

# In Touch

youth exchange

27<sup>th</sup> November to 7<sup>th</sup> December 2022

Skleně, Czech Republic

“ The main goal of this project was to show the importance of physical touch and emotional safety in our lives, to emphasize how important it is to set boundaries, as well as how to respect the boundaries of another person. During the project, we practiced introspection, which allows us to know how we feel at the present moment, whether we feel moved to speak, or perhaps to express the emotion we feel in our body by some other means.

book of testimonials



Erasmus+

# Erika



**'I learned a lot during this project. I realized that every person has something deep in their heart that they are too afraid to express.'**

Erasmus+





# Bára



**'The project mainly helped me to get in touch with my own emotions and needs which highly influence my desires to be in physical contact with people but also impact my capability to express my boundaries.'**

Erasmus+





# Vaiiva



Erasmus+



**'The emphasis on emotions during this project opened my eyes and left the biggest difference on my real life - it imparted on me a deeper sense of gratitude.'**



# Write



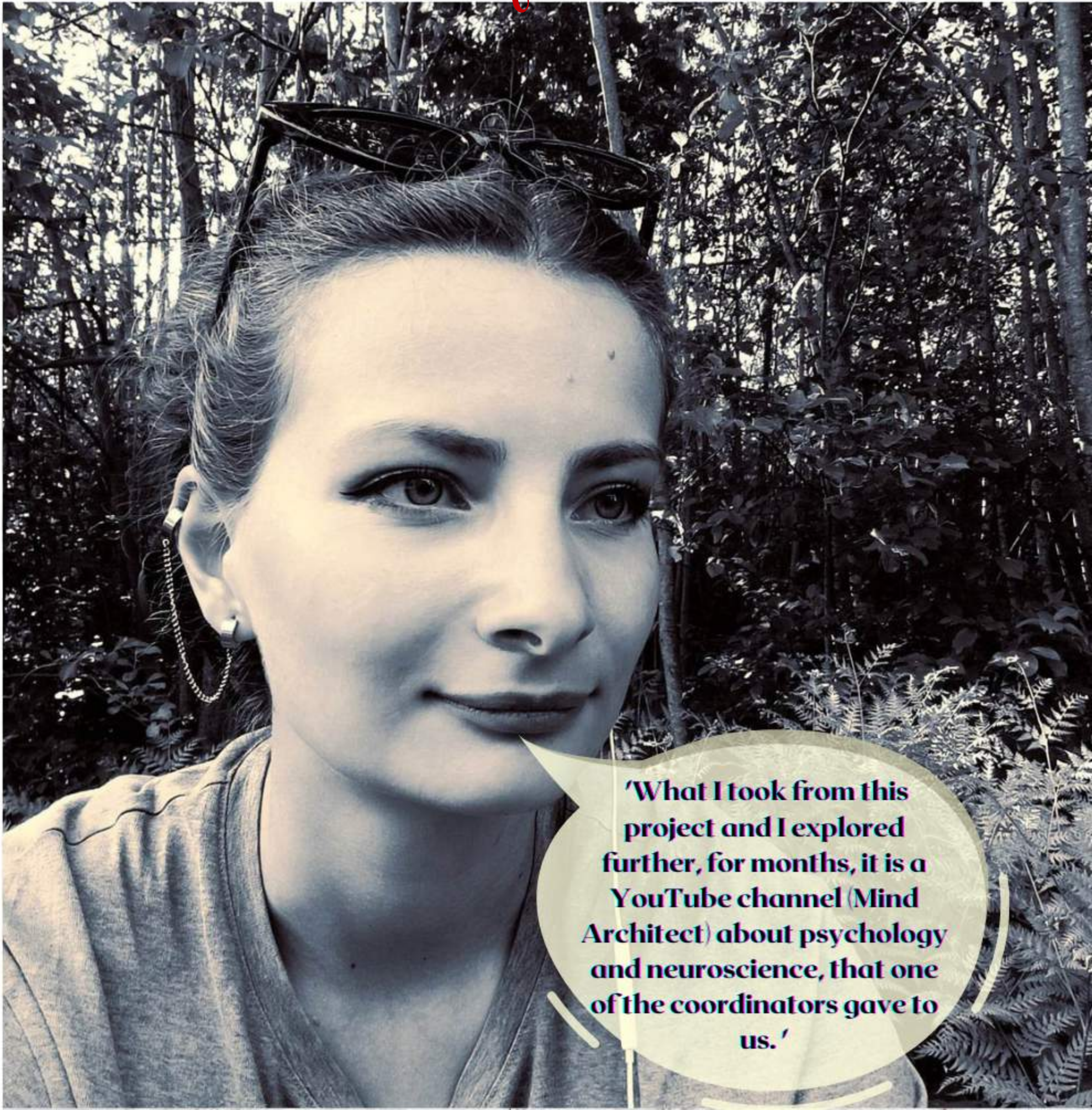
**'I think the most effective way to explore the benefits of physical closeness and touch is to not be afraid to talk about it with your loved ones, to ask for a hug, which can make you feel a sense of joy, safety and closeness to another person'**

Erasmus+





*Stefi*



**'What I took from this project and I explored further, for months, it is a YouTube channel (Mind Architect) about psychology and neuroscience, that one of the coordinators gave to us.'**

Erasmus+





# Emilija



**'During the whole process, I felt fear because of my preestablished beliefs about closeness to another person, but I always trusted the process and it all paid off in the end. I'**

Erasmus+





# Katerina

**'Concerning the topic of the project, I learned many things, such as setting my boundaries, expressing my opinion in a nice way, respecting others and being part of a community.'**



Erasmus+





# Tomas



**'The project gave me the opportunity to feel my true emotions. I felt care, friendship like never before. It helped me learn to show my true colors and to be in a community without fear, knowing that I won't be judged.'**

Erasmus+





# Nojus



**'The project allowed me to be and to feel authentic. During process of community building, I realized that I often hide behind a mask when I am in a foreign environment, that I try to please others, and while that can bring temporary comfort, in truth it prevents me from being sincere.'**

Erasmus+





Thank you for reading and  
see you in next project!



Erasmus+