

Dear future generations,

I am writing this letter to share my experience during the Erasmus+ Project: "Destination Happiness!". Maybe after reading this letter, I can convince you to participate in future projects like this one.

I started the project when I was in the 9th grade, and now I am in the 11th grade, so I can confidently say that a lot of time has passed. During this time, I had gone out of my comfort zone multiple times, learnt new things, and spent time with amazing people. This project taught me things from how to find happiness and deal with stressful situations to the impact that our daily activities have on the environment.

All these incredible things I learned during the three modules of the project. One of the main subjects discussed was about happiness and ways to be happy. That looks like nothing interesting because we all know this stuff. Right? You might be surprised, but happiness is more than a temporary feeling. Happiness can be whatever we want it to be, from a good memory of your childhood to ice cream on a sunny day. I learned that happiness is a choice, and even in the darkest times, there is always a reason to be happy. I will never forget the first speech we had to deliver about this topic. I am quite an introvert, and at that time, I never talked in front of people in English. Surprisingly, it went better than expected, and the teachers were incredibly supportive and gave me lots of tips. After that speech, I realized that this project would be a great experience where I would learn more things about myself and the things surrounding me.

Then, the unthinkable happened, to be exact, a pandemic. The fun part is that this event came at the right time because we learned how to manage stress. So, learning about stress-relieving techniques was more than practical. Also, because we couldn't see each other, I got better at using technology and learned some useful technical skills. Another topic we discussed was about our environment and the effects of climate change. This part of the project, I can say was the most eye-opening one, because I never realized how much the Earth suffers from our daily activities. For example, I used to let the water open while brushing my teeth. This activity accumulated over time can damage our environment and increase global warming.

I can talk longer about the activities that I did in the Erasmus+ project, but I don't want to keep you too long. If I convinced you and you want to take part in similar projects, I can give you some advice. Don't be afraid to step out of your comfort zone and have fun creating memories while being involved in the project. Looking back, you will be proud of the things that you were able to accomplish.

I am glad I was able to take part in the project Erasmus+: "Destination Happiness!" and I encourage you to take part in future projects like this one, because you will not regret it.

Best regards,

Alexandra