



Stepping into Life – youth exchange

22-30 November 2018, Romania, Nădășel (Cluj county)

with youth from Bulgaria, Cyprus, Ireland, Lithuania and Romania

Exchange evaluation report

Project coordinated by **Dreams for Life** and implemented with the support of the **Erasmus+** Programme of the European Union.

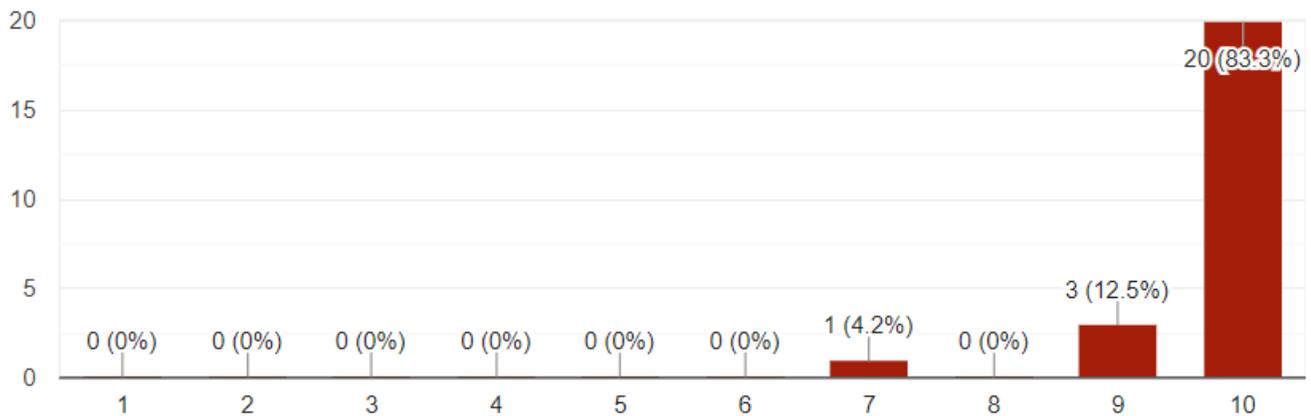


The following information represents the results of the evaluation process realized at the end of the youth exchange. The participants filled in an on-line evaluation form in the first few days after the youth exchange course. The content of the report represents qualitative and quantitative data, offered by the participants. The evaluation process, data analysis and report compilation are made by **Bogdan Romanică**, the project team member.

