

Evaluation report – results from participants of PDA “cREating a Safe sPacE for inClusiviTy, sexual and ReprodUctive non-forMal education for youth workers: reSPECTRUM”

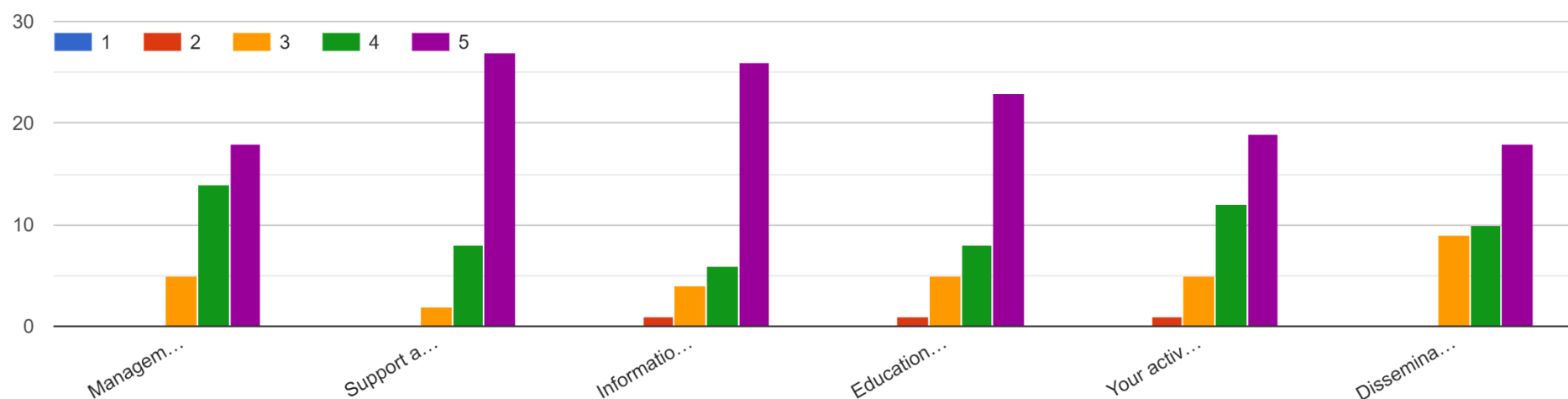
On the last day of the project participants answered online evaluation for the organisation and the activities of our PDA and here we have the results of their answers.

EVALUATION of the organization and activities PDA “cREating a Safe sPacE for inClusiviTy, sexual and ReprodUctive non-forMal education for youth workers: reSPECTRUM”

We would like to have your opinion about our training, that took place in PISSOURI, LIMASSOL, CYPRUS (HYLATIO TOURIST VILLAGE) regarding the overall training organization and the activities we had; educational, cultural and others.

The questionnaire is divided in five sections and we would like to gather your feedback because your opinion is important to us and will help us also to improve. This questionnaire is only for the participants in the training and this is why we’re asking for your full details.

The following questions are about the project’s overall organization. Answers are from one to 5 where one is the very negative answer and 5 the very positive answer. With the following order: 1. Highly ...onse must be your personal opinion depending on your own experience.



Any comments about the activities?

- Great job
- I'm so grateful to be a part of this project. This is the best one for me so far. Thank you so much.
- Amazing experience! Would love though to have compressed trainings so that the participants would have more free time to interact, socialize, exchange experience and enjoy the beach.
- Vikky did great activities! Erma had a few amazing ideas!
- Maybe learn more things about sexual education (like the last activities about rumors about sex, I really learnt more applicable things for everyday life)
- More energizer
- Very interesting tools and ways of non formal education
- Thank you, Vika! You did a great job! Good luck on your future projects!
- Can be more focus on the educational part about sexual education, emotions, relationship, hygiene etc.
- Activities were different and everyone could find something for him/herself.
- Activities were very interactive
- Some of the activities could've been handed differently - for example, meditation and mindfulness ones. In my experience, it can be very hard for beginners to meditate longer than a few minutes let alone 40. So I would make these activities shorter.
- First things first I would like to mention that I liked almost all the activities. They were really informative and educational. But some activities are not for everyone (for example the meditation). I would suggest changing the format or the method of those kind of activities , maybe decrease the time or do it in the end because some of the activities were too deep for the first day.
- All activities were really good and helped participants to feel inclusive, active, and in touch. The information and instructions provided before and during the activities were proper and well arranged.
- Some of them was little bit boring or maybe let's say not for everyone.
- No energisers, not inclusive for PFO. I know that you have got info about it on the spot, but still, you are 3 and it's the trainer's responsibility to make inclusive educational environment if sending organisation falls. She was alone, not supported by trainers and staff, and not important activities like reflection with pictures could be easily changed to other methods to get her involved.
- Activities for me was new and interesting.
- We need shorter meditations :) Our first meditation was about 40 minutes which is too long for beginners. And probably I would start the day from meditation, not end with it.
- Building, where we were doing most of the activities and workshops isn't really equipped for hosting any large group of people: echo was very much present, AC didn't work properly and overall it is quite small for 35+ people. Some topics we discussed (legal abortions, hiv infection route of transmission) cannot possibly be covered in 5 minutes, and i think they're extremely important. Sometimes, when there's very limited amount of time it's easier to create disinformation accidentally. Overall the experience was great, it challenged my communication abilities, forced me to simplify my ideas to a big broad audience. The interactions we had didn't feel forced and the people were curious and open.

