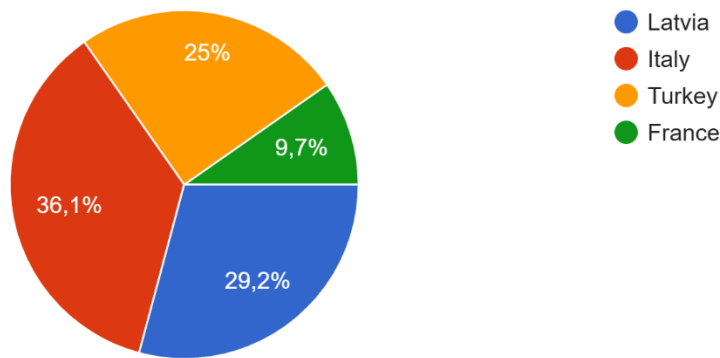


Erasmus+ Project “LIFT of Democracy” – Final Evaluation Form

https://docs.google.com/forms/d/e/1FAIpQLSd8YoxmjPk1R_G650PNNX0aPaijP__7imG6oeh-yrCYLY99w/viewform?usp=header

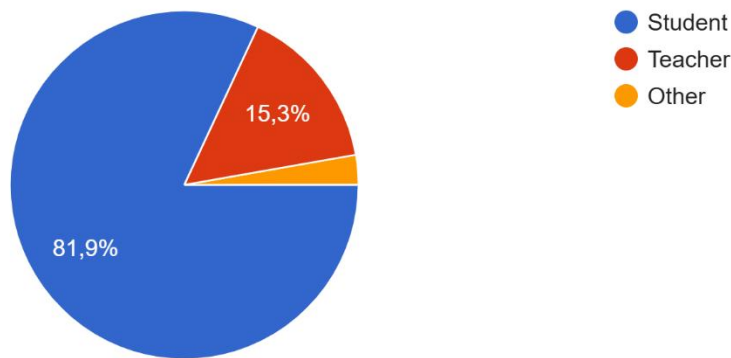
Section 1 – Participant Information 1. Country

72 ответа



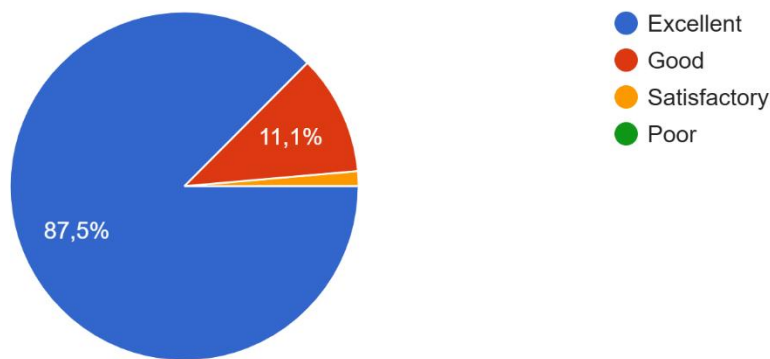
2. Role in the project

72 ответа



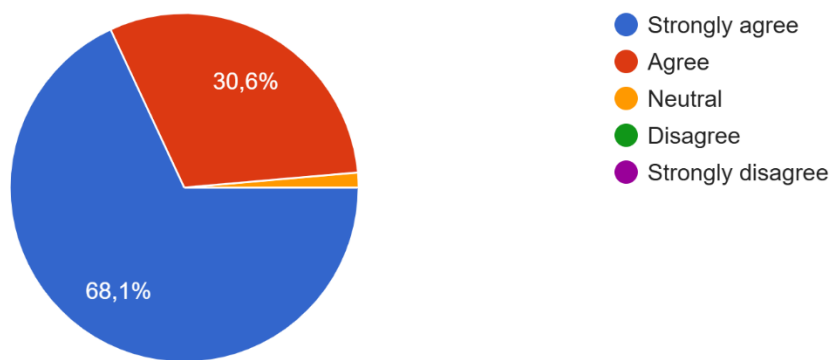
3. How would you rate your overall experience in the Erasmus+ project “LIFT of Democracy”?

72 ответа



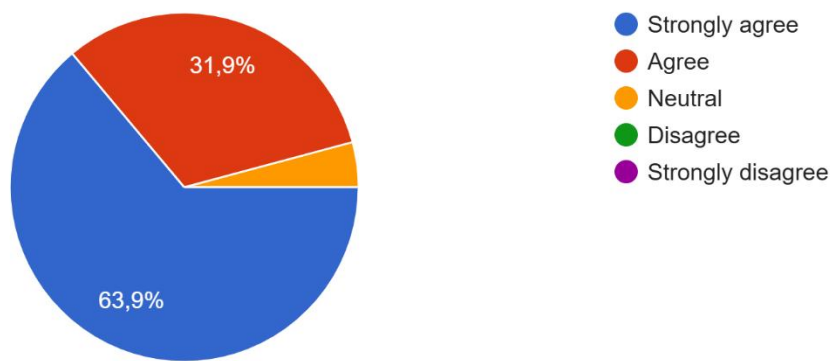
Section 2 – Learning Outcomes 4. The project helped me understand the importance of democracy and human rights.

