



Evaluation of Project Management, Implementation, and Results

Project: Protect the Environment and your Mental Health with your Connection with Nature (PEMEHECON)

Type of Activity: Professional Development Activity (PDA – KA153-YOU)

Agreement Number: 2025-1-AT01-KA153-YOU-000297129

Activity Dates: 18 February – 1 March 2026

Location: Vienna, Austria

Partner Organisation: MERAKI LT (Lithuania)

1. General Overview

MERAKI LT participated in the Professional Development Activity “PEMEHECON” as a partner organisation and considers the project a highly relevant and meaningful Erasmus+ initiative. The project successfully combined environmental awareness, mental health, and personal development in a creative and engaging way.

The activity created a supportive and inclusive environment where participants could learn, reflect, and connect with others from different cultural backgrounds. The overall experience was both professionally valuable and personally enriching.

2. Project Management and Coordination

The project was very well organised, and the hosting organisation demonstrated a high level of professionalism, responsibility, and support throughout all stages of the project. Communication was clear and consistent, deadlines were respected, and all partners were well informed.

The hosting team was approachable, helpful, and attentive to participants needs, ensuring a safe and comfortable environment. Practical arrangements, including accommodation, food, and training spaces, were of good quality and contributed positively to the overall experience.

3. Implementation and Methodology

The programme was diverse, well-structured, and based on non-formal education methods. It combined workshops, outdoor activities, group discussions, and creative approaches such as mindfulness exercises and experiential learning.

Participants particularly appreciated the balance between sustainability topics, mental health awareness, and practical activities. The project also provided space for intercultural exchange, teamwork, and sharing different perspectives.



Many participants highlighted that the activities helped them step out of their comfort zones, reflect on their personal development, and better understand the connection between nature and well-being.

4. Results and Impact

The project had a strong positive impact on participants. They developed both personal and professional competences, including communication, teamwork, facilitation skills, and confidence in international environments.

Participants reported gaining:

- deeper understanding of sustainability and environmental issues
- increased awareness of mental health and mindfulness
- improved ability to work in multicultural teams
- new ideas and methods for youth work

The project also encouraged self-reflection and personal growth. Participants described the experience as a journey of self-discovery, helping them better understand themselves and others. In addition, the experience motivated participants to apply what they learned in their local communities and future projects.

5. Overall Assessment

MERAKI LT evaluates the “PEMEHECON” project as a high-quality, impactful, and inspiring Erasmus+ activity. The project successfully combined meaningful topics, engaging methodology, and strong organisational support.

We highly appreciate the professionalism of the hosting organisation, the well-designed programme, and the positive atmosphere created throughout the activity. The cooperation between partners was smooth and constructive. We remain open and motivated for future collaborations that promote youth development, sustainability, and well-being.

Organisation: MERAKI LT

Representative: Gita Vaskelytė

Position: President

18-05-2026