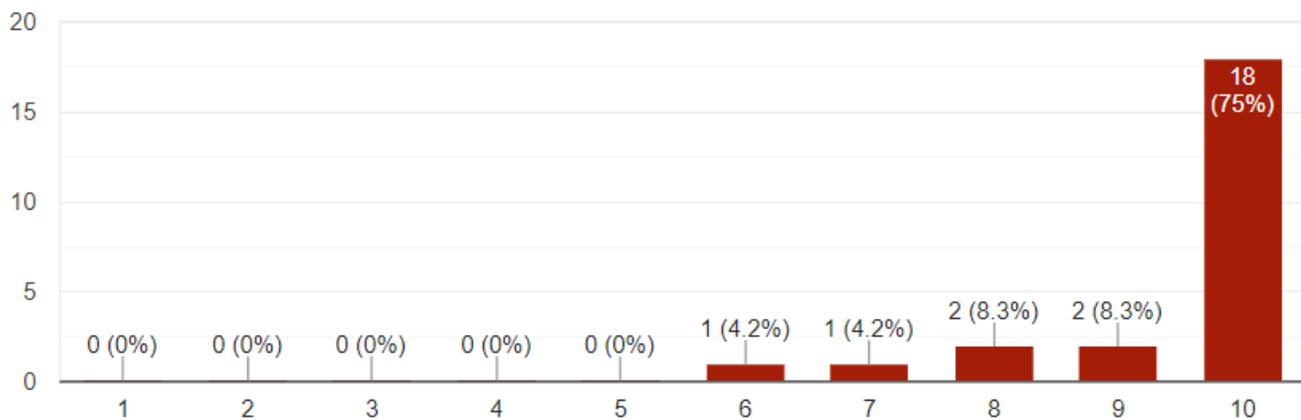
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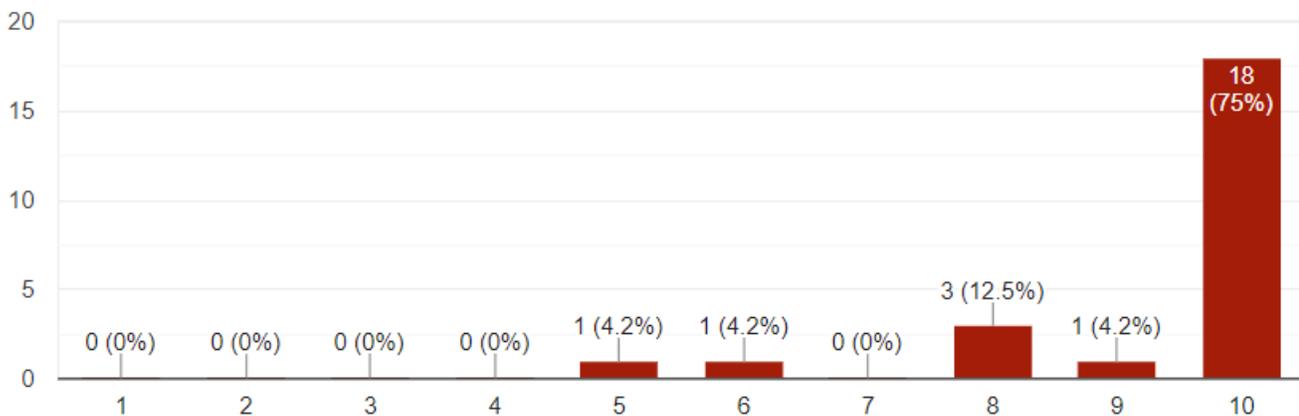
1. What is your overall feeling about Stepping into Life?



2. To what extent your personal expectations regarding the exchange were satisfied?



3. How do you evaluate the atmosphere in the group?



4. How do you evaluate the work of the youth leaders? Do you have any suggestions?

- My leaders are people I see not only as such in the project but also in life. People from whom you can learn a lot and are always ready to help you. Incredible team!
- I think they all did well.
- I believe that some leaders still learning to accept other people emotions, they are natural. Hope You're not feeling guilty.
- The youth leaders did a great work overall and created welcoming, respectful and pleasant atmosphere
- No. Youth leaders was very good
- 10
- The leaders were really positive and share their energy with us and it was a remarkable feeling
- The leaders in our project were amazing during all the activities. They are very devoted and opened to our ideas and needs.
- Everything was organised very well, it seemed that all leaders were really passionate about this project.
- All the leaders were amazing, professional yet warm and friendly too.
- The leaders were very prepared for the project and did a lot of work prior this project and during it . They helped us take our first step into life and provided us with material to continue the steps. The activities were interactive and interesting ! Very different teaching style from a common class.
- The youth leaders did a very good job! I could easily see how involved they were in the project and how much effort they put to make it possible and so special. I appreciate their ideas and their activities. My suggestion for them is to keep growing!:)
- Simply amazing. Everything was well-organized, super interesting and relevant.
- Really great team dynamic
- Everything was perfect. they were listening to us if we had anything that we wanted to add and they implement the program in our needs
- Very well mannered and handled.
- They were dedicated, joyful and well prepared
- They were so attentive and open. I appreciated that the participants and the leaders were made to feel like equals. I was really inspired by all the leaders and I thought each leader brought something different to our week.
- The youth leaders put their huge effort to guide us through the process. A lot of inner methods to release the potential, to connect with the self, to bring impact in the society. In general, I've just realised how important is to put more focus on inclusion of everyone, to set the rules of the team (that everyone have an opinion to tell and needs space to talk and act) and to put participants to be aware of all others people. So, maybe some rules written and spoken from the first in this direction.
- Leaders were great. I like Alex, Bogdan and Konstantina' work.
- All of the youth leader did an amazing job at organizing and navigating us.
- Very good
- I really enjoyed the flexibility and accessibility of the youth leaders, they allowed us to be ourselves, respected us and had excellent and really meaningful workshops
- Very good. No.