Sometimes i fall for the fallacy, when I forget, that others don't read the same things i do, know the same information i do. I forget, that things i consider to be 'common sense' are not, in fact, that common.

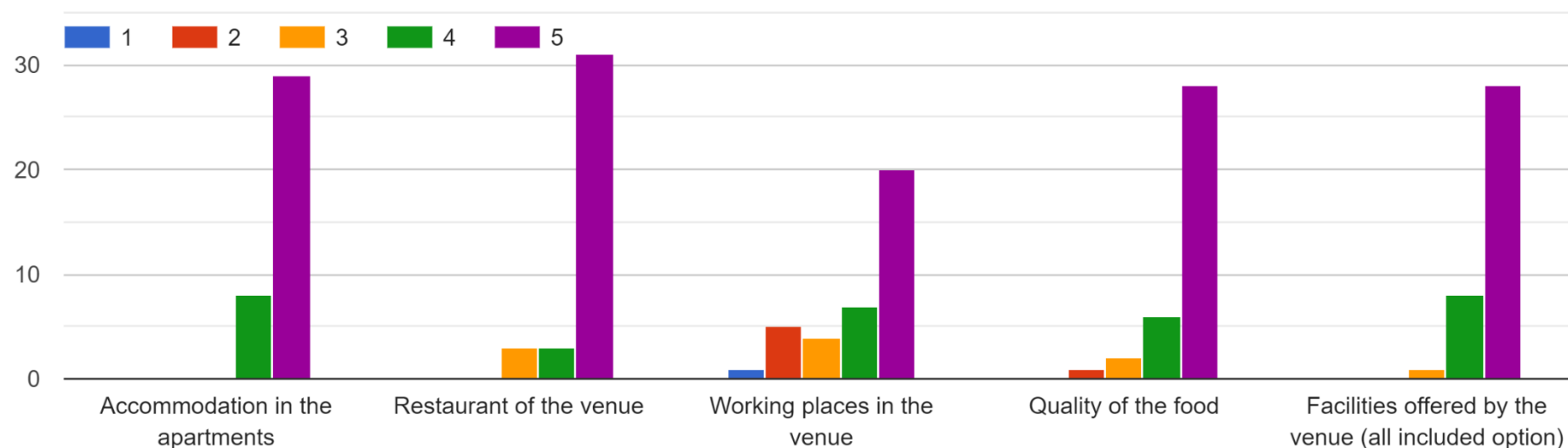
- The activities were helpful and positive. In most cases, we discussed serious topics through play, theater and other positive methods. We laughed a lot. I also liked the part of art therapy and meditation.
- most of the activities were informative, entertaining and well thought out. when the organizers received a negative reaction to some activities, they tried to suggest and change the activities so that everyone was comfortable
- Vika's activities were very well planned and performed with clear tasks and outcomes. Tasks for the activities held by Erma were not very clearly presented and we're confusing at some times. Activities held by Bobby feel like could be improved in the communication, facilitation and information.
- They were very helpful and meaningful for me.
- They were great!

Any additional comments?

- Have a nice day!!
- It was all great!
- Loved the trainings about meditation and art therapy
- The fact that a lot of participants weren't interested in the topic made it hard to keep them engaged and actively participate
- Thank you, Nicolas! Well-organized everything!
- Lack of inclusion activities for Kate that has issues with eyes. She had no possibility to join normally to a bigger part of activities. So, it would be cool to take a person for people with some issues to help them to feel an active part of the project. And to add more inclusion activities. Thank you for the project. It was nice.
- I myself enjoyed all kinds of activities because they demanded different active levels of participation.
- We should've stay more focused to know each other's. I mean our names at least.
- I liked project activities and how it was implemented, sorry for not active participation, it wasn't planned like this
- Thanks for activities and care, respect volunteers. I am very happy that I try Erasmus project
- I do really like the place we stay in, these chilling vibes, these hills around and the food. Thank you so much for choosing it.
- There were minor problems with the equipment, such as a speaker, a projector. Perhaps the activities could have started later, there was not enough time for sleep.
- The location of the venue is great, but the training room is not suitable for the trainings with so many participants because of its shape and acoustics.

Accommodation and Food of the training

Within your recent stay in HYLATIO TOURIST VILLAGE, PISSOURI, LIMASSOL, CYPRUS for the need of the training please rate your overall satisfaction with:



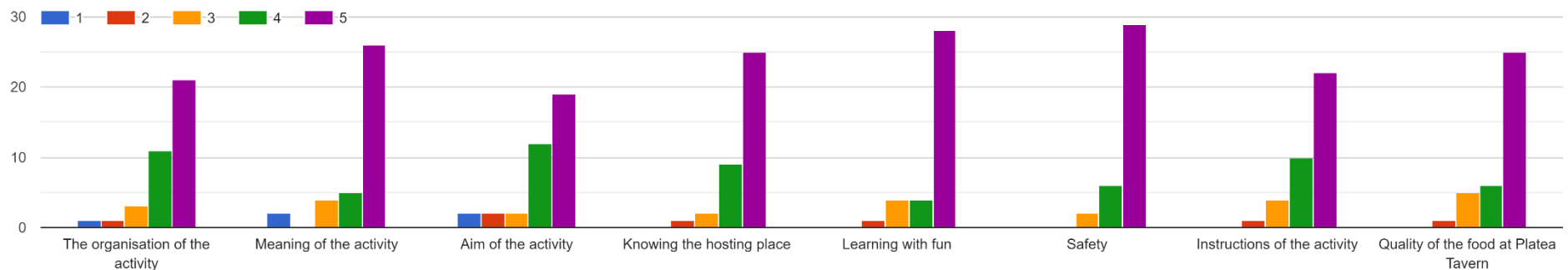
Anything that you want to mention in particular that will make us better about our future projects which have to do with the accommodation place and the food in the project

- They didn't changed us towels. Not a single day...
- Amazing
- I would like more options because the food was repenting and there were not enough option if you didn't want to eat meat
- Be more focus on the subject, try to explain in detalis about all area of sexual education
- Amazing place with cool staff. I am in love with it!
- The training room is a disaster!!! It should be a place where everyone can clearly see each other and trainers. So a place without columns is preferable.

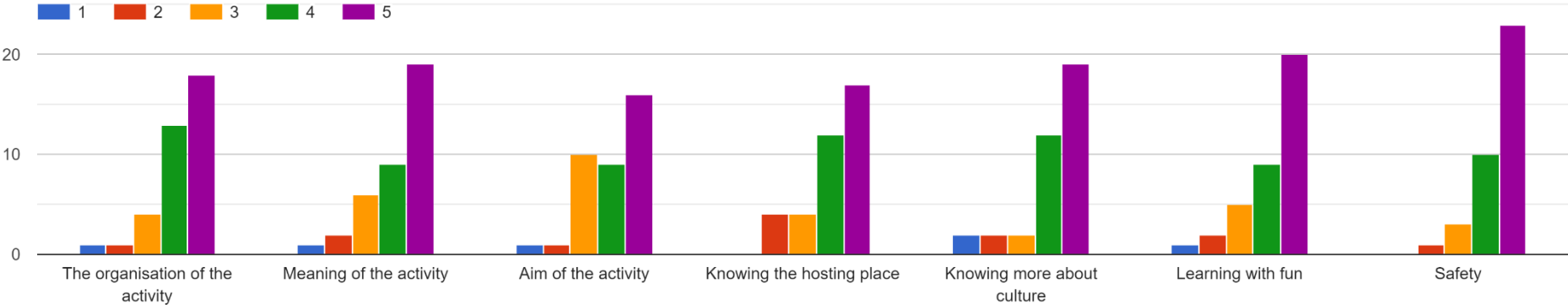
- Please let us swim in the pool after 8 😊
- Just maybe it would be better to provide some portable mats to participants for outside activities, especially for those which includes grass.
- The food could be better but I was okej maybe the hotel should add more dessert
- All great
- For me was ok
- I am a non-smoking person and every day I suffocated of cigarettes smell because there is no non-smoking place at the hotel. So when I eat outside - people smoke outside. When I eat in the restaurant - the door is open and people smoke at the bar.
- The room for projects should have better EC, less echo and overall bigger layout if there gonna be lead other projects with 35+ people .
- projector and laptop should be provided for the activities with the needed cables included. Otherwise it takes too long to connect and reconnect different devices. - make sure that facilitators don't use passive aggressive comments or answers and let the participants speak out their mind, if possible. They shouldn't cut people short, but better explain in a nice and polite way why the things can't be discussed now and offer the timing for that discussion later. Bobby could have received a training on non-hate speech and communication. Some of his comments were very upsetting for the participants. It felt like he's irritated by something, if things didn't go by his plan. - Erma and Bobby should be more flexible during the training and check the temperature of the group and adjust accordingly. Participants didn't like the meditation much on the first day, but the similar thing was offered on the next day before the art therapy. -Vika is a very supportive, kind and professional trainer. Others should have asked for abides from her on the best practice

Outside Activities

Ice Breaking Activity at Pissouri village (Tasks activity) and dinner at Taverna Platea (Tuesday Night). How do you evaluate your personal involvement in the activity according to:

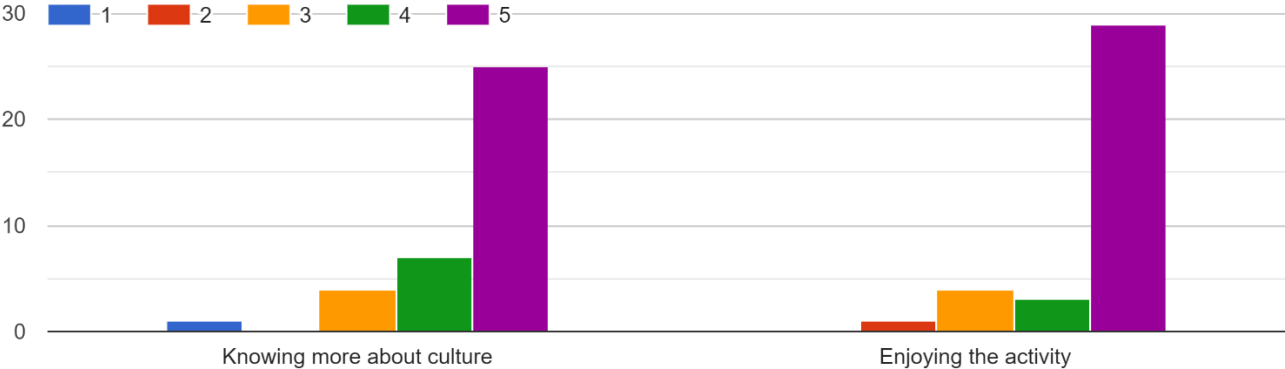


Cultural day at Limassol (Friday). How do you evaluate your personal involvement in the activity according to:



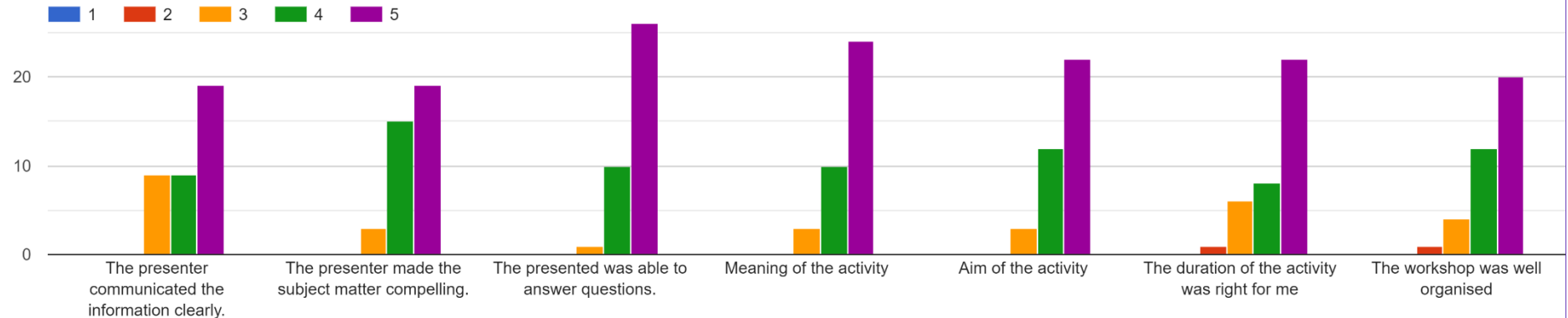
Cultural Activities

Intercultural nights: How do you evaluate your personal involvement in the activity according to:

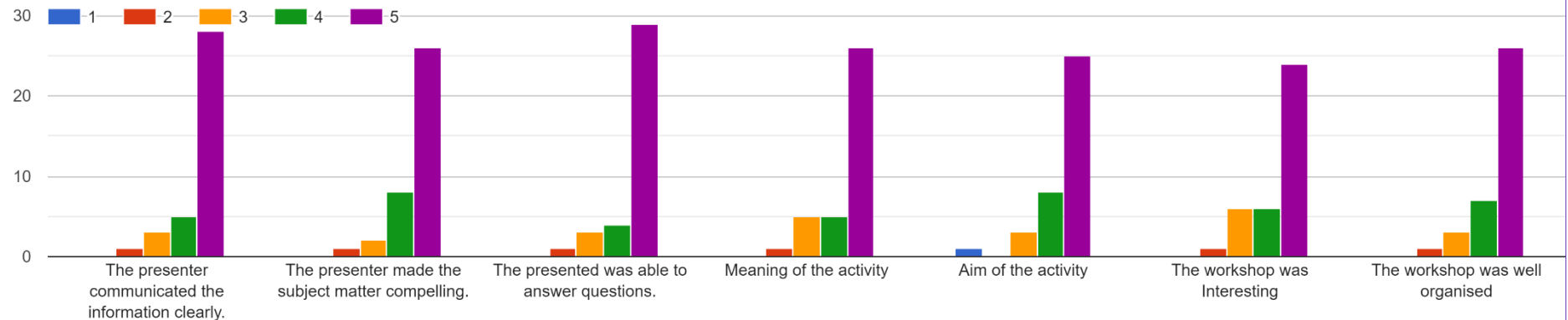


Non-Formal Educational Activities

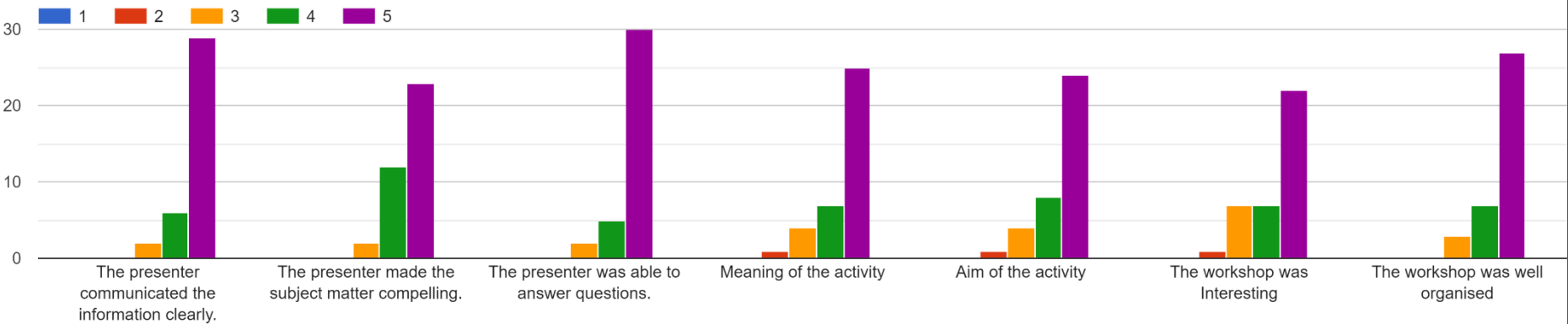
Youthpass Islands Activity Tuesday morning. Evaluate the activities according your expectations:



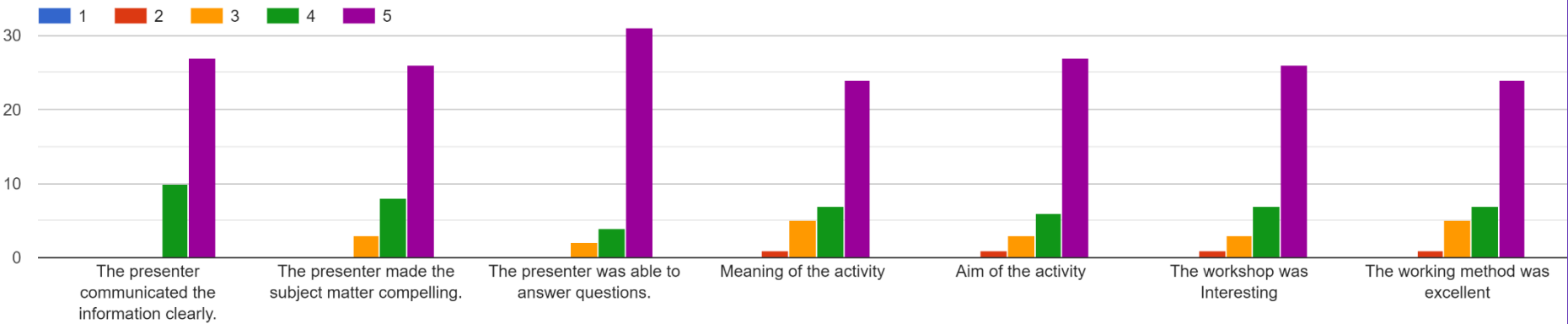
Problem Solution Tree (Wednesday). Evaluate the activity according your expectations:



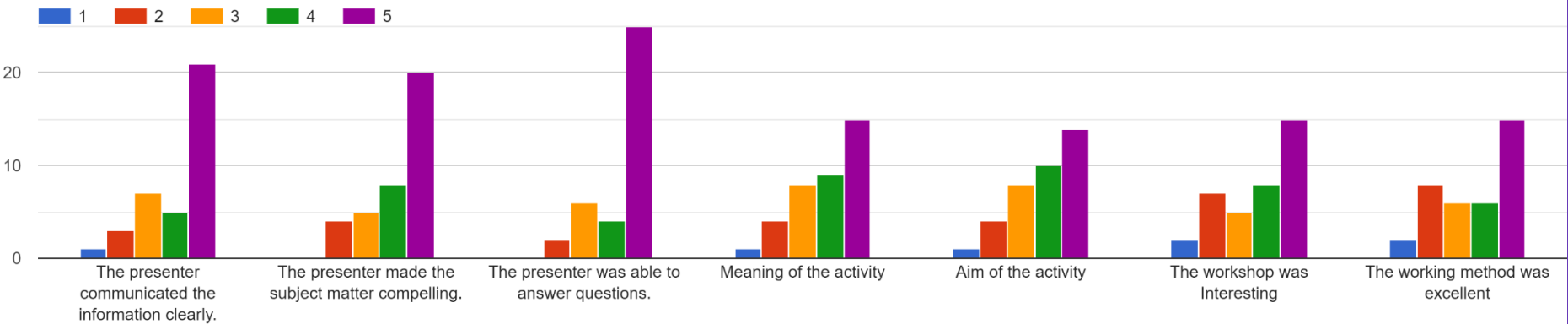
Consent Kinesthetic Activity (Wednesday). Evaluate the activity according your expectations:



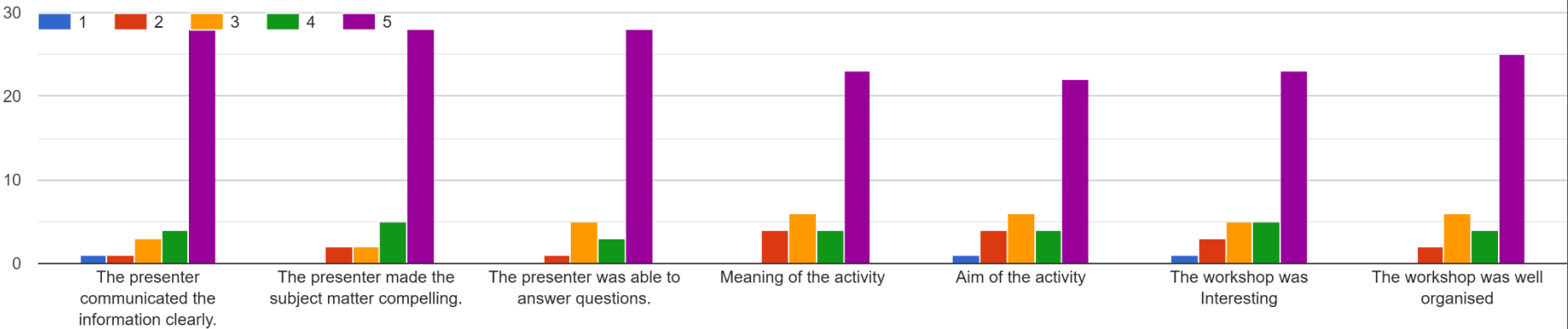
Blind Director with photos activity (Wednesday). Evaluate the activity according your expectations:



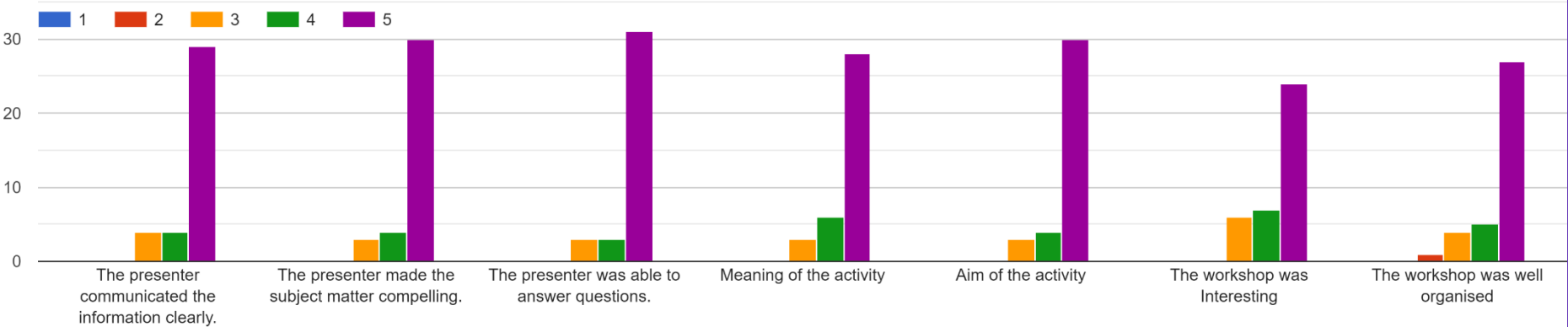
Mindfulness activity (Wednesday). Evaluate the activity according your expectations:



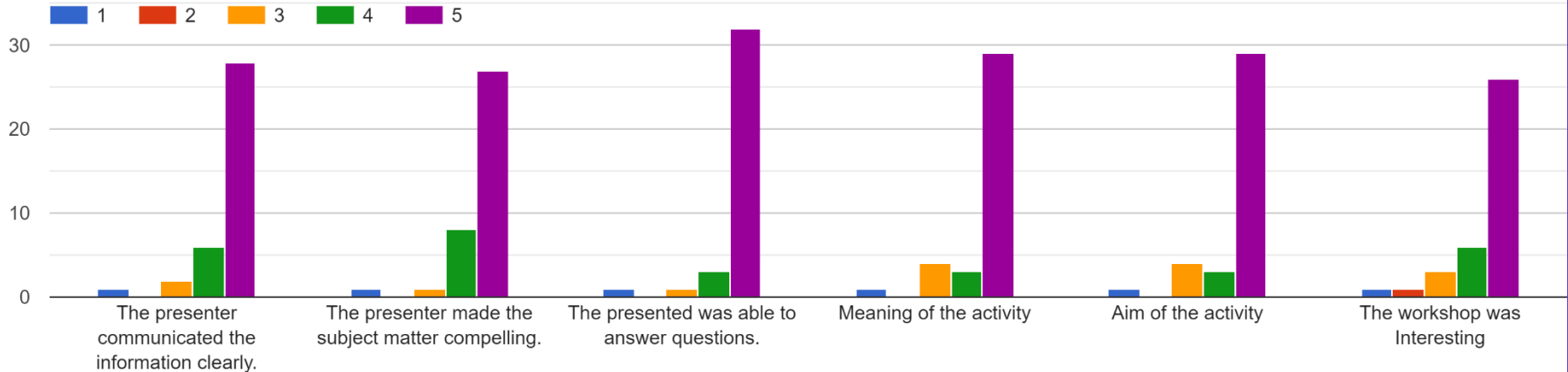
Identity Flower and Gender Galaxy (Thursday). Evaluate the activity according your expectations:



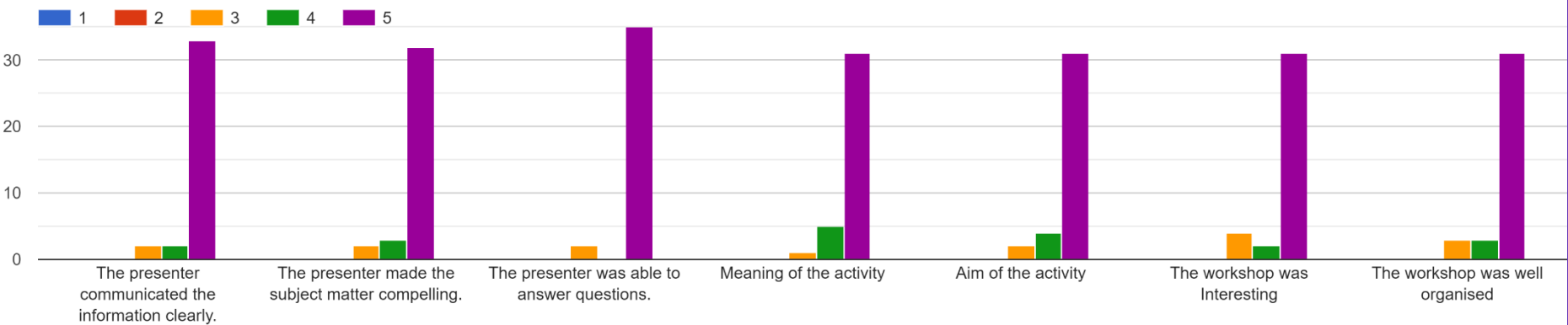
Definition and Violence (Thursday). Evaluate the activity according your expectations:



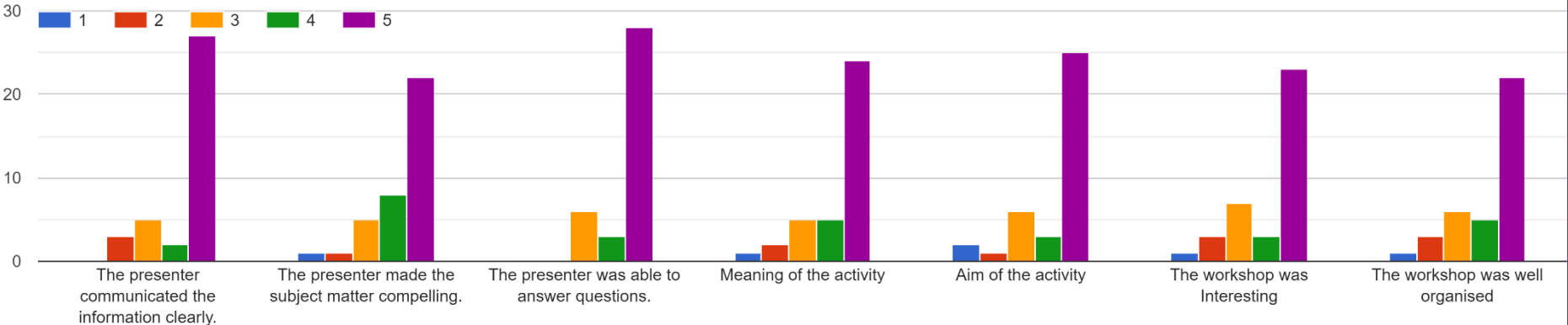
Forum Theatre (Thursday). Evaluate the activity according your expectations:



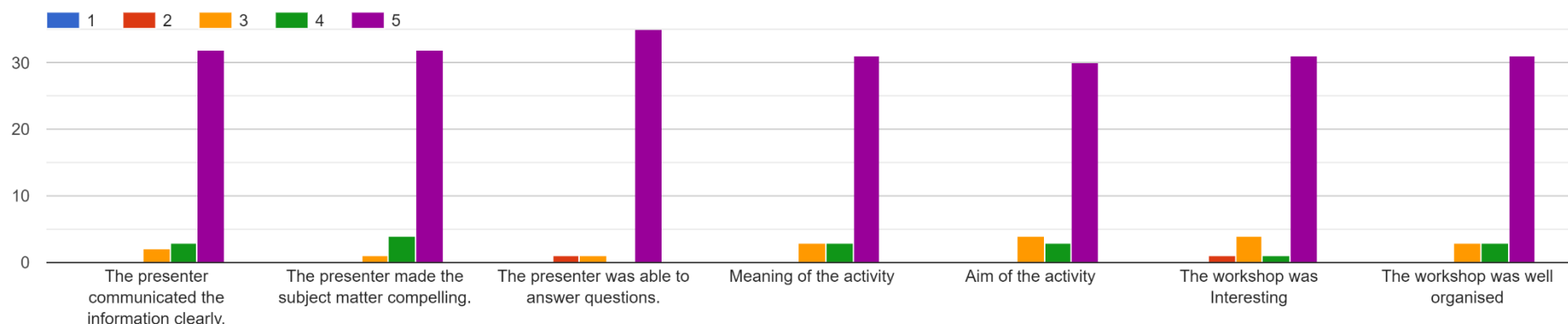
Posters and Countries (Friday ALL DAY). Evaluate the activity according your expectations:



Art Therapy-Body Mapping (Thursday)/ Evaluate the activity according your expectations:



Tools and Campaign Workshop (Saturday ALL DAY). Evaluate the activity according your expectations:



Write your emotional outcome for the organisation and implementation of our training.

