



Eco-estilistas & e.p.a.
International Youth Exchange
Serra da Estrela – Lisboa
Portugal
19th July -2nd August 2023
Evaluation



1. What was 1) the happiest experience for you during this Seminar? 2) the most surprising and 3) the most moving one?

The happiest experience was meeting new people and their culture.

Viki, Bratislava

The happiest experience was that I could know Portugal, Portuguese people, and Portuguese culture. I was surprised I had improved my English. The most moving one was that I can speak in English

Zdravko, Bulgaria

The fact that I met great people with whom we had a lot of fun. What moved me the most was that I have to leave my people

Robko, Bratislava

The visit to Benfica Stadium

Milen, Lom

1.) The games with the children outside; 2.) The most surprising was that the participants were kind, young and creative people; 3.) The Olympic games.

Iliya, Pleven

I met people who have similar lives and did not stay stuck.

Danko, Bratislava

I met a lot of new amazing people and I have many great memories with them. I learned more to perceive people.

Nina, Bratislava

The happiest = meeting new people The most important = to get to know and understand the problems in other countries The most moving = practising English and being empathetic with others Meeting Ronaldo.

Tonko, Bratislava

The happiest = meeting new people The most important = to get to know and understand the problems in other countries

Janette, Bratislava

For me the happiest was celebrating Gabriel's birthday all together. The most surprising was night walk of the Portuguese group. The most moving was connection between the Slovak and Portuguese group and my invisible friend.

Dominika, Bratislava

The most surprising one was the dance workshop because it was a totally new experience and the most moving one was when Adri defended her homeland and her family against what she taught was not justice or fair. The happiest one was when I was in a company of my "now" friends while playing basketball/football.

Amir, Turku

Happiest: seen all happy and excited faces Surprising: that I don't have to be around my friends the whole time to feel comfortable Moving: when I saw people from my group flying for the first time

Angelina, Hamburg

1) I made a progress with my borders in a communication with people and made a lot of funny memories 2) The first impression of people is not always the right one 3) There are a lot of people around you that with pleasure ready to help, share their experience and give to you really good advices

Nastya, Kherson-Hamburg

1) The time that we spent in Marvila's place 2) Moments when I looked at stars and when I claimed to the highest mountain at night 3) Day when we went to Lisbon from mountains, I get a long with my girlfriend

Daniel, Mariupol





I was moved by the warmth with which I have been welcomed and treated. I really enjoyed many lovely conversations I had with different people.

Morka, Bratislava

I am happy to be a part of this group exchange

Abdishakur, Finland

1) Day when we went to Lisbon and were on the quest with Lisbon's city sights 2) Gala concert where every group showed their talents 3) Banana game

Alisa, Mariupol-Hamburg

"Estarmos todos juntos e felizes Ver as que as pessoas adoraram Lisboa Ver as pessoas admiradas com o estádio do Benfica"

To be all together and happy to see that people loved Lisbon. To see people in awe of Benfica's stadium

Marco, Lisboa

1. That I met a lot of different people here and we spent wonderful time together 2. That our group was the older one 3. I expected a little bit more about the accommodation in the mountain

Kameliya, Sofia

"1) ir a Celorico da beira e a Lisboa 2) o workshop da Eslováquia 3) banana game"

1) going to Celorico da beira and Lisbon 2) the Slovakia workshop 3) banana game

Carolina, Lisboa

A experiência mais divertida foi o jogo das cadeiras, a experiência que mais me surpreendeu foi os workshops, pois tive a oportunidade de ver vários trabalhos de países diferentes, a que me tocou mais foi o jogo da banana.

The most fun experience was the game of chairs, the experience that surprised me the most was the workshops, as I had the opportunity to see various works from different countries, the one that touched me the most was the banana game

Gabriel, Lisboa

A experiência mais feliz que tive foi a do passeio por Lisboa onde pude mostrar aos outros aquilo que é a minha cidade, o que mais me surpreendeu foi o jogo da banana e o que mais mexeu com o meu ser foram os workshops.

The happiest experience I had was the tour of Lisbon where I was able to show others what my city is all about, what surprised me the most was the banana game and what stirred me the most were the workshops.

Dário, Lisboa

O mais feliz foi poder mostrar a nossa cidade, o mais surpreendente foi o playday pela quantidade de crianças e a mais emocionante foi ver a felicidade deles no estádio e o banana game

The happiest was to be able to show our city, the most surprising was the playday for the number of children and the most exciting was to see their happiness in the stadium and the banana game

Mariana, Lisboa

1 show from Augusta 2 people 3 Sabra

Volodymyr, Hamburg

1. I'm so happy for that chance to see Lisbon and meeting new people. 2. The Bulgarian group is the older one. 3. The beds in the mountain. It's so sad for the free time in Lisbon. You can't visit the city, because it's so far from here. Most of the people here don't talk to much with the Bulgarian group.

Borislava, Rouse

A minha experiência mais feliz durante este seminário foi ter interagido com as ovelhas bordaleiras da Serra da Estrela. A experiência que mais me surpreendeu foram os workshops e o playday, a que mais me tocou foi em Celorico da beira quando um dos participantes refugiados disse que se sentia em casa no meu país
My happiest experience during this seminar was interacting with the Bordeaux sheep from Serra da Estrela. The experiences that surprised me the most were the workshops and the playday, the one that touched me the most was in Celorico da beira when one of the refugee participants said that he felt at home in my country

Beatriz, Lisboa

O jogo mais divertido foi da cadeira, é que mais me surpreendeu foi o jogo da banana

The funniest game was the chair game, and the one that surprised me the most was the banana game

Iuri, Lisboa

For me these three questions are connected with one place "Marvila". I had a lot of disappointing moments, which showed me our big group from a not a good side, but at the same time, I learned a lesson from this experience, I got to know people better and form a conclusion for myself.

Kate, Kiev





1. I'd say the happiest moment is seeing old friends and meeting new ones. 2. The most surprising experience was our visit to castle. 3. The culture of Portugal is really moving.

Adri, Dnipro+Hamburg

1 ver todas as pessoas de novo. 2 ver novas culturas. 3 banana game

1 seeing everyone again. 2 seeing new cultures. 3 banana game

Leandro, Lisboa

1) A experiência mais feliz foi as pessoas, conhecer pessoas de novas culturas, comunicar-me de várias formas! 2) a mais surpreendente foi ver o quão é possível ganhar intimidade, carinho por pessoas durante 2 semanas! A ligação que queríamos ao estar aqui é inexplicável 3) as janelas, falar sobre o nosso futuro, o que queremos para os outros, falar sobre a paz que queremos no mundo!

1) The happiest experience was the people, meeting people from new cultures, communicating in different ways! 2) The most surprising was seeing how it's possible to gain intimacy, affection for people over 2 weeks! The connection we wanted when we were here is inexplicable 3) the windows, talking about our future, what we want for others, talking about the peace we want in the world!

Iara Rodrigues, Lisboa

1.) Going to Benfica Stadium, I felt at home. 2.) Probably the hospitality of the people in Serra da Estrela 3.) Seeing some people of the group watching the sea for the first time ever.