5. Which were the most valuable parts (activities, methods etc.) of the youth exchange for you? Why?

- The most valuable things were the classes we held and the evenings with the whole family.

- the walks in the nature, because I don't get to do them very often and if I lose connection with it, I lose connection with myself as well. I really liked the "what does the world need" with the Dixit cards, and the Values session. Also, the meditation times were amazing.
- I think, that personally to me, the most important was to restore the connection with nature, myself and trust in people. Reason why is that things need to be restored from core values to become a better person. thank You.
- Spending time in peaceful environment;
Inspiring others;
Observing and learning from the work and methods of leaders and organizers and behavior of other participants;
Getting new information;
- Activities
- Falling from the rock, it was a challenge for myself because I usually don't ask for help, and I felt safe after this
- For me the most valuable activities were those outside the submarine, in the nature and in the city because we were in the open world near the nature and for the city near to other people sharing what we learn
- For me, the most valuable, were the activities where we created a connection with all the participants and, also, with the nature. There was, also, an activities about empathy, self-regulation and finding your Ikigai which made me think more about this life's meaning and purpose. Also, one important aspect, the gratitude circle. We did it every morning and it taught me to be grateful for something everyday.
- All the activities outside, it made me think a lot.
- The group activities such as building the bridge outnumbered of pasta and marshmallows because it really helped to integrate everyone together. It was also interesting to see everyone's different ideas that were proposed.
- One of the most valuable activities we did as a group was the "Trust fall" . I personally managed to overcome my trust issues and enjoy the experience. This helped us come closer as a group and trust each other more.
- I really enjoyed the outdoor activities. I realised that I do love spending time in nature and connecting with it. Also, the fun activities which involved closing our eyes and trusting our partners turned out to be, what I thought scary at first, very entertaining; I'm glad that I could face my fears and have fun in the end. When it comes to the indoor activities, what I liked the most were those 4 stations, multiple intelligences, values, passions and what the world needs. Generally talking, I liked that we had both individual and team activities and I could learn things about myself alone, about myself in a group and about each and everyone who was involved in the project.
- The walks in nature, activities related to trust, and the meditation regarding our imagination.
- The general flow and development of activities that built on previous tasks and activities. Morning practices to ground the group and prepare for the day.
- What I'm grateful for, and also the day at Cluj because we gave so much love to people and giving them emotional strength
- The sharing session, in which each one of us shared something with the rest of the group.
- The "trust" exercises. The feeling of comfort even though I had no control over the situation, and still everyone was there to catch me
- The group as a whole (participants and leaders) made this week for me. I felt so much comfort and really positive and motivating energy in the group. I enjoyed the challenges I faced in some activities as I feel I have learnt a lot from them experiences.
- Activities correlated with nature was the best parts for me.
Treasure hunt in the forest, searching for answers with the help of nature, and all the trusting games.
Also, the talent show was divine.
- Most valuable parts was different trust games. It was something new and helped to grow spirit.
- Personally, the most valuable parts were the day in Cluj and the moments in nature. It is one thing to spend time together in the guest house, but all of us going together to another place helped us strengthen our bond.
- Activities

- The most valuable part of the exchange were the reflection groups at the end of the day because they allowed me to clear up and absorb what I had learnt at throughout the day into a message that meant something to me
- To let myself fall from the rock and to present my talent.

