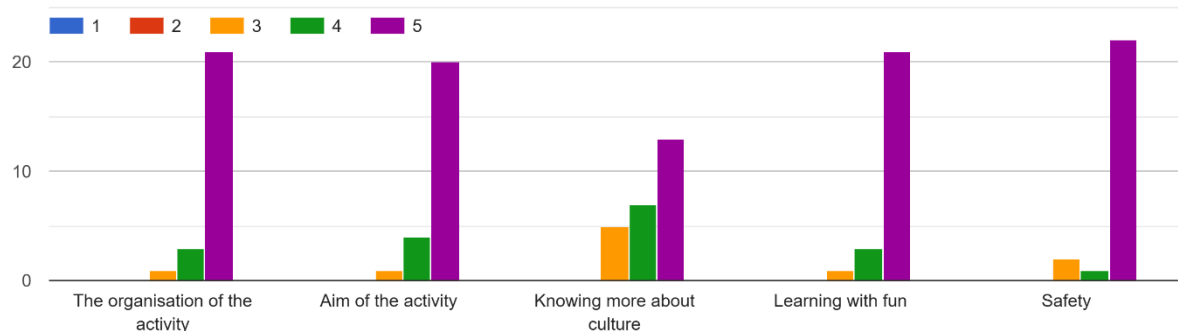
- Everything was good
- The host organization was not very welcoming during this project. Communication often felt unfriendly. overall, the experience could have been much better with more respectful and considerate behavior
- No
- Avoid passive aggressive and condescending comments towards the participants. Communicate issues more effectively without putting the people down. Diversify the food and spices. Avoid glaring at participants especially when they eat. At least attempt to be more friendly and approachable.
- The food it was very similar every day and sometimes really spicy
- I had stomach aches almost every night, It was quite unusual thing. I do not have acclimatizing issues and I think that food should not be made of really specific spices.
- everything was fine, nice to stay in a capital!
- The accommodation was very good but it needed more variety in the food. I felt that for 10 days, we were eating the same food everyday. We needed more protein like meat and fish also.
- The food was expired. There were no meat or chicken. Everyday, at almost every meal we ate beans. The food was very spicy. The hosts counted how much we eat and always commented that.
- Food felt very repetitive and boring. More variety was needed. Hosts were unapproachable and rude.
- The food was horrible. There should be various type of food at least from 2 to 2 days. Also, in some days the food was either too spicy or too salty.
- Activity room — this place was so small for us! we didn't have enough space for our program. It's too bad that the kitchen and meeting room are in the same place, we constantly had to set up and fold the tables - it's not convenient. but overall I gave it a 3, because everything we needed was available 2. Facilities offers — in apartments we had all what we needed: iron, washing machine, dishes 3. Food - I like that it was not so oily and salty, but expired food it's -100 4. Locations- it was not so far from centre city, so I like It.

SECTION 3: OUTSIDE ACTIVITIES

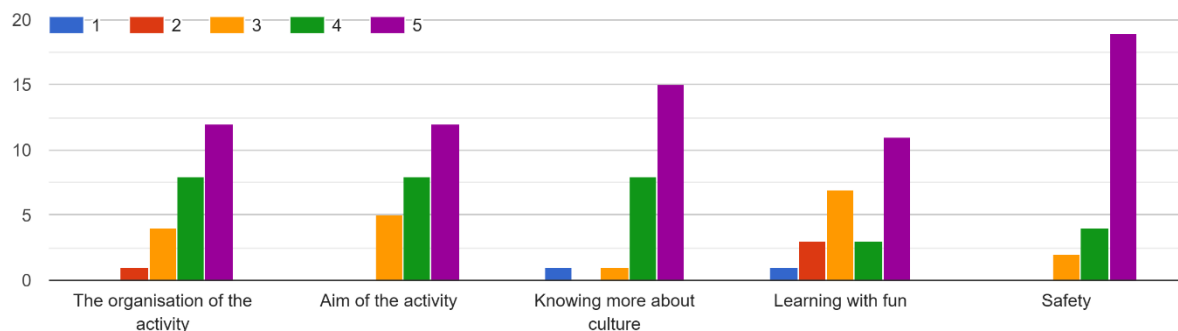
Outside Play with Snow (Earth and Personalities Activity). Focused on the connection with nature. Mix of earth and water elements. How do you evaluate your personal involvement in the activity according to:



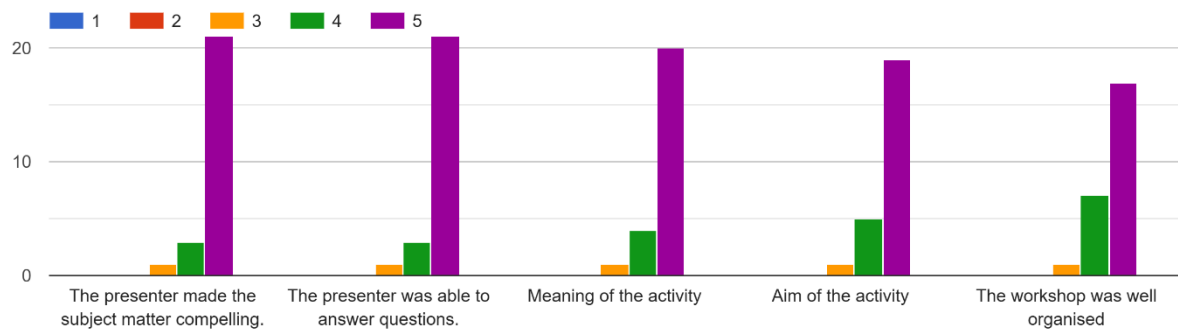
Excursion day: Activity to the Danube River (Water-based flow activities) - This was the activity in which you were encouraged to move slowly, observe the sound of water, in...e your personal involvement in the activity according to:



Visit to Mistplatz Hernals. This was the visit to the recycling plant with Stephanie, to see where exactly the trash we have been organizing has been going. How do you evalu... your personal involvement in the activity according to:

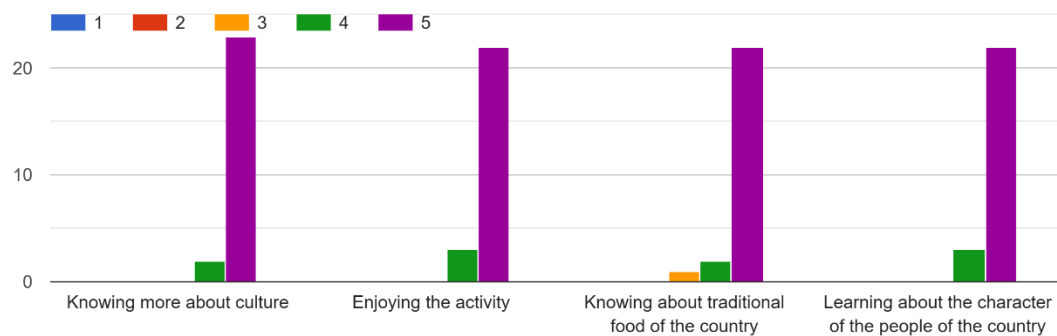


Outdoor physical activities (Wednesday Morning) This were the activities that took place after the visit to the recycling plant with Stephanie. We played different energet...e. Evaluate the activity according to your expectations:



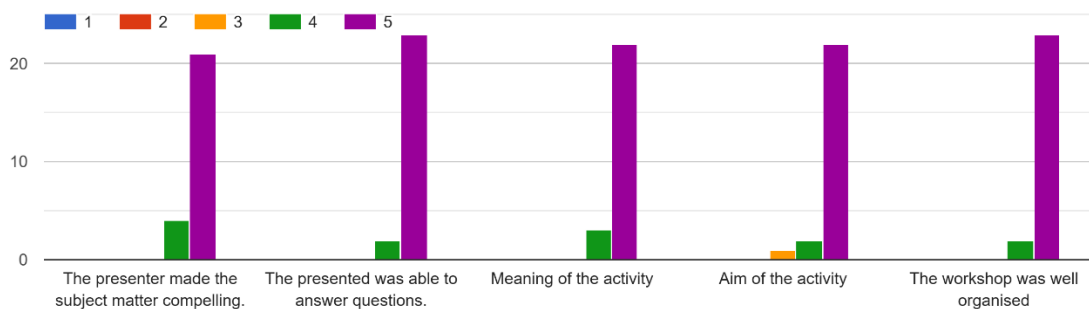
SECTION 4: INTERCULTURAL NIGHT ACTIVITIES

Intercultural nights: How do you evaluate your experience in both intercultural nights of the project?

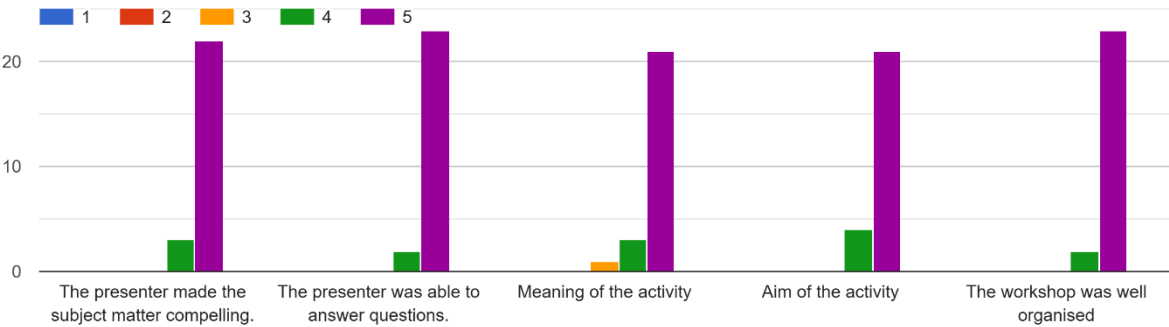


SECTION 5: NON-FORMAL EDUCATIONAL ACTIVITIES

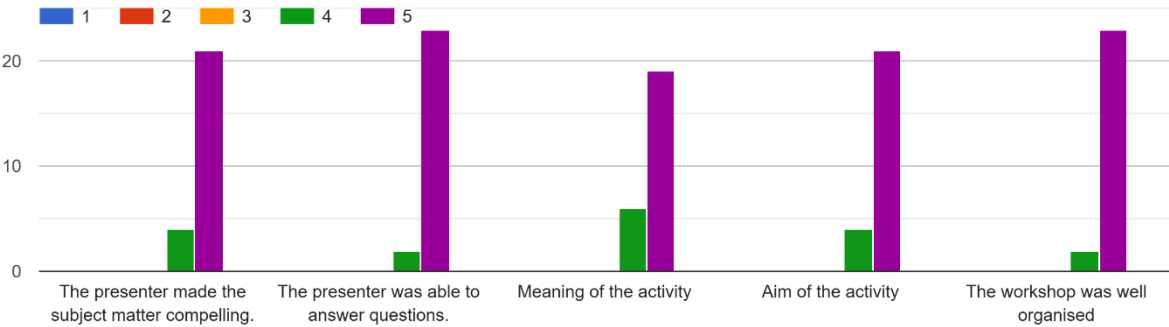
Icebreakers and Team building activities. (Thursday: 19th of February). These were the activities on the first day. We played different type of games in order to learn more a...e. Evaluate the activities according to your expectations:



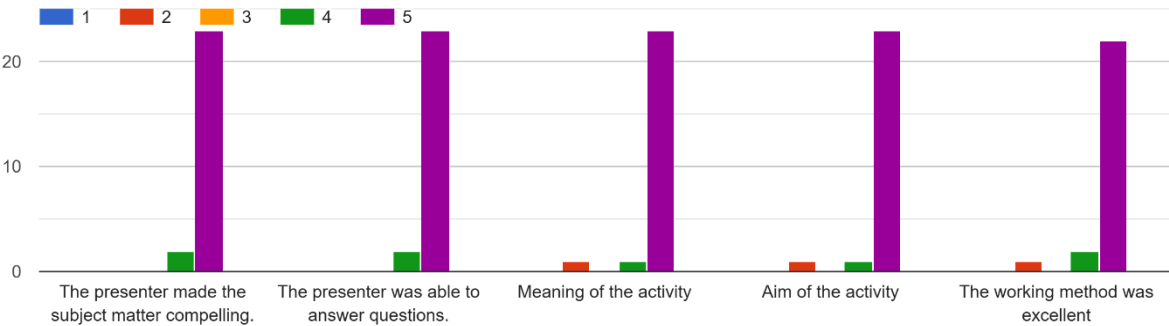
Fears, Expectations, Contributions backpack (Thursday morning) - This was the activity where we drew our backpacks based on the above factors. Evaluate the activity according your expectations:



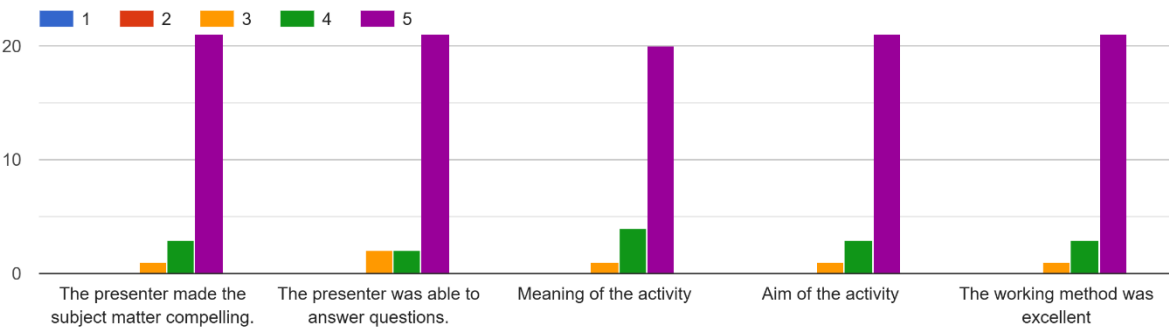
Youthpass key competencies activity (Thursday afternoon): This was the basic activity where you took part in different mini-activities to understand how the categories... works. Evaluate the activity according your expectations:



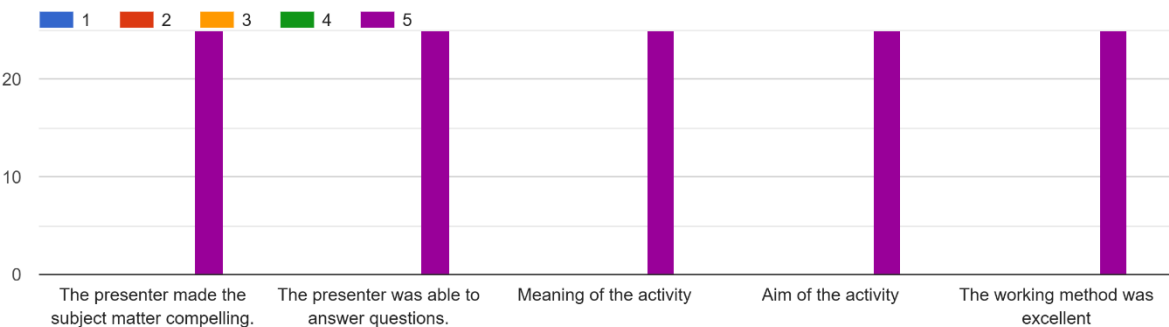
Our Personal Items (Thursday afternoon) This was the activity of how each person feels connected to a personal item and how those objects became powerful storytelling t...etter. Evaluate the activity according your expectations:



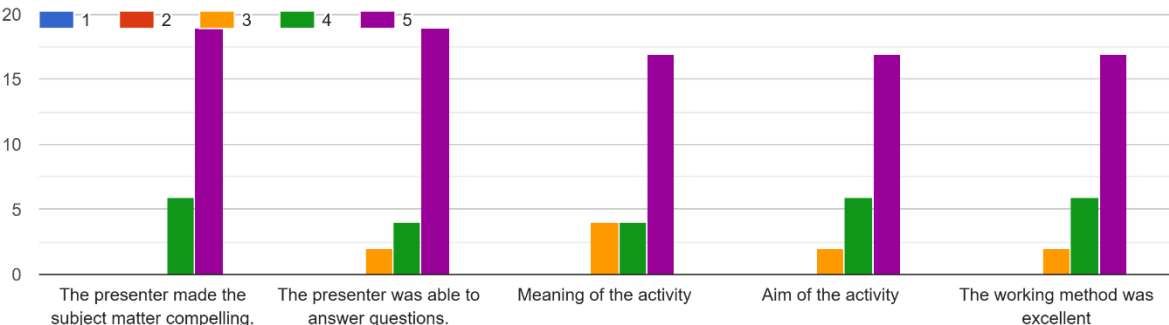
Intro to Elements + Grounding activities (Friday morning session) This was the session where Erma gave a presentation about the five elements of nature: earth, water... well. Evaluate the activity according to your expectations:



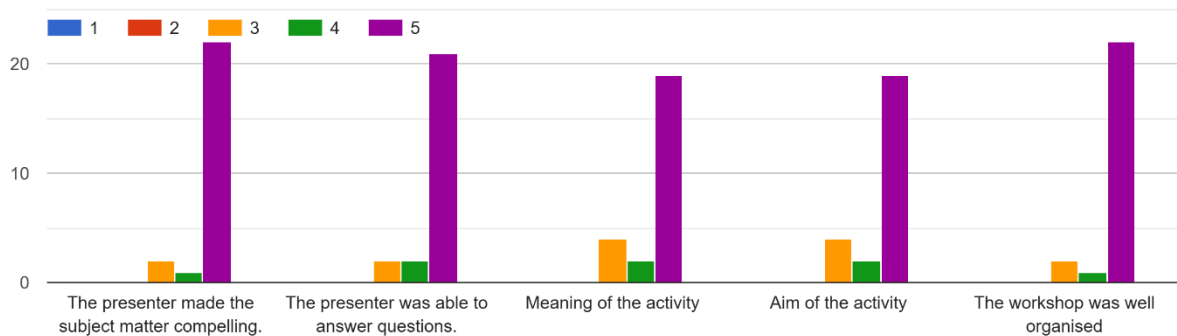
Tree of Life (Friday afternoon): This was the activity with the clay as an element of earth. Evaluate the activity according to your expectations:



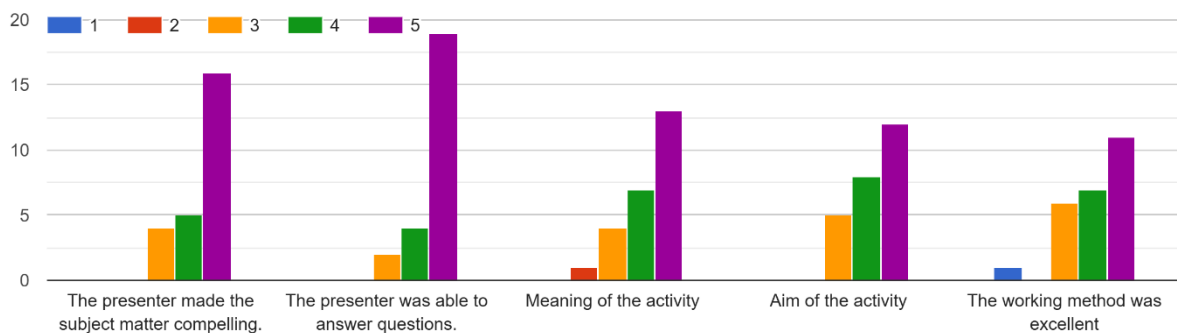
Mindful Eating (Friday afternoon): This was the activity where you ate mindfully. Evaluate the activity according to your expectations



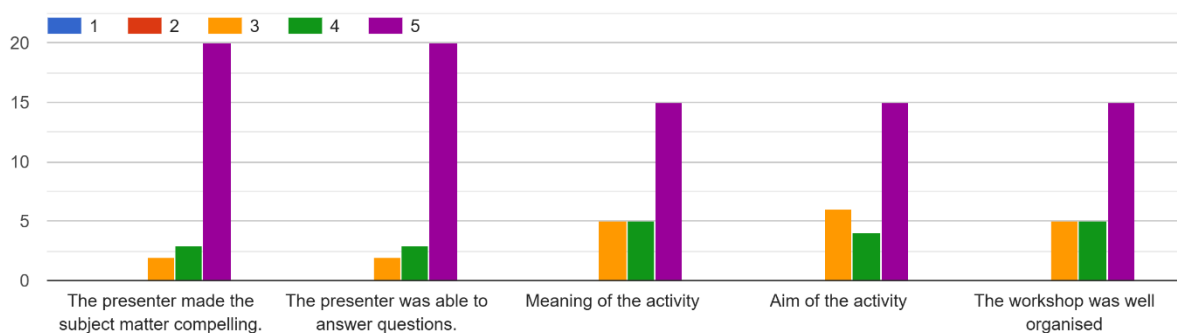
Trees and Travellers (Saturday morning). This was the activity where travelers wore blindfolds and trees made a circle around them. Then trees were gently guiding travel...ything. Evaluate the activity according your expectations:



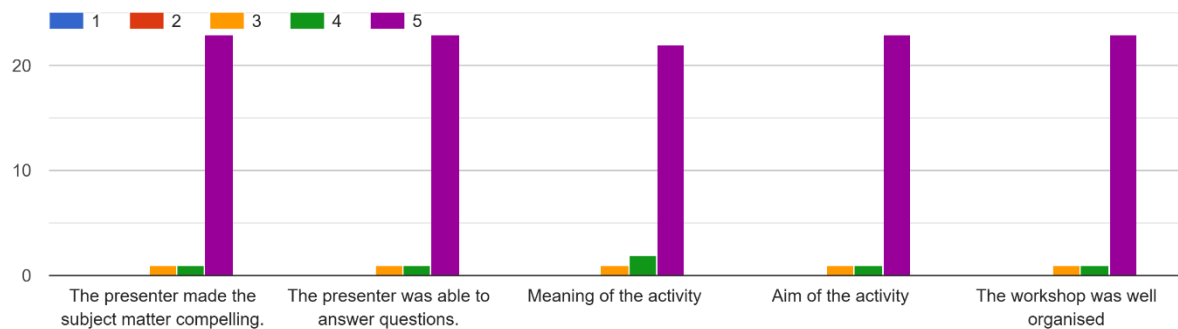
Interaction with air through balloons (Saturday morning). This was the activity with the air element of blowing balloons and playing with them in different activities. Evaluate the activity according your expectations



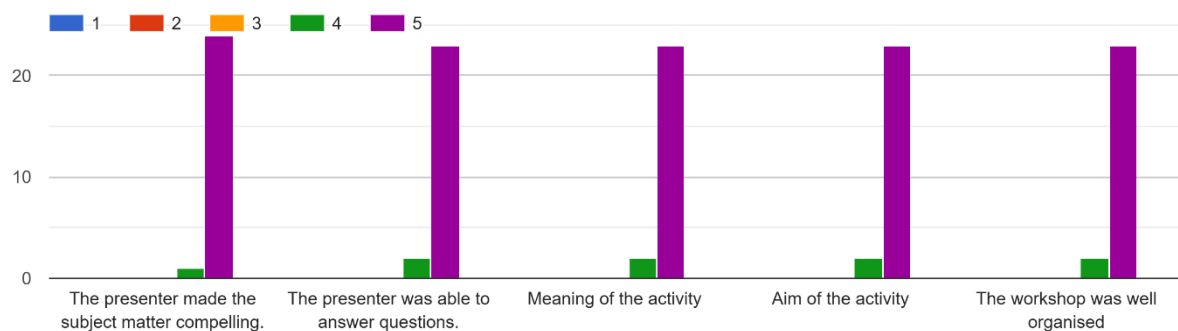
Air, straws and color (Saturday afternoon) This was the activity using straws blowing around pom-poms, leading to actually painting with air. Evaluate the activity according your expectations