Cândida, Lisboa

1) that we get to know the different nature in Portugal. 2) the similarity of the weather and the old places 3) with the mayor of Seia

Mohamad Ali, Hamburg

1. Ver os sorrisos dos participantes 2. A união do grupo, mesmo nas situações mais complicadas 3. Os elogios que recebemos enquanto anfitriões. Foi incrível saber que todos viram o nosso esforço e dedicação

1. Seeing the smiles on the faces of the participants 2. The unity of the group, even in the most complicated situations 3. The compliments we received as hosts.

It was incredible to know that everyone saw our effort and dedication

Catarina, Lisboa

1- The Kizoumba classes 2- The cheese museum 3- The most moving one was to know more of Eco-Estelistas. To see people passion to make something beautiful out of trash.

Elena, Banya

1.The happiest experience for me was visiting Benfica Stadium for the first time in my life. 2.The game - invisible friend 3.Playing with the children.

Ismail, Isperih

That I got to know better my group and culture of Portugal. I think the food was a surprise for me I had some reflection in the mountains so it was nice

Ben, Hamburg

A experiência mais feliz desta semana foi o banana game, pois todos disseram o que sentiam e o que tinham no coração.

The happiest experience this week was the banana game, because everyone said what they felt and what was in their hearts.

Luís, Lisboa

1) I really liked to talk to other people and exchange our experiences, it made me very happy when I saw people smiling. 2) I was surprised that people from different backgrounds have the same view on a topic and share the same values. 3) I am glad that I had the opportunity to get to know a new culture and explore the nature.

Nicole, Hamburg

I had my happiest experience when I spend time with the other groups and looked at the stars on the mountains. We spoke about cultural similarities and differences. I was surprised by the energy of the portuguese groups. They were really open and funny. The food was really tasty and of course the beautiful designs by Augusta Most moving one was when I saw how the members of Eco Estelistas work for the organisation with heart and soul (Watching the Videos of previous youth exchange)

Nelly, Hamburg

1.) to see all the people that I have seen before and get to meet new people 2.)that it was very different from the last youth exchange, in a bad but also in a good way 3.) that the hamburg and Ukrainian got along so well, it's incredible (I love it)

Anne, Hamburg





The happiest experience was to get closer and more connected to people from our own group. Moreover I was very surprised by the fact that people from different countries can become a team and exchange their opinions and views. To sum up I can say that the youth exchange helped me with my personal development and connected me with many amazing people. Thank you!!!!!! :)

Nadine, Hamburg

1) The happiest experience for me during the Seminar seems to me to be getting known better with my group and making reflection about myself. There's no enormously special moments to be pointed out, but the atmosphere, that had been helping me to understand my own needs. 2) The most surprising experience was to understand the social injustice and how to fight against it and/or cope with it. To be more specific: the fact, that some participants live in poverty has changed my mind. I feel desired to do something with it. 3) I was shocked by the situation in the district where the Eco-Estilistas works. It has been getting better gradually, but there's a lot of work to be done, I guess.

Andrei, Hamburg

1. the deep and meaningful conversations we had during free time with old and new friends. 2. that i got sick :-D 3. seeing the stars in the mountains and the banana game

Nuka, Espoo

I loved the Benfica stadium it was so amazing and that surprised me

Ahmad, Turku

2. What did you learn during the Exchange?

The life can be wonderful. After you have fallen there is someone to lend a hand.

Milen, Lom

About the people in Ukraine and the people who experienced the refugee crisis. I learned from them what it's like to be strong in these moments and it can happen to anyone. I also improved my English and learned a lot new words in English:)

Iliya, Pleven

To speak English better. To be more friendly.

Viki, Bratislava

Listen to people. Help people. Socialise more.

Janette, Bratislava

I learned to understand a foreign language at least a bit.

Danko, Bratislava

To get to know new people. To overcome fear

Misko, Bratislava

To better speak languages To open up to people To give new chances To not be afraid to communicate To trust people Some basics from all languages

Robko, Bratislava

My English has improved; communication with people in general

Nina, Bratislava

To appreciate myself and my family. And that we always need to trust each other.

Tonko, Bratislava

That sometimes we can do all effort but there are things we can't influence. We have learned that we should focus on future and hopes and looking forward.

Dominika, Bratislava

People can agree to a disagree and there's always more than one side to any story. And I could seem like or even be the bad guy in other peoples lives.

Amir, Turku

- Friendship is not always about giving - You have to talk to people to actually find out who they are and what background story they have - Sometimes it's easier to open up to new (see things from new perspectives) people than overthinking alone

Angelina, Hamburg

I learn many things here, many people here is a good people, to find a lot of friends

Abdihakur, Finland

How I can decide my problems in my family, at my work. That I can communicate with many many people.

Zdravko, Bulgaria





I got inspired by all the strengths in these young people. I realized that you can be very strong and laid even though you have been treated otherwise.

Morka, Bratislava

How much people from the same country can be culturally different. How incredibly beautiful the world can be.

Daniel, Mariupol+Hamburg

I get to know more people, learn more about Portugal, Lisbon and organisation Eco - Estilistas

Alisa, Mariupol

Useful phrases and new sentence on different languages that I didn't knew before

Nastya, Kherson+Hamburg

Aprendi muita coisa como por exemplo ser mais respeitoso do que já sou e também que todos somos diferentes

I learned a lot, such as being more respectful than I already am and also that we are all different

Marco, Lisboa

Aprendi que pessoas com culturas completamente diferentes podem sim conviver juntos e que muitas vezes não temos noção o quão sortudos somos

I learned that people from completely different cultures can live together and that we often don't realize how lucky we are

Carolina, Lisboa

A respeitar, a cuidar de mim próprio e evolui enquanto pessoa

That we should always respect others and their opinions and never be disrespectful, that we should talk to others to sort things out.

Gabriel, Lisboa

Aprendi muito sobre a cultura e a vida das pessoas de diferentes países, pude por o meu inglês em prática, e ajudou-me a tomar decisões para a minha vida, aprendi algumas frases e palavras nas variadas línguas

I learned a lot about the culture and life of people from different countries, I was able to put my English into practice, and it helped me make decisions for my life, I learned some phrases and words in the different languages

Dário, Lisboa

Aprendi a comunicar melhor, melhorei o meu inglês e a ser mais sociável

I learned to communicate better, improved my English and became more sociable.

Mariana, Lisboa

I learned how to communicate with different types of people I mean nationalities. I learned how to be more open-minded and what's more that some people have amazing moral values that I really appreciate.

Kameliya, Sofia

Ter mais conhecimento de várias culturas e ter mais experiência

Iuri, Lisboa

You are a human and the humanity is the greatest quality. The most of people here are a kids and don't understand that.

Borislava, Rouse

Eu aprendi a liderar, cooperar, dar segundas chances, a importância de se falar em tópicos chave e muito mais

Beatriz, Lisboa

Somos todos diferentes e todos e iguais e que podemos aprender mais uns com os outros!

Leandro, Lisboa

Aprendi a lidar com a diferença, reforcei a ideia que somos todos diferentes mas iguais! Aprendi que não precisamos de ser fluentes a falar qualquer idioma, basta falar a língua do amor!

Iara Rodrigues, Lisboa

I learned that all the people have different perspectives in life and that we all have a saying, that our voice matters and we should always speak when we see something wrong.