6. What did you dislike in the youth exchange? What was missing for you? What could have been better?

- I can not think of anything.
- I would have liked to connect more with the youth leaders. i would have liked to see them participating in our activities too. (some meat now and then maybe).
Also, more breaks, or at least, finishing the activities earlier than the 23 o'clock (intercultural nights)
- I think that if we are so tolerant to vegetarians and vegans, we need to accept that some people also need meat. It is not so expensive to give meat atleast once in all project. Plus - seperate beds would be nice.
- Too much snacking...
- In some kind a way atmosphere was kind a weird. Maybe was expecting something difderent
- Just more nature but it was understandable due to weather
- I found everything great!! No complainings
- I don't know what could have been better. Everything was just great!
- For me everything was perfect
- It was so short I never wanted to leave the blue submarine :(There was nothing missing from this exchange I had the best time ever and I made such good friends from it.
- There is nothing that i dislike about the exchange. It was a fulfilling experience . I would love if we had more outdoor activities.
- For my first youth exchange, everything was perfect!
- Nothing
- Nothing..
- i didnt had any problem . i enjoy the journey
- There was nothing that i disliked.
- It was just the right experience for me
- It was perfect!!
- Hmm what could have been better. Hard to say.
Let's see. Maybe to find something more creative for the international nights.
Is like the same pattern in almost all the projects.
Creative with the purpose of cultural diversity.
- More excursion.
- Nothing was missing. Everything was perfect.
- N/A
- I disliked the food but that is more my problem than anyone else's because I'm a picky eater.
- I disliked very much in this youth exchange the lack of teamwork and patience that the other participants had.

