

Dear Coordinator

For the young people from SENSE, the PEHELI project represented much more than an international mobility. It was a journey of rediscovery, empowerment, and belonging. Many of our participants came from backgrounds where opportunities for self-expression, intercultural dialogue, or even access to healthy lifestyle practices are limited. The project created a safe, inclusive, and inspiring environment where they could truly explore new ways of living and thinking.

From the very beginning, the facilitators and host organisation ensured that every activity was accessible and meaningful. For our youth, activities such as yoga, hiking, blindfold painting, and forum theatre were not only innovative methods, but also powerful tools that helped them reconnect with themselves and trust their abilities. Through emotional reflection, journaling, and creative exercises, they learned to articulate their feelings, recognize their inner resources, and see health as a balance between body, mind, and community.

One of the strongest impacts was on the way our participants experienced **inclusion**. As an organisation working closely with visually impaired people, we saw how the methods used in PEHELI encouraged empathy, solidarity, and equal participation. Intercultural evenings, team energizers, and collaborative workshops made them feel part of a united European family, where their voices mattered and their perspectives were valued.

The effects reached beyond the mobility itself. Back in Moldova, our young participants became more confident in sharing their experiences, leading small workshops in schools and local NGOs about peace, mindfulness, and healthy habits. Parents and community members also noticed positive changes: greater openness, calmer communication, and a more active engagement in daily life. For us, this confirms that the project not only impacted individuals but also created ripples of change in the local community.

Looking back, the value of the project lies in how it combined learning with personal growth, intercultural connection with inclusion, and healthy lifestyle practices with emotional well-being. If we could suggest one improvement, it would be to allow a little more space for personal reflection between sessions, as the energy and intensity of the program sometimes left participants eager for quieter moments of integration.

Overall, PEHELI was a transformative experience for SENSE's youth and community. It gave them tools for healthier living, confidence to express themselves, and the courage to embrace diversity. Most importantly, it showed them that peace and health are not abstract concepts, but daily practices that begin with each of us and extend to the way we build our communities.

Best regards,
Elena Turcan
SENSE