Cândida, Lisboa

Talking to each other and listening to others

Mohamad Ali, Hamburg





Há sempre novas janelas para abrir ou para criar. Podemos abrir as nossas janelas, mas também as das outras pessoas

Catarina, Lisboa

That we suffer from a lot of things common and how we can help each others be create a better world for ourselves and everyone else. Everyone is different so with all the differences we were together and shared our lives and experiences to being useful in any way. I found a lot of friends so one the nicest things was that.

Ahmad, Turku

The most important thing I learned is that I have to be open to all the differences in life. Because being patient with differences in words is one thing, the real thing is quite another. Meeting different young people from different countries helped me a lot in this.

Ismail, Isperih

I learned a very important lesson during this two weeks. No matter who we are or where we are from, our rights are equal. We are so different, but here, I'm this surrounding everyone can be heard, accepted and respected

Kate, Kiev

To be more patient and open for people, conflict-solving skills and new information about Portugal

Ben, Hamburg

I've learned to be more patient and try to understand people even when I didn't feel like it.

Adri, Dnipro+Hamburg

Que devemos respeitar sempre os outros e as suas opiniões e nunca faltar ao respeito devemos falar com os outros para resolver as coisas

That we should always respect others and their opinions and never be disrespectful, that we should talk to others to sort things out.

Luís, Lisboa

I learned that despite the fact that some people had communication problems, finding different ways of communication is very easy and we can include everyone. Teamwork is the key to open new doors in our lives.

Nicole, Hamburg

I graduated from school and i was really scared because I dont know what I can do for the society. I had little to no self-trust. During the exchang i learn more about myself. I'm now more confident in my english an myself. I think I know in with direction I want to work in the future. Other from that I also learned more of the portugues culture and I'm really happy being part of the exchange :)

Nelly, Hamburg

It's important to have dreams and people who support you. An exchange like this one provides new opportunities and connect many young people.

Nadine, Hamburg

That communication is the key to solve most of the problems and that it's ice breaking to get to know new people and then again through that new experience and networking

Anne, Hamburg

I learned from myself and others, how to understand and hear people better and cope with their behaviour for instance. Surprisingly for me, the workshops were just a part of the whole experience of a non-formal learning. The conversations between us in HH - UA group made me feel safely. I learned a lot of things about me and the people, who I'm surrounded by. I had an experience of gathering people to create something crazy.

Andrei, Hamburg

I learned new things about other countries through the posters, presentations and workshops. Also learned more about teamwork and compromising.

Nuka, Espoo

3. What did you discover from our theme: "Let's open windows para novas esperançasyoung people climb the star mountains to explore ways out of fears for our future"?

That sometimes the rucksacks with which we are climbing the mountain can be too much heavy and before we able to move forward we need to empty a bit of our rucksacks

Dominika, Bratislava

Not to be afraid to say something; to deal with things that happen in our lives, even though it's not always easy we have to overcome it

Nina, Bratislava





I discovered that people can be great despite the language barrier.

Milen, Lom

It indeed is true, and I believe desiring young people will find a way to make their future better.

Amir, Turku

There are a lot of people around you that with pleasure ready to help, share their experience and give to you really good advices

Nastya, Kherson

When we are together and have common goals we can realize all dreams

Iliya, Pleven

I discovered that I can't stop to dream, and I can inspire the other people to doing

Zdravko, Bulgaria

Descobri que íamos ter uma aventura na serra da estrela e que íamos nos divertir imenso

I found out that we were going to have an adventure in the Serra da Estrela and that we were going to have a great time

Marco, Lisboa

That it is normal to take risks, to try, and not be afraid of change.

Danko, Bratislava

First of all you have to find out, what exactly you are afraid of, to be able to face your fear or find a way to overcome it. Talking to other people (friends, family, strangers...) can help you to find solution better and easier.

Angelina, Hamburg

Eu aprendi que não devemos ter medo de fazer as coisas que queremos fazer, que nem o medo nos pode parar.

I learnt that we shouldn't be afraid to do the things we want to do, that even fear can't stop us.

Carolina, Lisboa

To not be afraid of anything, always trust myself, cooperate and give away hope.

Robko, Bratislava

I fear family problems and to live without money

Abdishakur, Finland

People shouldn't be afraid of things around them

Misko, Bratislava

How you can overcome difficulties and your fears, how important support is and why it is easier together than alone

Daniel, Mariupol

Descobri que é possível concretizar todos os nossos sonhos, é que não importa o quão mal estejamos, temos sempre que ter esperança

I've discovered that it's possible to realise all our dreams, and that no matter how bad we feel, we always have to have hope.

Gabriel, Lisboa

That you can have any problem but if you have a strong will you can achieve a lot.

Viki, Bratislava

I have found out there are many people who have been through very difficult situations in life and inspire of that they still have the strength to keep going. Connecting with others life during this event definitely helps to support these people

Morka, Bratislava

Que mesmo com as nossas dificuldades teremos sempre alguém para nos ajudar mesmo que seja mais para a frente no futuro

That even with our difficulties we'll always have someone to help us, even if it's further down the line

Mariana, Lisboa

That everyone can be whoever they want to be and any dream can come true.

Tonko, Bratislava

I learnt that you have to overcome your own problems and pursue your goals, but not harm other people

Alisa, Mariupol+Hamburg





It's so hard for me to live in one place with so many people, but I find a way for that. For me this is the big progress.

Borislava, Rouse

Eu quase descobri a mim mesmo, e aquilo que eu quero do meu futuro e do futuro da mundo é da população. Descubri que não estou sozinho e que posso contar com as pessoas mais chegadas para me apoiarem na vida.

I've almost discovered myself, and what I want from my future and the future of the world is up to the people. I've discovered that I'm not alone and that I can count on the people closest to me to support me in life

Dário, Lisboa

That everyone has a different window in front of them and but we all have one thing in common "the hope that this world can get better if we want it to"

Cândida, Lisboa

That everyone can face their's fear and defeat it with someone else's help or just by himself. Just need to believe it and don't be afraid of losing.

Ahmad, Turku

For me it was amazing that we had two parts - one in the mountain and one in the city. I learned how to open my window for living together with so many people in the same place. I really tried to face my fears and to overcome them. I learned more about this topic in Slovakian workshop.

Kameliya, Sofia

Aprendi que abrir janelas nem sempre é suficiente, as vezes é necessário abrir e atravessa-las. Abrir janelas tem significados diferentes para cada pessoa e que temos que respeitar isso.

I've learned that opening windows isn't always enough, sometimes you have to open them and go through them. Opening windows has different meanings for each person and we have to respect that

Beatriz, Lisboa

Abrir as mentes das pessoas para que sim existem pessoas diferentes e que não somos todos iguais!!!

To open people's minds to the fact that there are different people and that we are not all the same!!!

Leandro, Lisboa

O tema fala sobre o quão os jovens podem mudar o mundo! Tem de partir de nós, temos de ser nós a ter a iniciativa de mudar, de querer mais e melhor o nosso mundo. Temos de ter esperança, lutar e batalhar para que o mundo seja como queremos! Um lugar de paz!
The theme talks about how young people can change the world! It has to come from us, we have to be the ones to take the initiative to change, to want more and better for our world. We have to hope, fight and battle for the world to be the way we want it to be! A place of peace!