7. What are the most important things you have learned during the youth exchange?

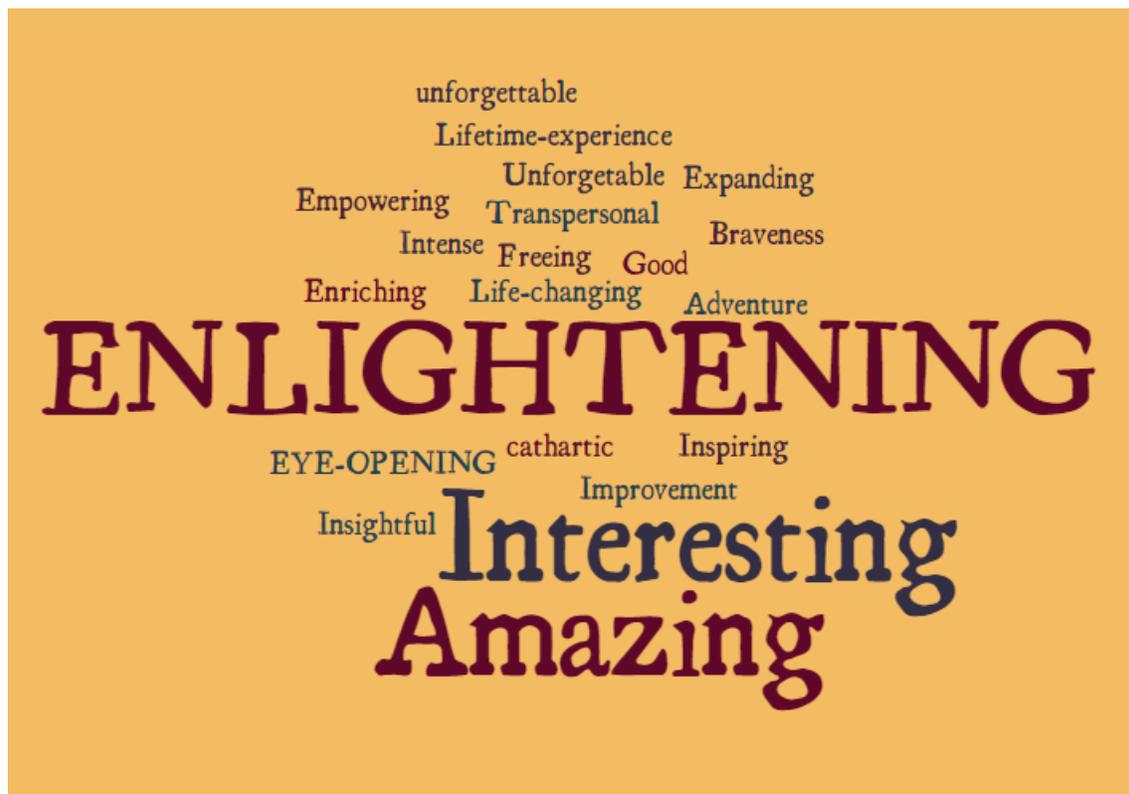
- I learned how to be more patient, confident, relaxed and how to communicate with the others easier..
- I have rediscovered myself, I learnt to be more active in the society that I live in, to eat healthier and to love unconditionally.
- I restored that love to nature and people that I had lost. I felt happy seeing other people growing and getting out of their shells. I learned that I still can offer so much to the world but first need to listen and ask what the world actually needs.
- What I could improve in my communication with other people; How other people see me;
- Go out of my comfort zone. Trust others
- To ask questions, we are all one and connected, I have a responsibility for community, I always come back to myself.
- About the four stations and how to find my Ikigai
- I learned that there are kind and beautiful people out there. I learned that my problems are smaller than my strength. I learned that nature listens and calms me down. I learned to defeat fear in order to live the best experiences and to learn more.
- It's really important to be yourself, it's really important to be grateful for things you have in your life, then you will be much more happier
- That we should all broaden our views and ideas to other cultures, meeting all the other people was so eye opening to all the opportunities that are out there outside of just my country alone. I also realised that essentially we are all the same we all have similar needs and wants.
- To trust myself and others. I also rediscovered my passions and how I can use them to give the world what it needs. I made new friends and I can't wait for the next time we will meet
- I learned what competencies I have, which of them need to be improved, what I'm good at and what I'm lacking in.
I learned that there is nothing wrong with opening up to people, expressing yourself and sharing your sincere thoughts.
I realised that I like listening to people's stories because I have so much to learn from others. I learned that everyone is different and everyone has a different mentality, different perceptions of life, different points of view and I learned to listen first and then talk and especially not criticize.
- I felt a sense of belonging, something that I've never felt. I dug deeper into myself whilst knowing others.
- New approaches to team work and building group dynamics
- HELP OTHERS
- I got deeper understanding of how important is darkness for the nature and in life.
- I've learned that there are no hardships a human cannot pass with the help of time and patience. Being in such a diverse environment made me realise that my problems are not unique and not that serious.
- I have learnt;
 - to have faith in humanity and to trust that there are so many beautiful people in the world.
 - to learn from people you meet and appreciate them.
 - after this project, I realised that my new main goal in life is to take the happiness, love and positivity that I felt and witnessed during this exchange and spread it in my everyday life and wherever I go. It was so magical and I wish for more people to experience it!
 - to be grateful for the nature that defines everything around us and to understand how important it is in our lives.
 - I also learnt more about my values and passions and I now have a clearer picture of what's important to me.
 - I was inspired to grow and learn and develop my different intelligences.
 - My eyes were opened to my trusting habits and I can now see where I can make some changes to benefit me.
 - I'm happy to have been introduced to new cultures and learn about new countries.
 - My confidence was really boosted during this exchange. I found it was a really helpful

environment to learn how to be yourself comfortably. I was able to make soul connections because that's all I had to rely on. I didn't have makeup or nice clothes or social media. So all I had to offer was what's really mine, my soul and heart and people were able to appreciate me for that.

-I learnt to push myself to grab hold of any opportunities that come my way because my life wouldn't be as it is now without this project.