72 ответа



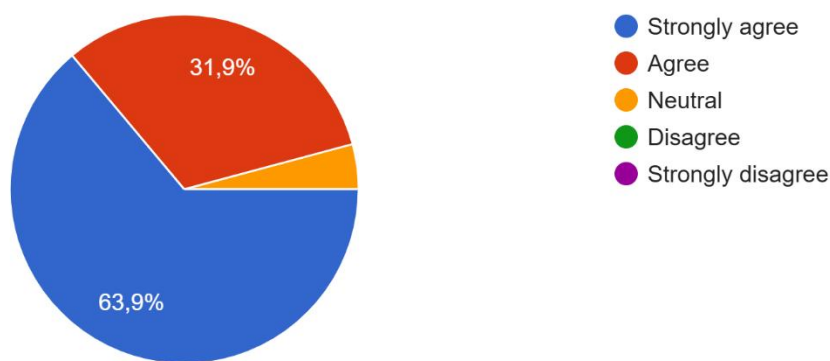
5. I became more aware of tolerance, equality, and inclusion.

72 ответа



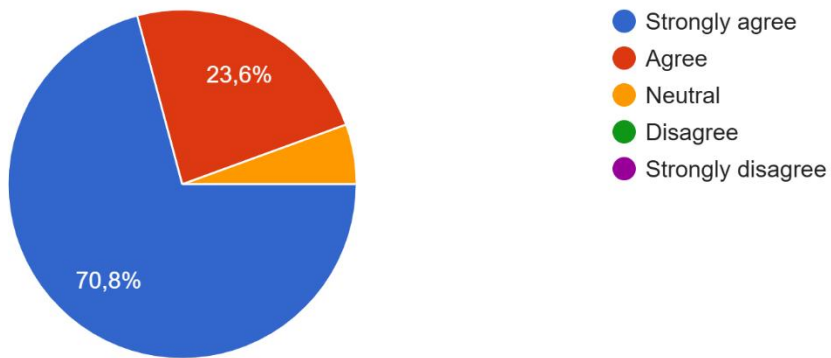
6. I learned about the consequences of violating democratic rights and possible remedies.

72 ответа



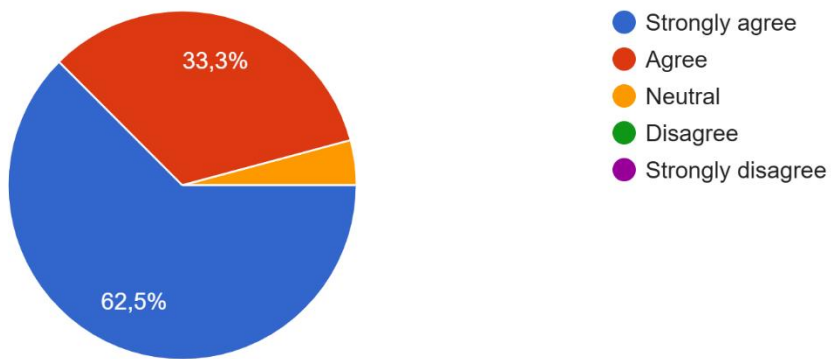
7. I improved my English communication and teamwork skills.

72 ответа



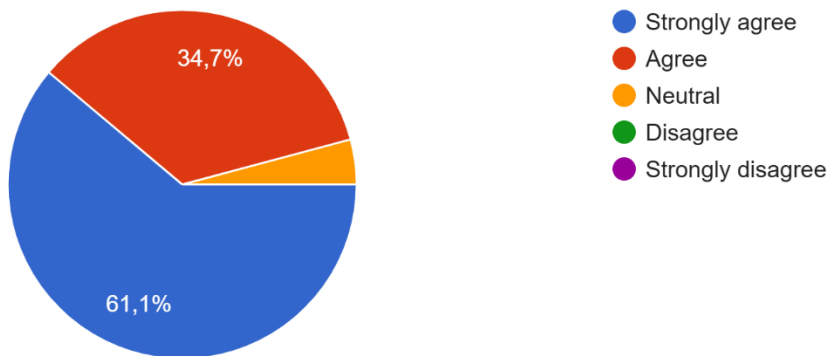
8. I developed a better understanding of European values and citizenship.