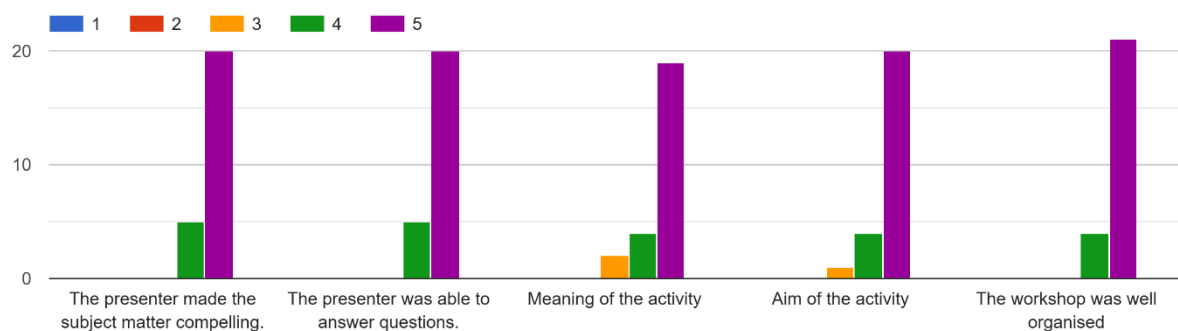
Interpretation of Art using Photography (Saturday afternoon) This was the activity where you had to show different concepts in the photos you were taking, such as ...preting. Evaluate the activity according your expectations



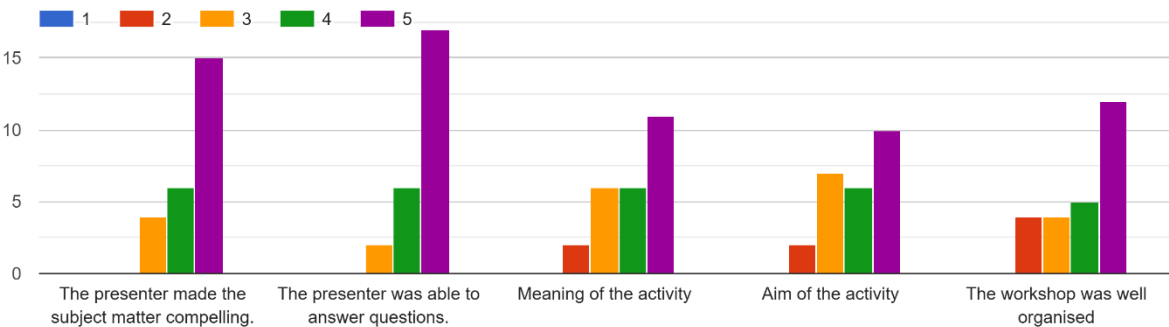
Mindfulness and Breathing Activities (Saturday Afternoon) This was the activity with breathing techniques, where you studied breathing techniques and relaxation methods. Evaluate the activity according your expectations:



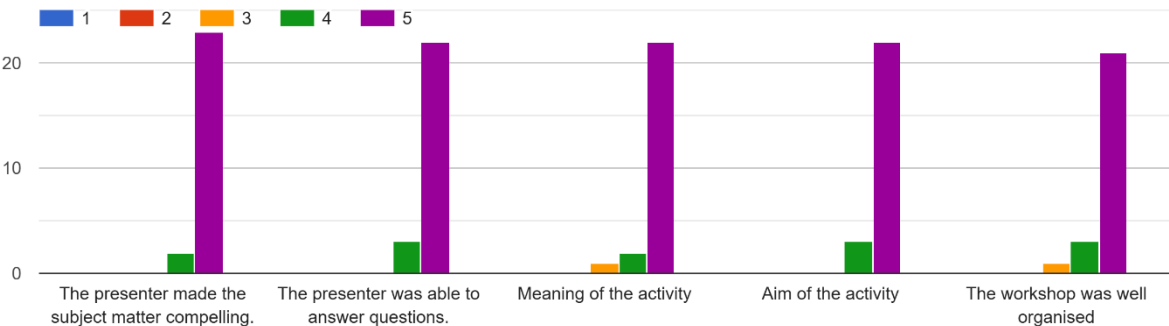
OSHO based Meditation techniques (Sunday morning) This was the activity where you followed a one-hour OSHO meditation guided by special sounds. Evaluate the activity according your expectations:



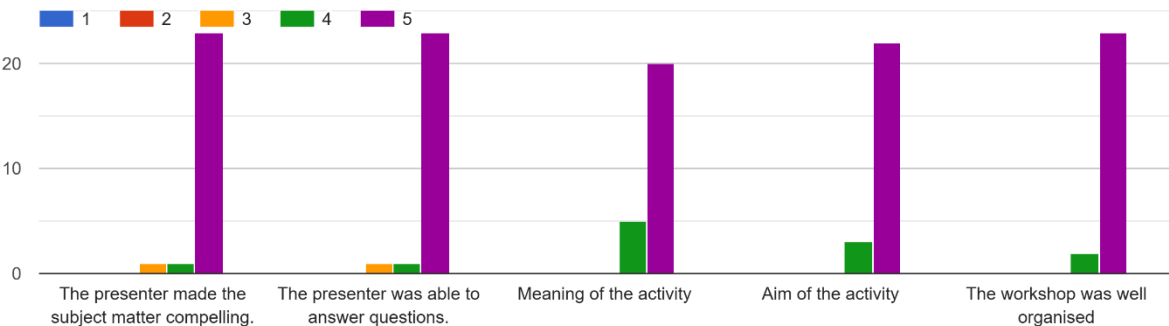
Expressive Paint using dance (Sunday morning). This was the activity where large sheets of paper and paint were placed on the floor, and you created artworks using only your feet. Evaluate the activity according your expectations:



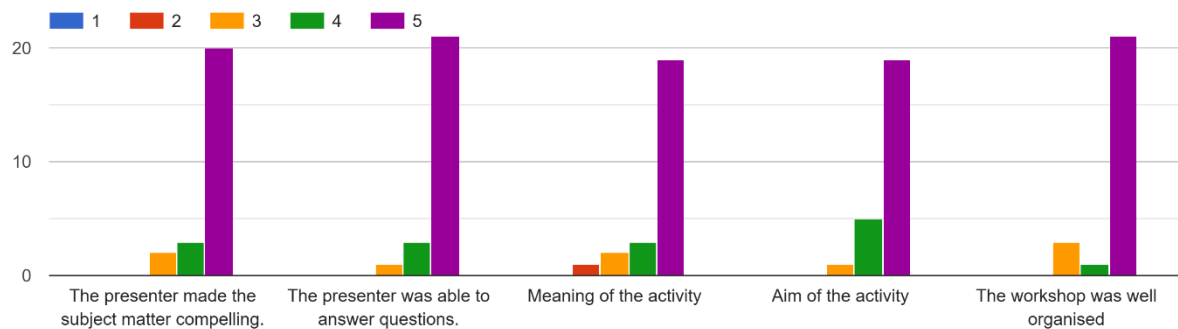
Active Listening (Sunday afternoon). This was the activities with active listening, both the part with telling stories, but also the walking blindfolded one. Evaluate the activity according your expectations:



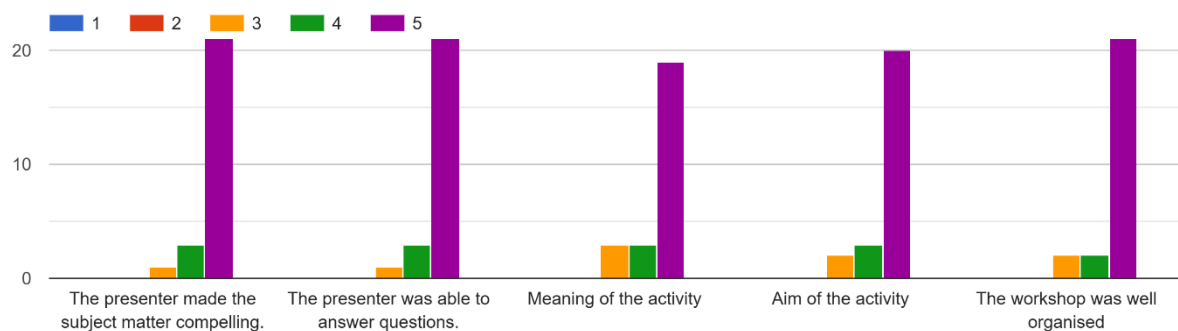
Art Therapy: The past present and future drawings (Sunday afternoon) This was the activity, where you were asked to divide a sheet of paper into three sections: your p... lives. Evaluate the activity according your expectations



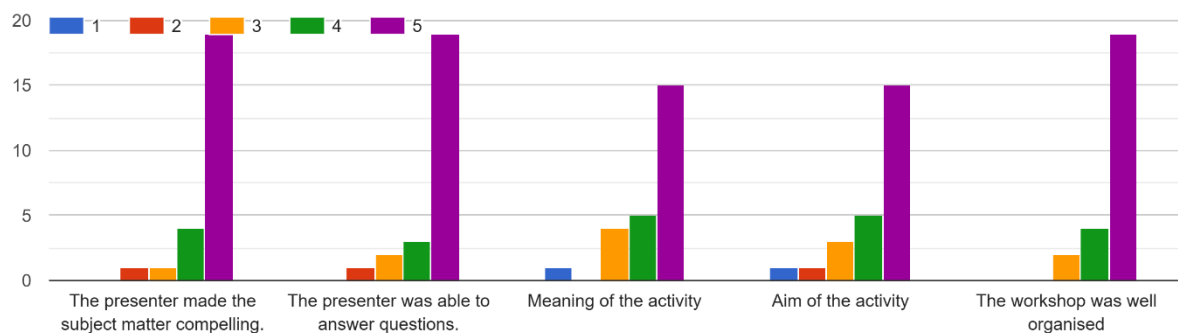
Mythology Creatures (Tuesday Morning) This was the activity where each of you picked a paper with a picture of a mythological creature that you had to interpret and then ...re play. Evaluate the activity according your expectations



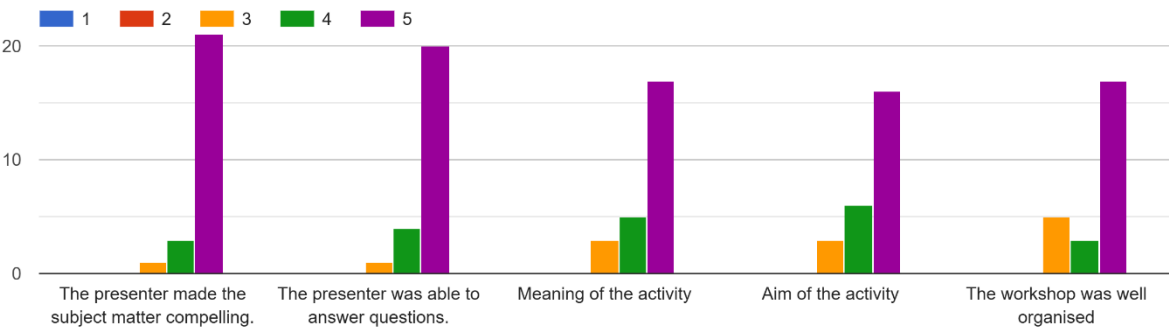
The Persephone Myth and Archetypes (Tuesday morning) This was the activity in which Erma read the Persephone myth, and you reflected on the different types ... to. Evaluate the activity according to your expectations