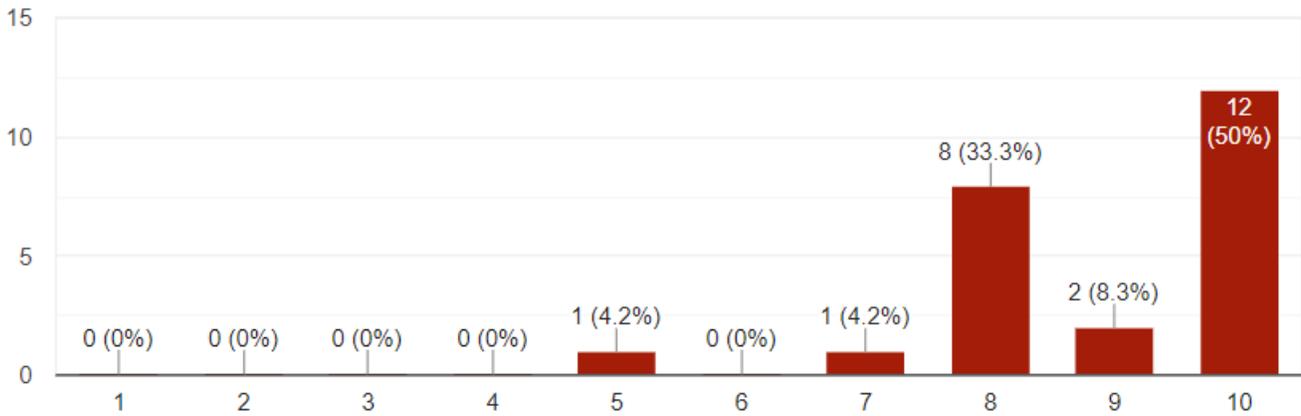
- I have learned a big thing about myself: that I have big roots, strong personality, creative ideas and that i can bring change.
About other people: that they have a lot of good inside when they feel safe, they show all the love.
Life: focus and be perseverent, you will catch what you want. The first step is a little harder.
Nature: it can heal us, we have green roots and it is amaising.
8 key: improving english, leading, team work and expressing myself!
- I learned about connection between people
- People, just like trees and plants, have roots. We have to acknowledge this fact, respect it and try to work with it, not against it. Stop trying to erase parts of yourself that you do not like.
- To trust yourself and others
- The most important thing I learnt was hope and faith in other people. It was really amazing to see everyone open up and embrace the exchange and become great friends in only a few days, something that I rarely see at home
- To include everyone in an activity.