Iara Rodrigues, Lisboa

I discover that if you want to have a better future you first need to fight your fears Bessie's they are the ones that keep us down. I learn that there is always a hope to "see the stars" again, you just need to keep trying and not giving up.

Elena, Banya

That there are so many different people

Mohamad Ali, Hamburg

Que existem montes de estrelas e para vê-las basta abrir as nossas janelas

That there are lots of stars and all we have to do to see them is open our windows"

Catarina, Lisboa

I have discovered that overcoming our fears is not as difficult as we think.

Ismail, Isperih

Descobri que o tema de abriu várias janelas trás uma sensação de atravessar os nossos problemas nem que tenhamos que passar o oceano longo e as montanhas altas porque atrás de várias dificuldades vem grandes vitórias!!

I discovered that the theme of opening several windows brings a sense of getting through our problems even if we have to cross a long ocean and high mountains because behind many difficulties come great victories!!!

Iuri, Lisboa

That it's okay to have fears and we probably have to face them first so that we can overcome them

Anne, Hamburg

That people that living in different countries can experience same fears and they are trying to solve them with communication

Ben, Hamburg





The mountain represents difficulties and progress at the same time. Stars are our goals and motivation. We have to climb the mountain to reach them. The higher we climb, the more difficult it is for us, but at the same time we are getting closer to the goal

Kate, Kiev

To not be afraid of the future and not be ashamed or upset of the past.

Adri, Dnipro+Hamburg

Que temos de trabalhar em grupo e nunca desrespeitar o trabalho dos outros

That we have to work as a group and never disrespect the work of others

Luís, Lisboa

I discovered that our fears shouldn't stop us from following our dreams. We need to overcome them to achieve our goals and be successful in life.

Nicole, Hamburg

That everybody went or is going through the fear of the future. I don't have to be afraid of my future and I don't have to pressure myself just because others have a plan of their path. It is not a race, everybody is going their own way and I can decide in with tempo I want to go my path!

Nelly, Hamburg

Our fears are challenges, that are holding us back. We have to face them and be optimistic about our future, because we are able to influence it and change things.

Nadine, Hamburg

The windows can be different and depend on each person. Thus, it's hard sometimes to open them.

Andrei, Hamburg

That we should be more open about facing our fears, because fears can prevent us from reaching the stars.

Nuka, Espoo

That it's okay to have fears and we probably have to face them first so that we can overcome them

Anne, Hamburg

4. Which "STARS" will accompany you during the coming year?

This is what inspired me: Respect of others. A better understanding of people, know how to listen to them and help them. Not to focus only on a few particular people but to get to know everyone I can. Everything bad eventually turns out to be something good

Nina, Bratislava

Maybe the courage to express yourself and try to help others

Iliya, Pleven

I can not judge yet

Milen, Lom

The thought that one day I will show the world what people from disadvantaged backgrounds can achieve.

Danko, Bratislava

This is what inspired me:

A - A better understanding of people, know how to listen to them and help them

B - Respect of others

C - Not to focus only on a few particular people but to get to know everyone I can

D - Everything bad eventually turns out to be something good

Nina, Bratislava

Determination, will, ego, not giving up

Robko, Bratislava

That I am not alone and I am surrounded by friends.

Misko, Bratislava

Searching for new things that I don't know. Follow my dreams no matter what.

Viki, Bratislava

My wonderful new group of friends, that will support me when things get difficult.

Angelina, Hamburg

Motivation, courage, compassion, acceptance

Janette, Bratislava

Inspiration, greatness, and faith in yourself. I sure that I can have conversations with people in the whole world.

Zdravko, Bulgaria





Patience 😊 and the importance of being active and participate, so we can create magic situations

Dominika, Bratislava

Love, discipline

Tonko, Bratislava

The friends that were made and the memories

Amir, Turku

My wonderful new group of friends, that will support me when things get difficult.

Angelina, Hamburg

I wish they all will be here my friend

Abdishakur, Finland

I have restored my belief in humanity which is very inspiring. Knowing that there are so many kind people who are trying to make this world a better place motivates me not to give up too

Morka, Bratislava

Every compliment from Banana Game. Advices from my friends that they gave me in a difficult time. The views of the stars and mountains and the thoughts that visited me at that time.

Daniel, Mariupol

Respeito memórias e amigos.
Respect, memories and friends

Marco, Lisboa

Todo o conhecimento, experiências, memórias e aprendizagens que adquiri nestas duas maravilhosas semanas.

All the knowledge, experiences, memories and learning I've acquired in these two wonderful weeks

Beatriz, Lisboa

Que muitas vezes vai ser necessário eu dar o primeiro passo, como falar com alguém e não esperar que essa pessoa venha.

That it will often be necessary for me to take the first step, like talking to someone and not waiting for them to come

Carolina, Lisboa

Next year, I will be accompanied by my desire to achieve my goals and the people who will support me in this

Alisa, Mariupol

Thought that I'm not alone and there are a lot of people around me that always happy to help, you just need to ask them

Nastya, Kherson

When I close my eyes I will see the ocean view from the room. It was a big therapy for me. The experience was a amazing.

Borislava, Rouse

A minha família e os eco-estilistas
My family and the eco-estilistas

Gabriel, Lisboa

Falar inglês, a amar e ser amado, respeitar a vida e costumes de cada um e que todos têm a sua cruz nas caminhamos todos para o mesmo fim!!

To speak English, to love and be loved, to respect each other's lives and customs and that everyone has their own cross to bear but we're all heading towards the same goal!!!

Dário, Lisboa

I hope that I will fight and follow for my dreams in order to make them happen. What's more I learned that we should never lose hope. It was a magical moment because you can focus on your life, dreams, hopes, family.

Kameliya, Sofia

Aprendi que mesmo tendo culturas diferentes somos muito parecidos, as emoções do banana game e repetir os jogos e as danças e todas as culturas
I've learned that even though we have different cultures we're very similar, the emotions of the banana game and repeating the games and dances and all the cultures

Mariana, Lisboa

Ser mais paciente, pensar antes de agir, ser mais responsável e aproveitar mais os momentos em grupo e aproveitar até o último dia

To be more patient, to think before acting, to be more responsible and to enjoy group moments more and to enjoy them until the last day.

Leandro, Lisboa

The stars of friendship and unity.

Ismail, Isperih





As conversas com pessoas de diferentes culturas! Os passeios a conhecer culturas diferentes! A troca de emoções e abraços! As danças, as canções e teatros.
Talking to people from different cultures! The trips to see different cultures! Exchanging emotions and hugs! Dances, songs and plays

Iara Rodrigues, Lisboa

As pessoas que vão me acompanhar sem dúvida é a equipa de português e a equipa da Eslováquia tivemos uma conexão boa.

The people who are going to accompany me are undoubtedly the Portuguese team and the team from Slovakia, we had a good connection.

Iuri, Lisboa

Being more sensible and open my arms to people who I would never think I could open them to, looking out for other more

Cândida, Lisboa

Openness, politeness and patience

Mohamad Ali, Hamburg

Every day trying to be better person than yesterday to can achieve my goals step by step.

Ahmad, Turku

My family and my friends. Also hopefully everybody from the exchange. Even if they dont follow me physically to reach my goals, they will always be part of my memories.