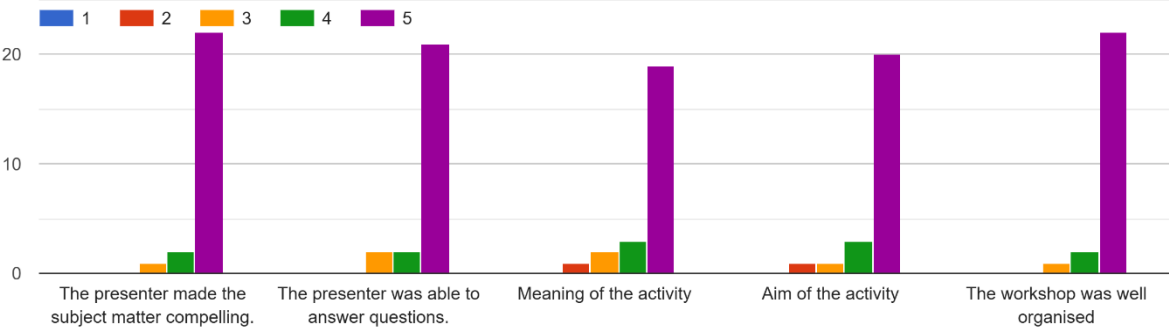
Ayurveda Types (Tuesday afternoon). This was the activity, in which you explored the different types of personalities, called Dosha in Ayurveda, their distinctive ...onses Evaluate the activity according to your expectations:



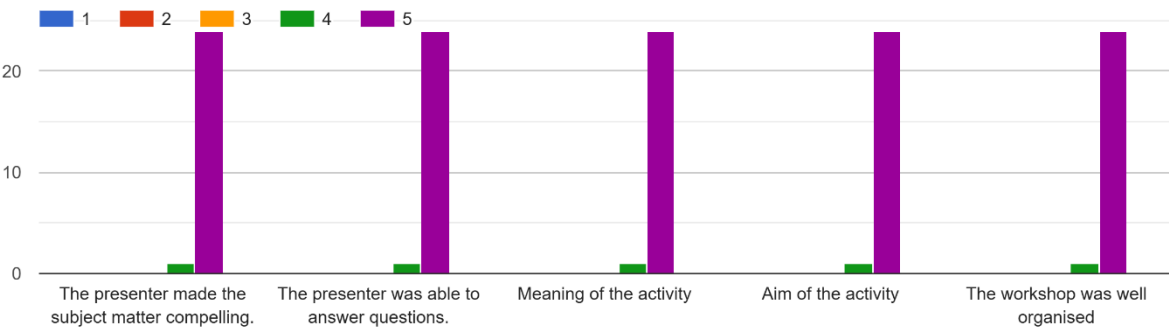
Aromatherapy (Tuesday afternoon). This was the activity in which each of you created your own essential oil. Evaluate the activity according to your expectations:



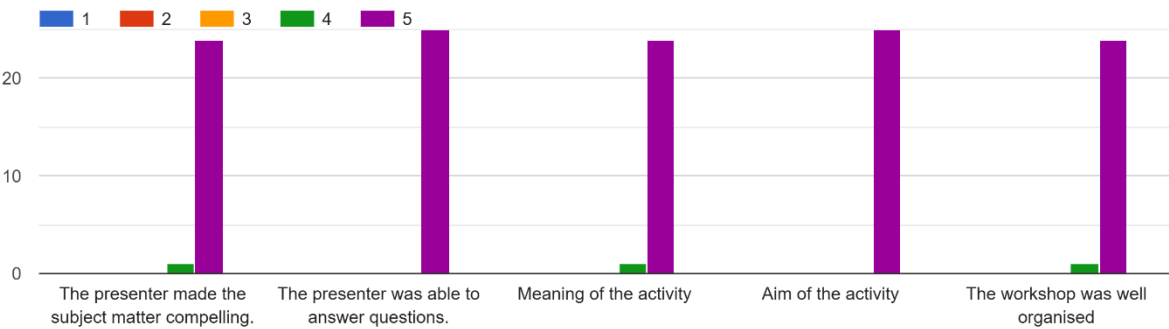
Sustainability and our own carbon footprint (Wednesday morning). This was the activity where Bobbie went over the tips and tricks of sustainable practices we were already doing. Evaluate the activity according to your expectations:



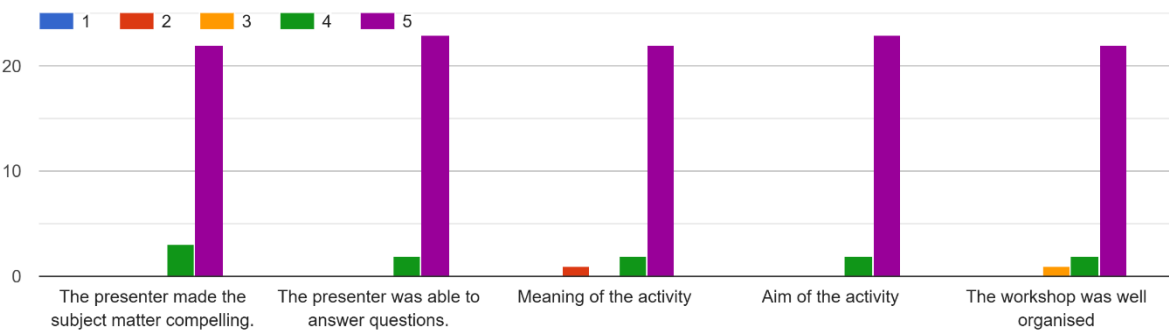
Activity making (Thursday all day). The switch of roles! This was when, based everything you had learned so far you created your own activities. ⚠ Remember, you are not...m. Evaluate the activity according to your expectations:



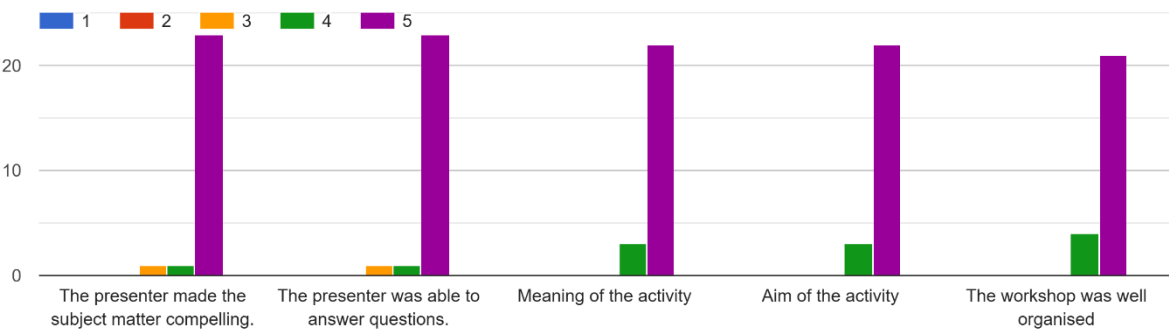
Erasmus+ Opportunities (Friday morning). This was when Bobbie went thru all opportunities you could take that the European Commission offers. Evaluate the activity according to your expectations:



Social Media Campaigns (Friday all day). This was the video making aspect of the project, to share the learnings further and to raise awareness about the topics. Evaluate the activity according to your expectations:



 Project Rewind (Saturday). This was the quintessential reflection, a theatrical play serving as a way to reflect on the learnings so far in a comedic way. Evaluate the activity according to your expectations:



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

- Fine
- I feel more mindful, peaceful and relaxed
- I feel more calm, relaxed, mindful, grounded in the present.
- I feel better and refreshed.
- I feel really happy that I had this opportunity to take part in the project. I was really excited before going there, I was really excited about each activity. I feel way more sociable and confident in my English, I feel like it's easier for me to meet new people now and talk to them. And I feel like I learned a lot from this project, some theoretical things from the organizers and soft skills as well.
- Loved it
- I feel inspired by everything I have learned, I feel connected to all of the people and so glad for all.
- Nice
- The experience was satisfactory but could be improved
- Happy and calm
- I feel very grounded, more present within myself, my body and my life, more relaxed.
- I could learn a lot about myself, and how important it is to be there for yourself and in all the stress you go through in life to also calm down
- -
- I felt really relieved, It helped me to improve my communication skills especially. It was one of the best experiences.
- This training course has helped me grow as a person and was implemented very well
- I feel more connected with myself and realised a lot of things I want to work on
- learned a lot about other cultures, connected, made friends
- Very good
- I really liked how thoughtful and organised the activities were
- I loved the activities in these training and I learned a lot of tools connecting with mental health, well being and nature.
- I really enjoyed the activity, the implementation, the organisation and so on.
- Well prepared, well structured, very well thought out.
- Self confidence
- Really productive and well organized, even though I noticed that many activities were interpretations, I think facilitators managed it well. This training course taught me many things. Thank you guys ❤️
- This is my first Erasmus project, so I really appreciate every moment and activity. So I close my eyes to some unpleasant moments, because I am impressed.

Which activity had the maximum impact for you?

- Activity making
- Aromatherapy
- The clay one
- Interpretation of art using photography
- Probably the outdoor activity when we went to obstacle park
- drawing past / present / future
- Oh, hard question. All of them. I liked the breathing techniques and how they made me feel, so refreshed and like a new person. It was like a reborn and a good strategy to calm my mind.
- Meditation
- The past present and future drawings
- Creating our own activities.
- the one we're we sat in a room full of people and no one interacted and talk to each other for 20 minutes
- Making our own workshops
- Activity making
- Sit in Silence for 20min
- travellers and trees
- All of them
- OSHO meditation and creating our own activities
- I loved a lot learning about essential oils and making our roll on.
- I was impressed about the activity with the photos.
- Probably the tree of life, given the opportunity to create something out of clay.
- Meditation, breathing and mindfulness exercises
- making our own activity, maybe the best activity i have ever done in erasmus.
- All activities with yoga, meditation, breathing... I like it. Also I really like activity with drawing or where we had to do something with our hands

Which activity, *if any*, had the least impact for you?

- Snowman
- The balloon one
- Interaction with air through balloons
- Probably picking the body/soul type through the quiz to know what to eat and how to live.
- feet painting
- All had impact
- I didn't really enjoyed the types of personalities (Vata, Pita etc). It felt so general and not very scientific and I am not into that very much (stereotypes)
- Mindful eating
- n/a

- Ayurveda Types
- Balloons.
- Eating mindful
- Sustainability and our own carbon footprint
- Painting with air.
- The ones i wasnt here for
- Air Art Activity
- balloons
- None
- Drawing with our feet
- I loved them all and they had a lot of impact on me.
- I didn't enjoy the activity with foot painting.
- Probably the feet painting, I didn't truly enjoy it to be honest.
- Painting, clay activity
- Nothing comes to my mind
- I can't understand activity, where we had to draw for our foot, it was not fun:(

Any message you want to tell the trainers team? :)

- I really enjoyed the activities and how they were presented and explained. I had a great time!!
- Erma and Bobbie you are great trainers and I hope you keep this up. We need more people like you and I believe you spread positivity and many positive attributes. I will not forget this time spent in Vienna.
- Thank you guys for the project!!!! The activities are amazing, it's so well-written and well-executed, you seem so passionate about what you do and so inspiring, your energy is amazing, without you the project wouldn't be so special. ;)
- Thank you everyone!
- Cannot wait to see ya again!!!!
- I really enjoyed every minute of the project and being with you guys thank you so much
- Thank you guys :)
- None
- Thanks for your amazing preparation
- Thank you <3
- Bobbie the goat
- Thank you for organising!
- Thank you so much for your input!!!!
- Thank you!
- Thank you all.. ❤️
- Keep up the good work <3

- i love you guys, you are really sweet, all of you. stay that way:). Thank you for everything 
- Thank you for your work. You are so nice, you did such a hard and good job. But in the next time Think about whether the season and the city match the theme of the project. Because in my opinion, it could be more effective if the project was organized in summer or spring and in a warm country.