8. How would you describe the youth exchange with one word?

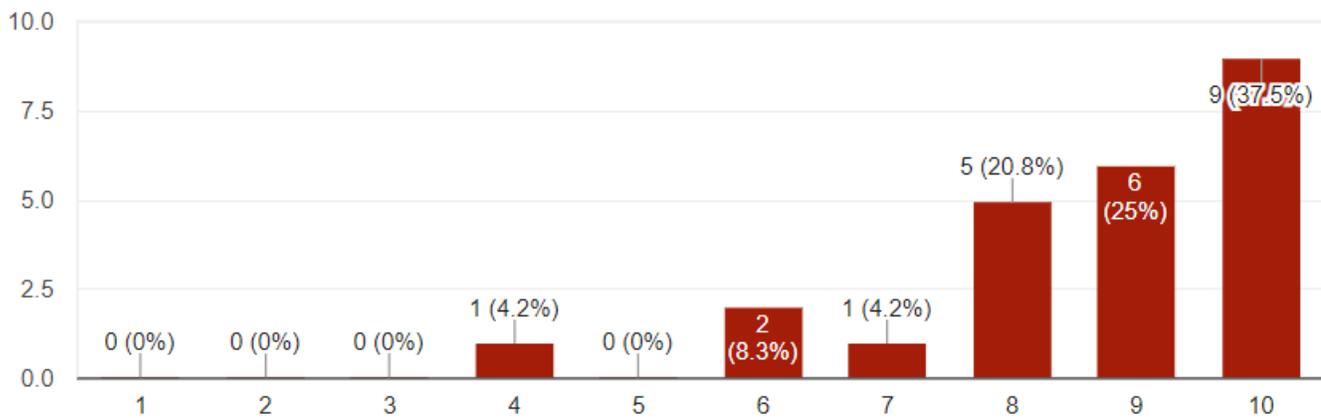


9. Achievement of the youth exchange objectives

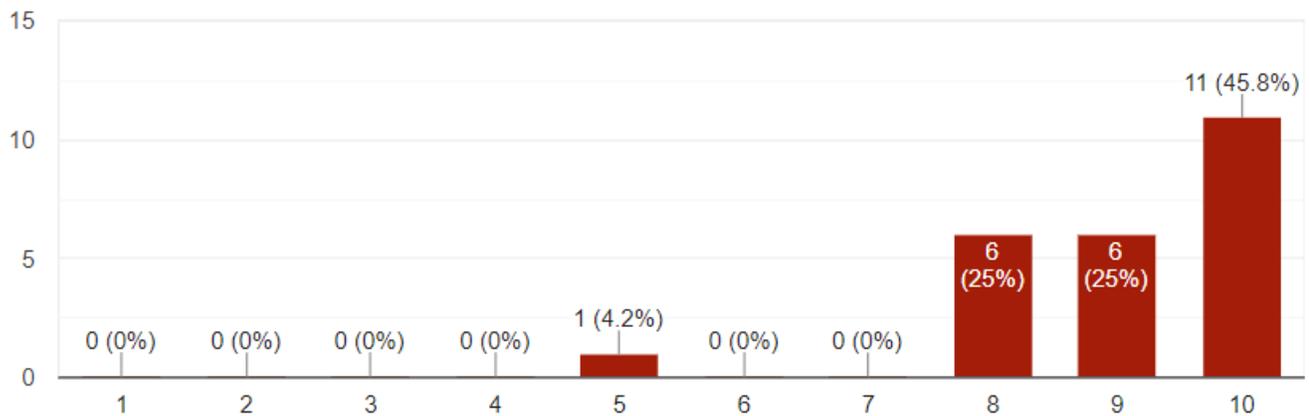
Ob. 1 - To expand the levels of awareness and understanding upon your values, passions and talents.



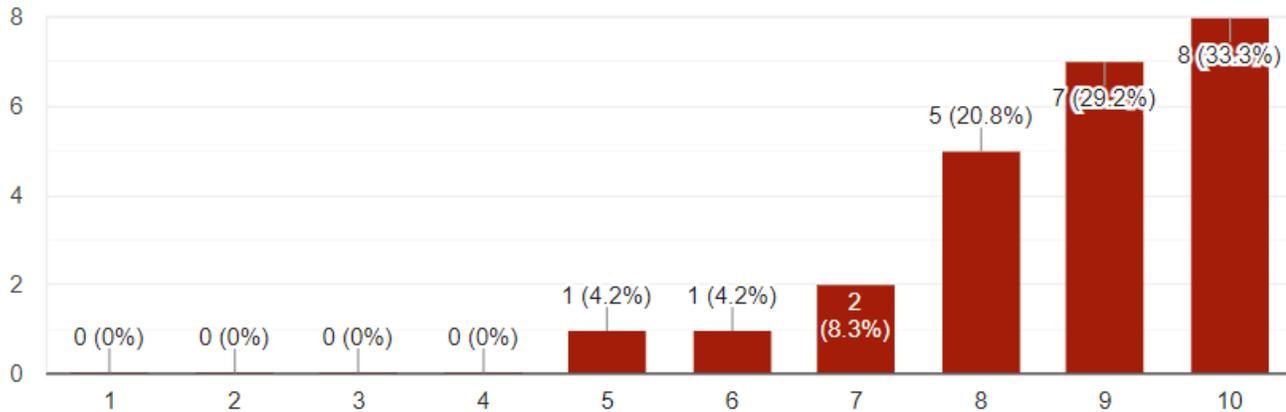
Ob. 2 - To increase the levels of employability skills (life skills).



