

Chişinău, 4 March 2026

Evaluation Letter

Dear Coordinating Team,

on behalf of A.O. SENSE (Republic of Moldova), we are pleased to share our evaluation of the Professional Development Activity “Protect the Environment and your Mental Health with your Connection with Nature (PEMEHECON)” (2025-1-AT01-KA153-YOU-000297129), hosted in Vienna, Austria, from 18 February to 1 March 2026, and its impact on our youth workers and community.

From the outset, the project demonstrated a high level of professionalism in its organisation and facilitation. Clear communication before and during the activity, supported by a dedicated project webpage and a WhatsApp group, ensured that our participants were well prepared and fully engaged. The preparatory tasks — a short mindfulness activity to facilitate and a personal object connected to nature — together with a structured programme and an inclusive learning environment, created the conditions for meaningful exchange and genuine capacity building.

The experiential core of the training was a standout element, effectively combining theory with hands-on learning. Through forest theatre, nature play, and mindfulness-based exercises, our youth workers strengthened their skills in facilitating well-being, resilience, and environmental awareness activities, while also becoming more confident in using digital tools to support their practice. The non-formal, “learning by doing” approach stimulated critical thinking, adaptability, and cross-cultural collaboration, aligning perfectly with the mission and values of our organisation.

The facilitation team ensured a positive and supportive group dynamic, and the intercultural nights celebrated the diversity of all seven participating countries in a warm and creative atmosphere. The thematic focus — the link between connection with nature, mental health, and sustainable living — was highly relevant to the current needs of the young people and communities we serve.

We sincerely thank the coordinating and host team for the outstanding organisation, the inclusive and forward-thinking programme design, and the opportunity to be part of such an impactful initiative. The skills, tools, and inspiration gained will continue to benefit both our youth workers and the communities they serve.

Kind regards,

Elena Turcan
President
A.O. SENSE (Republic of Moldova)

