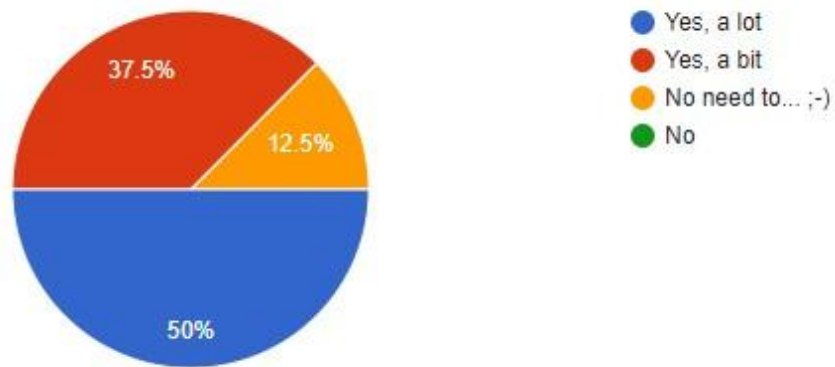
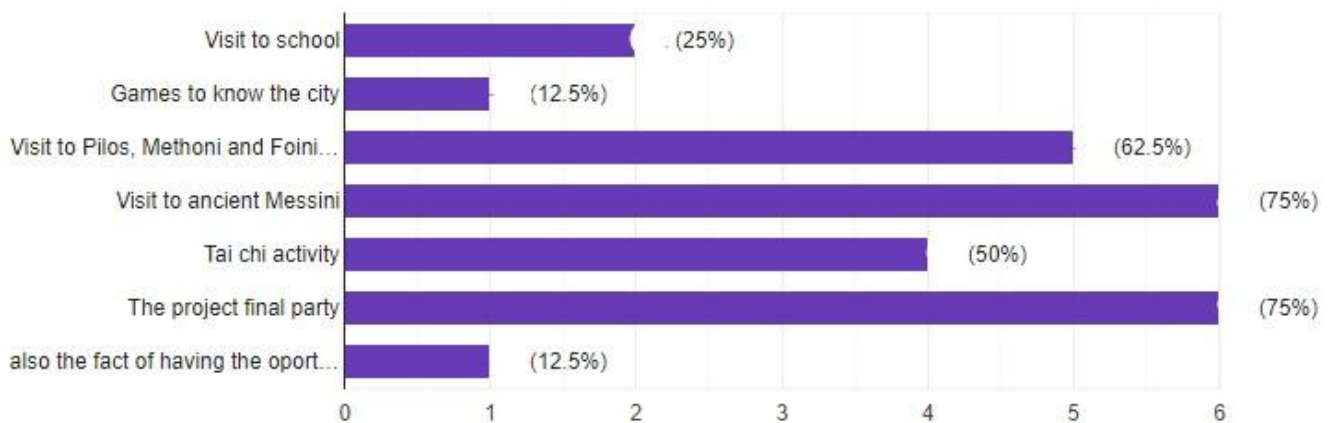


Kalamata meeting: Evaluation

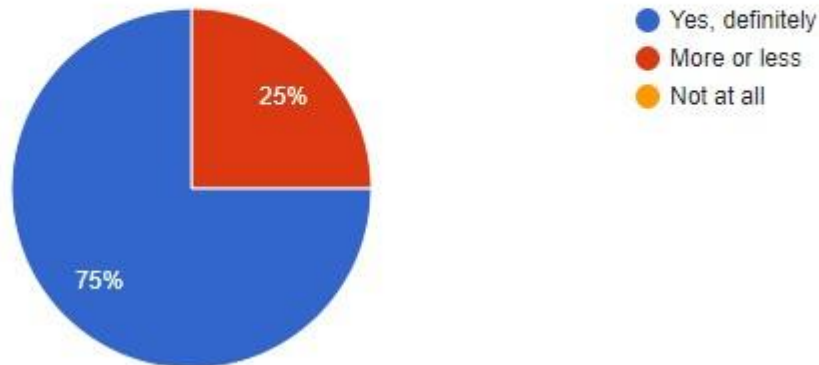
1. During all the months previous to the Kalamata meeting (and during the meeting), have you changed your point of view about the importance of mental health?



2. A (personal) highlight of the Kalamata meeting was ... (you may indicate different ones..)



3. Do you think the Kalamata meeting has had an impact on the way you look at different cultures/Europe?



4. Meeting people having different habits can be interesting... Name one thing you experienced as being different / interesting.

Most common or significant answers

- The different lifestyles that have people from other countries and in general the different point of view on some things, like for example the different day plan, the lunch, dinner etc.
- The different tempo in life, the easy slow pace
- I've found different that the people of Greece take the day more calmly and little by little in Catalonia we are used to being always stressed and non-stop.
- Most of the friends I made behaved just as we do. I guess something interesting for me was the fact that once you sit in a restaurant water is served to you and you don't need to pay for it.
- People in Greece are in no hurry. Everything they do, they do slowly. They do not go crazy when something is late.
- Living a slow life can be relaxing! ;-)
- One interesting thing we have practiced is tai chi. I think tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance.

5. Have you encountered language difficulties? If so, how did you manage to make yourself clear?

Most common or significant answers

- No I didn't, it was pretty easy to speak with others, and even to learn their language.
- I didn't have any language difficulties
- Not a lot, in Greece the most of the people know English
- Translation app!
- The atmosphere between the teachers and the students has been very good and everyone makes it easy to understand.

6. Think of yourself being 20 years older... ;-) What is it you will remember from this Erasmus+ meeting?

Most common or significant answers

- The wonderful atmosphere... the closing of the project on the boat trip... many unforgettable memories
- Despite and thanks to the differences: feeling European :-)
- With no doubt, the beauty of the beaches, streets and monuments are going to be something I won't forget but, mostly, the friends I made during the meeting
- It was a very enriching experience, very useful to learn from others and with a very good atmosphere
- Definitely yes! It was my first Erasmus and and it couldn't be better, all the people was so lovely...
- Of course the thing that I'm going to remember it's going to be the people that I have met in this project, because it's with them that I spend most of my time with. Also in general some places in Athens and in Kalamata.
- Great experience, great people, amazing atmosphere.