Ob. 3 - To develop the employability attitudes, resilience and grit.



Ob. 4 - To develop the personal, professional and social sense of initiative and entrepreneurial spirit.



10. Practical/Logistical aspects

a. How do you evaluate the accommodation?

- Excellent!
- perfect!
- Perfect. Just more beds are needed, maybe extra towels
- The accommodation was fine. There were a few small inconveniences (for ex. with showers) but overall no complains
- Very good
- Felt like home
- Beautiful rooms!! I would suggest in the bathrooms to put a carpet for the water after showering
- I liked that the location was near the forest. The room was clean and welcoming. It was a quite and beautiful place.
- Everything was okay, the only problem was with the water on the ground after taking a shower.
- Perfect.
- Comfortable beds, warm and clean rooms, safe.
- I really liked the place we stayed in and also the area. It was very quiet and the surroundings were beautiful. I liked the rooms as well, even though there were big differences between them (one very small and one very large), but my bed was very comfortable, I can't complain. Also, our activities room was perfect, suitable for everything that we've done.
- Great
- Very high standard
- Very good
- 8/10
- Great location, quiet and near nature. The rooms were clean and cozy. We found some firebugs in the room but we were not that disturbed by them
- The accommodation was lovely. My room was perfect. The surroundings were beautiful, I really appreciated the large grounds making it easy to be alone and explore. Beautiful landscape!

- Perfect
- Very good.
- Everything was alright.
- Very good
- The accommodation was perfect, no problems
- Very good.

b. How do you evaluate the food?

- INCREDIBLY DELICIOUS
- 7/10. the food was good, but i was always hungry one hour after the meal because there were just vegetables mostly. I really need to eat a lot of meat, i have a fast metabolism and the vegetarian menu simply didn't help. I would have liked more fruits as well. During one day, after 20 minutes after the lunch started, there was no more food, only some soup that was more like water ...
- Super. I got all nutritions and energy I need
- Good and sufficient
- Best !!!
- Best I had
- Really tasty and new flavors. I really liked it
- The food was enough, tasty and varied.
- First days were a little bit hard, because I'm not a vegetarian. But the food was good.
- Plenty of food available and really tasty.
- The food was amazing !!!
- I was a vegetarian for one week and I must admit that I liked it. The food was very good and tasty and also pretty diverse for a vegetarian menu. The coffee breaks were my favorite!
- Great. The vegan food was very good.
- Really good vegan options
- Tasty
- 10/10
- I found it very tasty and fresh, also enough for everybody
- Delicious! I was never left hungry.
- Just perfect
- Normal.
- The food was amazing!
- Very good
- There was a large quantity of food but as I'm a picky eater I couldn't eat it
- Very good.

11. Any other comments or suggestions?

- Thank you for giving me the opportunity to learn from all of you!
- thank you!
- Thank You so much for everything. I am grateful to be a part of this experience.
- Thank you for creating this opportunity and peaceful environment to learn and to share knowledge

- No
- Thank youuu
- I just want to add that this projects are a blessing for those who want to slowly discover the world. I find myself lucky for the opportunity I had and I wish to have more. Many thanks to all the people who make this things happen. I am grateful.
- Keep doing what you're doing!
- Please do another one soon :)
- I'm really grateful that i got the opportunity to have this experience, the world needs more people like the leaders and the people that helped create this project !
- Keep on spreading love, and I'm sure our paths will cross again.
- Awesome experience!!
- Thank the leaders for making this experience unique
- Gratitude
- Thank you! Do not stop continuing the project. It's something that everyone needs
- Do more :D and thank you
- I think that you have to join people to one big group. Because there was few small friends groups of people
- No