Nelly, Hamburg

As estrelas da amizade, compreensão, cooperação e todos os ensinamentos e sorrisos, vão ficar sempre na minha memória e no meu coração

The stars of friendship, understanding, cooperation and all the teachings and smiles will always remain in my memory and in my heart.

Catarina, Lisboa

bad habits and experienced emotions

Volodymyr, Hamburg

My family and my friends. Also hopefully everybody from the exchange. Even if they dont follow me physically to reach my goals, they will always be part of my memories. My biggest STAR is to start a new chapter in life. After finishing school I have to find my passion. I want to overcome my fears and stay in touch with the people I met in this exchange.

Nadine, Hamburg

The “STARS” to : - Love yourself; - To say your mind out loud; - To believe in yourself; - To see goodness in people; - The starts for a better future

Elena, Banya

That I will get used to my new job and my friends will stay with me

Anne, Hamburg

After finishing school, a new chapter will begin for me and I want to find my way in life

Nicole, Hamburg

I think that it’s just a hope. Hope for a better future

Ben, Hamburg

Quero levar a minha energia e a minha alegria para conseguir fazer as pessoas felizes e com o sorrisos na cara.

Luís, Lisboa

The brightest stars are people I met here. They inspire me and give hope. Other stars are emerging and represent my confidence, believe and hope that can help me in the future

Kate, Kiev

Anticipation of new meetings and opportunities.

Adri, Dnipro, Hamburg

Figuring out what I wanna do in the future with the help of the vocational rehabilitation assessment. I’m also finally starting my process with the gender identity clinic to hopefully start medically transition as soon as possible.

Nuka, Espoo

Love and understanding

Andrei, Hamburg





5. Is there anything you would change or propose for a next Exchange?

Hope there will be more time for walks and entertainment.

Milen, Lom

To reduce the time of serious commitments in the program to feel more energized

Iliya, Pleven

Learn better English so I can talk more to others

Danko, Bratislava

Nothing, just some people

Robko, Bratislava

Everything was great, only some people didn't attend the workshops which I felt sorry about, as all the Portuguese group and everyone else who had prepared the activities put a lot of work into it. And for people not to leave just like that

Nina, Bratislava

More free time.

Misko, Bratislava

To bring people who socialise with others

Viki, Bratislava

To bring people who are more social and active and responsible. Mature in a good sense.

Janette, Bratislava

The willingness of some people

Tonko, Bratislava

Something unfortunately cannot be predicted like people will not connect so much. All what could have been done was done perfectly

Dominika, Bratislava

Maybe a bit more of sport; as in playing a sport as a workshop

Amir, Turku

I propose to be in Bulgaria!

Zdravko, Bulgaria

- to make theme clearer = many people didn't understand the theme completely - more people should be able to talk in English (basic level) - mixes ages in the group

Angelina, Hamburg

Maybe more though selection and preparation of participants, so they know what to expect and they respect the rules and the activities

Morka, Bratislava

No.

Abdishakur, Finland

Do something with people who are not involved in youth exchange at all. Make signs for vegan food. Have more conversations with people in conflict

Daniel, Mariupol-Hamburg

Distribute the program evenly so that free time and activities are evenly distributed

Alisa, Mariupol

I understand that the main point of Exchange is not traveling but it would be nice to take some time for walks and trips to beautiful places.

Nastya, Kherson

Não
No

Marco, Lisboa

Sim, outros grupos participarem em mais atividades
Yes, other groups should take part in more activities

Carolina, Lisboa

Que as pessoas tenham mais empenho em concretizar as atividades
That people are more committed to carrying out activities

Gabriel, Lisboa

I will change a little bit the timetable in order to have more rest time. I will suggest more city activities and more communication between all of us.

Kameliya, Sofia





Sim, mais tempo, na minha opinião 2 semanas foram boas, mas não foi o suficiente para conhecer tudo e todos nesta exchange

Yes, more time, in my opinion 2 weeks was good, but it wasn't enough to get to know everything and everyone on this exchange

Dário, Lisboa

Acho que uma melhor atenção na participação nos workshops e nas atividades

I think that better attention to participation in workshops and activities

Mariana, Lisboa

I would like to have a bit more free time, to explore the county I'm in, I would also like to be in a place where we can all be together and not a place where everyone is away from everyone

Cândida, Lisboa

Estarmos mais em grupo, estar mais integrada em outros grupos! Comer as refeições todos juntos numa mesa!

Being more in groups, being more integrated into other groups! Eating meals together at a table!

Iara Rodrigues, Lisboa

More free time and explore the city more. Because so many people visit the city for first time and they are so excited about it.

Borislava, Rouse

No. I wouldn't want to change anything.

Ismail, Isperih

To give people one day that they can do anything they want any where they go. Day off ;)

Ahmad, Turku

Seria bom fazer uma avaliação prévia em cada participante a tentar perceber se realmente encaixa no grupo e se está apto para participar em duas extensas semanas num país desconhecido. Evitaria muitos desacatos, discussões e problemas

It would be a good idea to carry out a prior assessment of each participant to see if they really fit in with the group and are able to take part in two long weeks in an unknown country. It would avoid a lot of disagreements, arguments and problems

Beatriz, Lisboa

Escolher melhor as pessoas do erasmus + mais responsáveis e que tenham o senso do que está errado !

Choosing erasmus people better + more responsible and with a sense of what's wrong

Leandro, Lisboa

Gostava mais que os outros grupos tivessem mais nas atividades

I'd like the other groups to be more involved in the activities

Iuri, Lisboa

Perhaps the participants could be of similar age, so that they can get more in touch with each other.

Mohamad Ali, Hamburg

No. I liked this exchange the way it was. Perfect .

Elena, Banya

Maybe more communication between organisation and participants outside of the workshops. More strict selection for the participants profiles and maybe vision on alcohol

Ben, Hamburg

O programa era muito preenchido. Talvez um pouco mais de tempo livre seria agradável. Avisar os participantes que vem participar num encontro de jovens e não numa viagem de férias.

The program was very full. Perhaps a little more free time would be nice. Let the participants know that they are coming for a youth meeting and not a vacation.

Catarina, Lisboa

more interesting locations and give a reason to communicate in competitive conditions

Volodymyr, Hamburg

I would convey the main idea of the exchange from the very beginning. Many do not understand why they are here. Maybe more communication between organisation and participants outside of the workshops. More strict selection for the participants profiles and maybe vision on alcohol

Kate, Kiev

Mudaria a maneira de escolher alguma pessoa pois, tem pessoas que fazem experiência de férias e não participam em algumas atividades é isso não é muito bonito

Luís, Lisboa





To be fair I'd do stricter selection for the participants, because I feel like some people don't understand what are they doing here and the thing is they don't even want to understand. Also I'd be stricter about time management as well, there were a lot of moments when we had meetings on an agreed time and then some people were coming half an hour later. it's not really nice.

Adri, Dnipro+Hamburg

More preparation for the youth exchange, and create a sense of understanding.

Nicole, Hamburg

The hotel in Lisbon was nice and the surrounding ocean was beautiful but it was too far away from the center of Lisbon for my liking. I personally only saw it once and that wasn't enough. And there should probably be more free time, at least during the weekends to get to know people outside of arranged activities.

