

Asociația “Club Sportiv Forza Junior Costuleni”

Costuleni, Iași County, Romania

Costuleni, 5 March 2026

Evaluation Letter

Dear Coordinating Team,

on behalf of the Association “Club Sportiv Forza Junior Costuleni” (Romania), we would like to thank you for the trust and cooperation in implementing the Professional Development Activity “Protect the Environment and your Mental Health with your Connection with Nature (PEMEHECON)”, **2025-1-AT01-KA153-YOU-000297129**, carried out in Vienna, Austria, from 18 February to 1 March 2026. Three of our youth workers represented our organisation in this KA153 training, and we are pleased to share our evaluation of the activity and its impact on our team and the young people we work with.

1) Organisation and preparation

The preparation phase was clear and well structured from the very beginning. The dedicated project webpage and the WhatsApp group ensured timely, transparent communication, so that our participants knew exactly what to expect regarding travel, accommodation at the Appartements Ferchergasse, the daily programme, and the working requirements. The pre-departure tasks — preparing a short energizer or mindfulness activity and bringing a personal object connected to nature — helped our youth workers arrive already engaged with the theme. We also appreciated the attention given to inclusion, with dedicated support for participants with fewer opportunities, which is fully in line with the mission of our sport and youth club in a rural community.

2) Implementation of the youth workers’ training

The implementation in Vienna worked very well. Through forest theatre, nature play, and mindfulness-based exercises, the training combined theory with genuine “learning by doing” and non-formal education methods. For an organisation rooted in sport and physical activity, the connection the programme drew between movement, time spent outdoors, mental health, and environmental awareness was especially valuable and directly relevant to our work. Our youth workers strengthened concrete competences in facilitating well-being activities, working with groups, and using digital tools and apps to enrich their sessions, while the international setting fostered peer learning and cross-cultural cooperation among participants from all seven countries.

3) Impact on our youth workers

For our team, the added value was the combination of practical tools and reflective space. Our youth workers deepened their understanding of the link between connection with nature and mental well-being, and developed several Youthpass key competences — in particular personal, social and learning-to-learn competence, citizenship competence, and cultural awareness and expression. They returned with a ready-to-use set of activities that can be transferred immediately into their daily work with children and young people.

4) Follow-up and added value at local level

At local level, PEMEHECON expanded our organisational capacity and our network for future cooperation. The methods tested during the training will be integrated into our ongoing sport and youth activities in Costuleni, where outdoor approaches, environmental awareness, and emotional well-being are highly relevant for a rural community with limited access to such

opportunities. The experience also reinforced our motivation to take part in and host future Erasmus+ activities.

5) Feedback and recommendations

Overall, we consider PEMEHECON highly valuable and very well implemented. Based on our experience, we recommend:

- maintaining the structured, consistent partner communication (clear deadlines, shared templates, defined responsibilities);
- preserving enough reflection time so that youth workers can translate the learning into concrete applications at home;
- keeping the flexibility to respond to group dynamics and the learning pace during the training week.

Thank you once again for the excellent organisation and for the opportunity to be part of such a meaningful initiative. The skills, tools, and inspiration our team gained will continue to benefit both our youth workers and the young people of our community.

Sincerely,

Hilitanu Constantin Catalin

President

Association "Club Sportiv Forza Junior Costuleni" (Romania)

