

Dear Coordinator,

For our participants from ACSFJC, the PEHELI project was a complete learning journey — combining self-discovery, intercultural exchange, and the development of essential life skills. Many of our young people come from rural and disadvantaged backgrounds, where opportunities to travel, engage internationally, or learn through non-formal education are rare. Through this project, they experienced for the first time how health, peace, and community can be lived in practice, not just spoken about.

The diversity of experiences — from hiking in Cape Aspro, to creative workshops by the sea, to intercultural nights rich in music and traditions — gave our youths the courage to step out of their comfort zones. They learned how to collaborate, how to express themselves confidently, and how to find strength in teamwork. For some, like Andrei, it was the very first Erasmus+ experience, and it opened the door to personal growth and international friendships. For others, like Ionela-Larisa, the project was a milestone in gaining independence despite visual impairment, supported by our team's constant commitment to accessibility and inclusion.

Our youth workers and leaders also grew significantly. For the first time, some of them coordinated groups in an international context, discovering their leadership style and improving their facilitation skills. The project strengthened bonds not only between youth and youth workers from our community, but also with peers from across Europe. For ACSFJC, this exchange reaffirmed the importance of creating inclusive opportunities where every young person — regardless of background or ability — feels safe, valued, and inspired.

Back in our community, the ripple effect was immediate. Young participants returned more motivated, ready to share their experiences with peers, schools, and local partners. Their stories about Cyprus, about health and peace, about facing challenges and building friendships, became inspiration for other children in rural areas to dream bigger. For families, teachers, and local stakeholders, the project showed that Erasmus+ is not just about travel, but about giving youth tools to grow, to believe in themselves, and to take an active role in their future.

In the end, the PEHELI project helped ACSFJC youths to connect health with lifestyle, peace with mindset, and inclusion with daily practice. It was an unforgettable chapter in their development, and for us as an organisation, proof that sport, non-formal education, and international mobility together can change lives and communities.

Respectfully,
Catalin Hilitanu