Nuka, Espoo

Maybe a workshop were people have the opportunity to learn the basics of different languages.

Nelly, Hamburg

Explaining to the participants the aim of a youth exchange. So more people are motivated to take part in the workshops and take things more serious. Maybe then, misunderstandings can be avoided.

Nadine, Hamburg

For the next exchange I would suggest everyone to think about the purposes of the exchange before the main act, not in-between. It will definitely help everybody to get the point of what we do.

Andrei, Hamburg

Maybe that the choosing of people who are going to participate is going to be stricter selected (if people for example don't even come for the preparation meetings they maybe be should be excluded)

Anne, Hamburg

6. Would you encourage your friends to take part in an International Youth Exchange? If yes, why?

Yes the experience was wonderful. Everyone will be satisfied.

Milen, Lom

Yes of course

Iliya, Pleven

Yes, it was very useful.

Danko, Bratislava

Of course, I would. An amazing event I will never forget. <3

Robko, Bratislava

I would encourage the young people to participate, they can learn and be so much fulfilled after the exchange.

Dominika, Bratislava

Yes, of course. It is a great thing, I hope I will be able to attend next year again

Nina, Bratislava

Yes, because youth exchanges can help young people to learn many new things and start a new live as an open person

Angelina, Hamburg

Yes, I would.

Misko, Bratislava

Certainly, as it is very useful and there are beautiful memories.

Viki, Bratislava

Yes, because they will be braver after this exchange

Zdravko, Bulgaria

Yes

Abdishakur, Finland

Without a doubt! I believe it is a life changing experience for every participant

Morka, Bratislava





<p>Yes, I enjoyed it very much</p> <p style="text-align: right;">Janette, Bratislava</p>	<p>Porque é uma experiência única que são poucas as pessoas que têm oportunidade de participar</p> <p><i>Yes, these are unique experiences where we learn all about everyday life in a fun way!!!</i></p>	<p>Yes I would, this are the best two weeks I have every year, I meet amazing people and I love every single one of them, I wish more people could experience this</p> <p><i>Yes, it's an incredible experience, you get to know several languages and cultures and you definitely make beautiful friends.</i></p>
<p>Of course I would, it's the best thing.</p> <p style="text-align: right;">Tonko, Bratislava</p>	<p style="text-align: right;">Gabriel, Lisboa</p>	<p style="text-align: right;">Cândida, Lisboa</p>
<p>Yes, new experiences are valuable.</p> <p style="text-align: right;">Amir, Turku</p>	<p>Because it's an adventure and you can do friendships with other people.</p> <p style="text-align: right;">Borislava, Rouse</p>	<p>Sim, encorajei a minha irmã a participar neste encontro e ela já fala em dizer as amiga para vir. Vi uma mudança na minha irmã, uma pessoa com quem passei a minha vida toda , uma mudança e crescimento bom.</p> <p><i>Yes, I encouraged my sister to take part in this meeting and she's already talking about telling her friends to come. I've seen a change in my sister, someone I've spent my whole life with, a good change and growth</i></p> <p style="text-align: right;">Beatriz, Lisboa</p>
<p>Claro, é uma experiência única e que ficará sempre marcada nas nossas vidas</p> <p><i>Of course, it's a unique experience that will always remain in our lives</i></p> <p style="text-align: right;">Carolina, Lisboa</p>	<p>Sim, são experiências únicas onde aprendemos de forma divertida tudo sobre a vida cuotidiana de cada um de nós!!</p> <p><i>Yes, these are unique experiences where we learn all about everyday life in a fun way!!!</i></p> <p style="text-align: right;">Dário, Lisboa</p>	<p>Sim, pois esta experiência é uma das mais incríveis possíveis , onde conhecemos novas pessoas novas culturas e ter novas experiências!</p> <p><i>Yes, because this experience is one of the most incredible possible, where we meet new people, new cultures and have new experiences!</i></p> <p style="text-align: right;">Leandro, Lisboa</p>
<p>Of course, because it is a great opportunity to change yourself, open up to new horizons, rethink your life and set a course for a new and better life. Each of the exchanges changed my inner universe extremely, even though we only had 2 weeks.</p> <p style="text-align: right;">Daniel, Mariupol-Hamburg</p>	<p>Sim, porque os encontros ajudam-nos nas línguas, a conhecer novas pessoas e novas culturas e também outros países.</p> <p><i>Yes, because meetings help us to learn languages, to meet new people and new cultures and also other countries.</i></p> <p style="text-align: right;">Mariana, Lisboa</p>	<p style="text-align: right;">Leandro, Lisboa</p>
<p>Yes, because you can learn a lot of interesting things, make new friends and practice your English</p> <p style="text-align: right;">Alisa, Mariupol</p>	<p>Yes I will, because they will meet new people, they will learn more about different cultures and what's more they will receive new experience</p> <p style="text-align: right;">Kameliya, Sofia</p>	<p>Sim! Ao início estava em dúvida se deveria ir, agora estou na dúvida se devo voltar para casa! Aqui aprendemos, crescemos, evoluímos, somos adultos e crianças, podemos ser livres de brincar!</p> <p><i>Yes, at first I was unsure if I should go, now I'm unsure if I should go home! Here we learn, we grow, we evolve, we are adults and children, we can be free to play!</i></p> <p style="text-align: right;">Iara Rodrigues, Lisboa</p>
<p>Sim, porque seria ótimo para eles.</p> <p>Yes, because it would be great for them.</p> <p style="text-align: right;">Marco, Lisboa</p>	<p>Yes, so that he/she can learn something different and come into contact with other people.</p> <p style="text-align: right;">Mohamad Ali, Hamburg</p>	<p style="text-align: right;">Iara Rodrigues, Lisboa</p>
<p>No</p> <p style="text-align: right;">Nastya, Kherson-Hamburg</p>	<p style="text-align: right;">Mohamad Ali, Hamburg</p>	<p style="text-align: right;">Iara Rodrigues, Lisboa</p>





Sim, e umas experiências incrível conhecemos várias línguas várias culturas e sem dúvida fazemos lindas amizades

Iuri, Lisboa

Sim, é uma experiência única, que todos os jovens deveriam ter a oportunidade de participar. Conhecer novas pessoas, línguas, culturas, toda a partilha de experiências e ideias

Yes, it's a unique experience that all young people should have the opportunity to take part in. Meeting new people, languages, cultures, sharing experiences and ideas

Catarina, Lisboa

no, just sharing my experience and information. it's not a little stress

Volodymyr, Hamburg

Yes for sure. To can see the differences and commons and help to create better world for everyone.

Ahmad, Turku

Yes. I want to encourage my friend to do it because they will be able to meet new people, crate a new memories and see that they are not alone. I would like to show my friends what it means to be part of the family that isn't yours.

Elena, Banya

Yes. I would encourage my friends to participate in a youth exchange because I would like them to experience what I have experienced.