- I felt safe and comfortable
- I just want to say thank you for everything.
- Huge experience, both personal and for my professional development
- Amazing Participants
- Positive outcome, I learned a lot about myself and others around me
- despite the fact that I understand a lot of English but I'm afraid to speak it, I really liked it and would love to go to another project
- Very good
- Mindfulness and an interior peace
- Friendly atmosphere and wonderful area. Thank you!
- Overall I feel satisfied and enjoyed all the processes the organization organized.
- Tekst tłumaczenia The training allowed me to learn new things about sex education in a general sense but also in other countries
- I'm happy that I joined project even not having active participation in that. Topic is interesting and activities also
- I feel more open. I gained courage and self-confidence. I don't know if I will apply all the knowledge at work, but the project gave me a lot emotionally.
- I feel more connected to people, different people. It all was very intense so i think I'll need a few days back home to reflect properly on everything that happened.

- trainer Victoria did her best for a good and interesting organization of the project: gave relevant and useful information, understood the needs and adjusted the activities to the needs of the group. Sometimes from other coaches it was felt a dismissive attitude towards their duties.
- Vika is a great trainer who supported all the participants and made the project happen even though the room is not suitable for such training. She stayed calm and mindful despite everything. I felt safe and supported by her through all the project. Also it was very informative. I am grateful for finding new friends and meeting amazing open-minded people.
- I gained many tools to use in my personal and professional life.
- I became stronger as a person while learning all about the issues of sexuality and consent

Which activity had the maximum impact for you?

- The forum theatre activity
- Activity with words connected with violence (5 types and their meanings and other words connected and their meanings)
- probably learning about consent.
- All the activities that implied working in groups.
- Tree,
- I like acting, but I guess Vikky's Gender Galaxy and Flower was for some reason very... interesting!
- Art Therapy
- Forum Theatre
- there is no one task, they all influenced me in some way
- Definition and Violence
- Media campaign
- Kinesthetic
- Forum theater
- I can't choose only one because most of them had impact on me
- Identity and competencies
- The violence one
- The activity about violence and the type of the violence
- Group works
- Tools and campaign workshop, Problem Solution Tree
- Tools and Campaign workshop; Gender Galaxy; Solution tree; Consent workshop
- Art therapy
- Forum Theatre

- I think there were a couple of activities that had a huge impact on me. First of all I really liked the workshops about consent and violence(where we had to match the words and phrases). Second of all I liked the workshops about identity and gender galaxy. I found out a lot of questionable and interesting things.
- The activity about the importance of Consent.
- Theater
- Flower
- Teatre
- I do enjoyed problem solving because I had the opportunity to deep into the issue and think what can I do
- Theatrical ones. Just because i miss being able to do that. Remonded me of how much i used to like to play different scenes. I loved, that there were other people who were as enthusiastic as i was. I didn't feel alone in my passion.
- Theater.
- Tools and campaign workshop, identity flower
- Forum theater, campaign workshop!!!
- When we practiced asking for a consent, and when we learned about the identity with flower and planets.
- Art Therapy activity
- campaign workshop
- Art Therapy

Which activity had the least impact for you?

- Gender galaxy
- Mindfulness
- Rewind activity, last day
- violence théâtre
- Identity game, with the galaxy :)
- Campain workshop
- None
- Everything with theatre
- Midfullness
- meditations. Because I can't sit still Hah
- Art Therapy-Body Mapping
- Identinty flower
- Youthpass
- Art therapy
- Identity flower, gender galaxy

- Consent (summarising was good though)
- Perfect planet
- Art therapy , Mindfulness
- Art therapy
- Posters and countries
- Identity Flower and Gender Galaxy
- I guess the meditation and art therapy. Not my thing. I never actually enjoyed it.
- Probable self drawing session which took place outside.
- Mindfulness
- Meditation
- Culture night
- Everything connected with mindfulness, meditations etc.
- Mindfulness. The settings wasn't very.. compelling.
- No one
- Meditation on the 2nd day, Limassol, reflection with Bobby
- Erasmus activities were presented poorly by Bobby, he couldn't answer any questions and was not familiar with the biggest part of the topic
- meditation
- Definitions activity

You can add your thoughts and suggestions in this question about everything that will make us better.

- :)
- Please make sure on future you prepare something for the people with sight disabilities as well and that everyone is involved .
- awesome training
- the trip to limassol was at the wrong time where it was very hot and there was little to explore.
- Can be more practice but focus on the main subject like sex ed
- I wrote about people with issues and importance of their right and careful support during the project
- Activities start at time :)
- I would suggest changing the meditation method. Taking too much time and energy.
- I think that you should choose different activities for mindfulness something more like art therapy
- As advice to learn the names of pax before project, at least to recognize country and experience. In the last day Bobby didn't know the names and couldn't recognize even pax faces of the group in trip. And didn't see anything wrong with that, which is the worst thing, it's unprofessional.

- Thanks for all things, goof lucky
- I would like more knowledge, going deep into the topic and less, let's say, non-concrete activities
- Thank you for the opportunity to be at the training, learn new internal information, meet new amazing people:)
- I loved Victoria's part of the training and think the training should have included more workshops under her guidance. They were very well organized, well-planned, interesting, almost always it was something new and useful. Thanks to her the program was very holistic. Some things I wish were different: location for sessions, schedule, trainers reading the group and being flexible with the plan if the group can't do it at a particular moment, reflections especially with Bobby, mindfulness activities, some activities lacked privacy in the room (identity flower).
- I think it would be good to choose participants more carefully. some of them did not participate or came and were not interested in the processes, which undermined the general atmosphere of the group. it was frustrating.
- Thanks for the opportunity! Keep bringing nice and smart people together <3