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Evaluation Letter

by the partner organisation Umbrella, Georgia, the project *“Protect the Environment and your Mental Health with your Connection with Nature (PEMEHECON)”*

PEMEHECON was implemented in 2026 and consisted of a Mobility of Youth Workers (training course), held in Austria, which lasted for ten days. We believe it was one of the most interesting projects that Umbrella participated in as a partner.

The project included both non-formal and informal educational methodologies, allowing participants to be involved and heard through various interactive activities that included group work, practical tasks, digital tools, and self-reflection. Participants developed the competencies that will help them improve their intercultural competencies. Enhancing creativity, self-reflection and mindfulness among youth workers. Cultural exchange, local visits, and free and funny evenings were yet another exciting part of the project worth mentioning; during these activities, participants developed cultural competencies and created friendly and professional ties within an informal environment.

The Georgian team had 3 participants (youth workers) who enjoyed the project very much; in their opinion, this was a life-changing project that would help them rethink many details in their work and life in general. Once Georgian participants returned home from the project, they implemented a follow-up activity in their communities. They shared their experience and gained competencies with the youngsters (beneficiaries), which is yet another added value for us as a partner organisation.

All in all, these kinds of projects are helpful for the professional growth of the youth and their personal and social development; learning, travelling and enjoying the time spent abroad with colleagues is the best that life can offer them.

Sincerely,

Stanislav Mezhdoyan

President of Umbrella