Ismail, Isperih

Sure. I already brought one my friend here and would love to share this opportunity with others. This experience change your mindset, helps to grow and to impact to our communities in different countries

Kate, Kiev

I would definetly recommand the international youth exchange to friends cause I feel like that you can learn alot about yourself. During the exchange you cant fully depend on your family and friends. So being with people you dont know teach you to depend on yourself and be more open to others. Moreover being in exchanges gives you a better view in cultures. You experience them physically and not just through digital devices

Nelly, Hamburg

Yes, definitely. Firstly, because it's a new experience. Secondly you get to know a lot of people from all around the world. And last, but no least is learning so much about everything.

Adri, Dnipro+Hamburg

Yes, because you gain so much experience thru those two week of being together with many people and learning be cultures, people, background stories and the individuals themselves. And it's a hell lot of fun and you get many friends

Anne, Hamburg

I would encourage people to participate by telling about my personal experience. Why? Because there's no disadvantages of it. There are some situations, that will help everybody to understand themselves.

Andrei, Hamburg

Sim, mais tinha que ser uma amigo que eu tinha a certeza que nunca ia esquecer esta experiência, pois esta experiência trás muito conhecimento

Luís, Lisboa

Yes, it was my first time participating in a youth exchange and I am positively suprised how much I enjoyed it. I would recommend to do it, because it is an amazing experience that will help you to talk about problems and overcome your fears.

Nicole, Hamburg

Yes I would, because a youth exchange connects young people and helps them to share their values and stories.

Nadine, Hamburg

Yes , I would totally recommend it because it's a lot of new experience , connection with new people and you always learning during this process

Ben, Hamburg

Yes, because why not :-P It's a great way to get to know different people and cultures from all over the world at once. And it's a really good way to practice English or even some other languages. Plus, it's free !

Nuka, Espoo





7. My message to our host group eco-estilistas?

Thank you for the opportunity to be here and participate in these things.

Viki, Bratislava

Thank you for this opportunity. I discovered I have many abilities.

Milen, Lom

Thank you for your kindness and the opportunity to make my dream come true (Portugal).

Danko, Bratislava

Great organisation and collective. I am happy it was created and proud of their effort and determination

Robko, Bratislava

Thank you for giving a chance to children to travel and get to know both others and themselves.

Nina, Bratislava

Unique people, with good hearts, who do good and protect the environment stylishly and elegantly. Thank you!

Iliya, Pleven

That it is a good organisation. Thank you.

Misko, Bratislava

Thank you so much for having us.

Amir, Turku

Thank you for everything you have done, it was amazing and unforgettable <3

Janette, Bratislava

Thank you for everything you have done for our Slovak group.

Tonko, Bratislava

Thank you so much for all your hard work and your patience during all activities. You prepared a beautiful exchange for us, and I felt very welcomed by all of you

Morka, Bratislava

Thank you so much, you have made an incredibly wonderful exchange, all the best to you in the future and hope to see you back soon

Daniel, Mariupol

Eu quero ser um ecoo!!

I want to be one of the eco-ecostilistas!

Dário, Lisboa

Somos uma família- *We are a family*

Gabriel, Lisboa

You did an amazing job. I am so proud of you all. Thank you for all the activities, programs, accommodation, and food you have prepared for us. Thank you for the connection friendship/love you have with me.

Dominika, Bratislava

Eco-estilistas conceptions is in my soul! I would like to contribute to its activities

Zdravko, Bulgaria

Os eco são a minha casa, a minha chance de sair de um sítio sombrio e escuro e ter a oportunidade de participar em encontros maravilhosos, conhecer ótimas pessoas, aprender e muito mais. Tenho e sempre terei orgulho de dizer que sou uma eco-estilista pois esta associação foi a minha segunda chance de aprender a viver. Um obrigada enorme ao Bruno e a dona augusta, como também a todos os outros eco-estilistas passados por tornarem esta associação uma casa, uma lugar seguro para muitos. Abriram me portas que nunca esperei ver serem abertas, receberam me de braços abertos quando eu menos esperava que alguém me recebesse, deram me a oportunidade de abrir essas mesmas portas para a minha irmã e espero que continuem a abrir mais e mais. Obrigada ao grupo maravilhoso que partilhou estas duas exaustivas, trabalhos mas fantásticas semanas comigo, vocês foram a melhor parte deste encontro. Uma vez eco-estilista para sempre eco estilista

The Ecos are my home, my chance to get out of a dark and dreary place and have the opportunity to take part in wonderful meetings, meet great people, learn and much more. I am and always will be proud to say that I am an eco-stylist because this association was my second chance to learn how to live. A huge thank you to Bruno and Dona Augusta, as well as all the other past eco-stylists for making this association a home, a safe place for many. They opened doors for me that I never expected to see opened, they welcomed me with open arms when I least expected anyone to welcome me, they gave me the opportunity to open those same doors for my sister and I hope they continue to open more and more. Thank you to the wonderful group who shared these two exhausting, hard-working but fantastic weeks with me, you were the best part of this meeting. Once an eco-stylist, always an eco-stylist

Beatriz, Lisboa





Adorei passar estas duas semanas com eles, acho que fomos um grupo organizado e que soube travar em conjunto. Nunca desistimos uns dos outros e preocupamo-nos sempre uns com os outros e defendendo-nos uns aos outros. Os eco-estilistas para mim são como a minha segunda família e eu gostei muito de partilhar esta experiência com cada um deles.

Mariana, Lisboa

Thank you very much! You did really well and even if some things didn't work out it wasn't your fault. I have your back!

Angelina, Hamburg

Que trabalhamos todos muito bem e que estou muito orgulhosa do que podemos proporcionar aos outros
That we all work very well and that I'm very proud of what we can give to others

Carolina, Lisboa

I really thank you guys, I hope to see you all next year

Abdishakur, Finland

I am very grateful to you for organising this exchange and giving me the opportunity to participate in it.

Alisa, Mariupol

I am really thankful to Augusta because she was an amazing person. She takes care of everything and she was always kind. Such a great host

Kameliya, Sofia

I admire eco-estilistas's projects, thank you that you doing it!

Nastya, Kherson

São os melhores e organizar o programa muito bem
They are the best and organised the programme very well

Marco, Lisboa

Well done

Bohdan, Hamburg

Amo-vos a todos! Não poderia pedir melhor grupo, melhores líderes, melhores amigos! Aqui crescemos juntos, rimos, chorámos, contamos piadas! Fomos originais, criativos, dançarinos (muitooo). Ver o esforço de cada um foi gratificante! Posso afirmar que aprendi com todos alguma coisa, levo no coração e para a vida cada um de vocês! Sei que quero estar sempre perto de vocês, sei que quero fazer para sempre parte desta história! Obrigada por existirem e por me deixarem entrar neste mundo!

I love you all! I couldn't ask for a better group, better leaders, better friends! Here we grew up together, laughed, cried, told jokes! We were original, creative, dancers (a lot). Seeing everyone's effort was rewarding! I can say that I've learned something from everyone, I'll carry each of you in my heart and for life! I know I always want to be close to you, I know I want to be part of this story forever! Thank you for existing and for letting me into this world!

Iara Rodrigues, Lisboa

Keep going

Borislava, Rouse

Thank you very much for the invitation, it was all wonderful. I appreciate their work very much and wish you much success.

Mohamad Ali, Hamburg

Um grande obrigado a este grupo incrível por fazer com isto tudo fosse possível.

A big thank you to this incredible group for making it all possible

Leandro, Lisboa

Estou super orgulhosa do grupo português. Muito unido, trabalhador, empenhado. São incríveis, dos melhores grupos de sempre. Espero que assim continuemos para o próximo encontro.

I'm super proud of the Portuguese group. Very united, hard-working, committed. They're incredible, one of the best groups ever. I hope we can keep it up for the next meeting.

Catarina, Lisboa

É que foi uma equipa boa de comunicar é uma equipa unida que sempre tive pronta para ajudar, queria agradecer imenso aos eco-estilistas que amei essa experiência linda que tive não sei como agradecer mesmo... só tenho que dizer um GRANDE OBRIGADO POR ESTA EXPERIÊNCIA.

It's just that it was a good team to communicate with, it's a close-knit team that was always ready to help, I'd like to say a huge thank you to the eco-stylists, I loved this beautiful experience I had, I can't thank them enough... I just have to say a BIG THANK YOU FOR THIS EXPERIENCE.

Iuri, Lisboa





Obrigada por todo os esforço e dedicação que tiveram com o programa, para poder dar o melhor do mundo a todos, peço desculpa por aqueles que não conseguiram dar valor aquilo que foi feito com tanto carinho para eles. Foram um grupo brutal que ajudou sempre que foi preciso ajudar, que estava sempre atento aos comportamentos dos outros para que caso acontecesse algo estarem lá para os consular e mostrar que eles importam e que a presença deles aqui não foi em vão. Mais uma vez OBRIGADA.

Thank you for all the effort and dedication you put into the program, to be able to give everyone the best in the world, I apologize for those who didn't manage to appreciate what was done with so much affection for them. They were a brutal group who helped whenever help was needed, who were always attentive to the behavior of others so that if anything happened they would be there to console them and show that they mattered and that their presence here was not in vain. Thanks again.

Cândida, Lisboa

Thank you! This experience was amazing. You did a great job! You deserve the best that can happen and I am wishing it to you. Please keep making the world better place.

Elena, Banya

I really really want to thank you guys, you guys were such an amazing hostess, kind to everyone with smile even if you were tired. Hope to keep doing this because it's going to help people to opening their's windows and make better world.

Ahmad, Turku

Don't forget to dream! Because a dream is the start of every new beginning. Thank you for everything !

Ismail, Isperih

The work you're doing is amazing. This is an amazing idea to help the environment through using the trash to teach children to think about the pollution through creativity and imagination. And you try to grow and involve people all around the world to cooperate

Kate, Kiev

You did amazing and hard work with preparation for this IYEx and I really appreciate your experience that all of you shared with me. But there is some recommendations, I think maybe you need not to focus a lot on preparation but focus on the work with your group, maybe try to make them as a team before workshops and etc. And also probably be more strict on the rules with alcohol and everything like that

Ben, Hamburg

I really want to say a huge thank you to everyone in the host group for everything you did, for how much of an effort you've putted, how much energy and time. I want to wish you all the best, never give up and stay amazing. Smile and be happy. Thank you and love y'all.

Adri, Dnipro+Hamburg

Obrigado por tudo e por toda experiência, quero continuar a fazer parte desta família e quero ajudar como me ajudaram em todos os momentos desta experiência

Luís, Lisboa

Thank you for showing us your culture! I'm appreciating your hard work and I'm really thankful to know you guys :)

Nelly, Hamburg

They did an amazing job, I really appreciate the hard work behind the youth exchange and want to wish them all the best and be successful with their work.

Nicole, Hamburg

Thank you for hosting this youth exchange!!! This was my first exchange and I am positively impressed. I am already looking forward for the next youth exchange, so I can see new and old faces again.

Nadine, Hamburg

You did a great job.

Andrei, Hamburg

Thank you for the lovely hosting. You saw so much effort so that I could taste the delicious food of Portugal and I'm eternally grateful. I truly enjoyed everything you put on the table and could taste all the effort and love you put into every meal. I'm truly impressed with the overall program and I had lots of fun ! Super proud of you guys and thank you again <3

Nuka, Espoo

You did so well hosting this exchange I know that it's very hard and also stressful. But maybe as I already said you should do the selection more strict.

Anne, Hamburg





8. Other comments: I also want to say:

Love you <3	Janette , Bratislava	Quero agradecer por esta oportunidade inesquecível, e espero puder repetir esta experiência no próximo ano!! <i>I want to thank you for this unforgettable opportunity, and I hope to be able to repeat this experience next year!!!</i>
It's great that there are such opportunities for young people.	Milen , Lom loved it here very much, only some people had a bad attitude.	Dário , Lisboa
I love you! I hope to see each other again!	Iliya , Pleven Bruno, I love you. Dearest e.p.a. Love you all.	Thank you for everything ❤️ I love you all Catarina , Lisboa
I love this community and the people in it. They are super and I felt better than home. <3	Danko , Bratislava I'm waiting for e.p.a. in Bulgaria!	Thank you Mohamad Ali , Hamburg
Exchange is the best thing.	Robko , Bratislava e.p.a. sometimes you should be more strict with your participants	Good luck and thanks 😊 Volodymyr , Hamburg
I appreciate everyone who participated at the activities and I am grateful for all the warmth and love I have received.	Morka , Bratislava I really enjoyed taking part in the Cat walk. The costumes were great!	Thanks for everything ;) Ahmad , Turku
Muito obrigada	Nina , Bratislava Thank you everyone for this time	Thank you;) Kate , Kiev
I love you	Misko , Bratislava Também quero dizer que adorei o encontro e já estou à espera do próximo <i>I also want to say that I loved the meeting and I'm already looking forward to the next one</i>	Thank you for the lovely room in Serra da Estrela ! I'm truly, truly happy and grateful for giving me such a private space to feel safe. I don't know if it was intentional or not, but it meant a lot for me anyways <3 Nuka , Espoo
You are amazing people.	Viki , Bratislava Marco , Lisboa	Thank you Leni for your support and hard work!!! <3 Nadine , Hamburg





Deveriam haver consequências para aqueles que acham que estamos+ são férias de verão!
There should be consequences for those who think this is a summer holiday!

Leandro, Lisboa

Obrigada! Obrigada por tudo! Após estas duas semanas só posso sair daqui com a palavra “obrigada”! Aprendi tanto, tanto e tanto! Quero continuar, quero estar sempre com vocês e crescer convosco!
Thank you! Thank you for everything! After these two weeks I can only leave with the word "thank you"! I've learnt so much, so much and so much! I want to continue, I always want to be with you and grow with you!

Iara Rodrigues, Lisboa

I hope to see everyone on the next IYEx and have a great last month of the summer!

Ben, Hamburg

Sending hugs to everyone. :)

Adri, Dnipro+Hamburg

Quero dizer que isto nunca deve acabar e devem continuar a lutar para trazer alegria a todos os jovens
I want to say that this must never end and that you must continue to fight to bring joy to all young people

Marco, Lisbon

I am looking forward to the next youth exchange and see new and old faces again.

Nicole, Hamburg

Thank you e.p.a for always being there for me ❤️

Nelly, Hamburg

Everything is already said. P.S. Augusta os teus fatos são fixes.

Andrei, Hamburg

I LOVE EPA ❤️❤️❤️ hello Leni and Ben

Anne, Hamburg



Translations into English in Italic