72 ответа



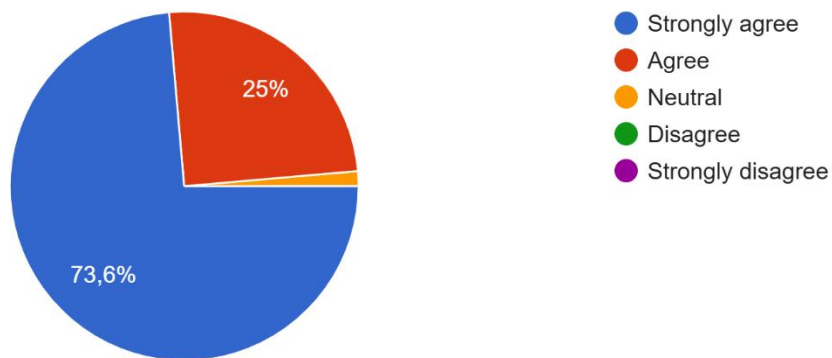
Section 3 – Project Impact 9. Participation in the project inspired me to be a more active and responsible citizen.

72 ответа



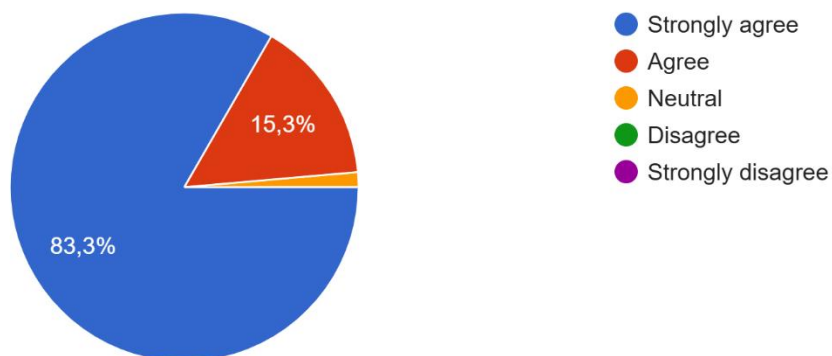
10. The project activities motivated me to respect and protect the rights of others.

72 ответа



11. I am proud to have been part of the "LIFT of Democracy" project.

72 ответа



Section 4 – Reflection

12. What was the most valuable experience for you during the project?

The most valuable experience for me was collaborating with diverse participants who brought different perspectives on democracy. Hearing real-life stories and engaging in open discussions helped me understand how democratic values can be applied in everyday decision-making.

Friends

the exits

The friendship with all partners

spent time with my Friends and visit places

Getting new friend and acquaintances, improving English speaking skills, acquiring more knowledge about democracy

Hüman rights

To contact foreign pupil

discussion

experiencing different cultures and learning about the history of democracy

The trips with the other students

Meeting new people from different countries was a wonderful experience for me.

Visiting institutions like the Parliament and understanding how democracy works in practice.

Making friends with the others

That being able to work from individuals from different countries and cultures stay together

Meeting new people

It's teamwork and an opportunity to learn to express your opinion and listen to others.

Being in harmony with my project friends.

The friendships with the people

The most valuable experience for me was working in an international team and exchanging ideas with people from different cultures. It helped me see democracy from multiple perspectives and improved my teamwork and communication skills

Learn about democracy in other countries

everything was important

Moments with friends from different countries

Learning about democracy through real-live example and discussion with students from other countries.

freedom

Making new friends and learning about democracy

Exchange between different countries

Working with the team to solve real problems was the most valuable experience.

I spent a lot of time with my friends and made new friends around the world

New acquaintances and improved communication

2 ответа

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New acquaintances and improved communication

the freindship of the people

Sharing informations with people from different countries

Learning new cultures

To meet so many people from Latvia, France, Turkey

My favorite part was meeting amazing people and sharing ideas with them.

Teamwork

very good

Learning educational systems of other countries

Communication between students from other countries

Beautiful

Working in international teams and sharing ideas about rights and equality.

Learning about other participated countries' democracy, rights and process of election

the friendships of the people

Meeting with new people from different cultures and getting a chance to improve my life vision. It assisted me to socialize a lot to be honest. Not only it helped me in a social way, but also, I learned how to write something in an academic way in English better with a new bunch experience.

Meeting and talk with people from other countries and visiting Riga.

The most valuable experience for me was taking part in discussions about democracy and hearing different opinions from people in other countries.

time with students from other countries

Cultural exchange

The most valuable experience for me during the project was learning how to work effectively in a team. I realized how important communication and collaboration are when creating something together.

The most valuable experience was working collaboratively and learning to solve challenges effectively as a team.

Cooperation

I learned to express my opinions confidently and understood how important every voice is in a democracy

To meet european people

LIFT of Democracy project, from my perspective, it was a chance to develop our linguistic and social skills while learning new cultures from diverse people. The valuable experience in this process was improving myself in different kinds of parts: speaking, sharing ideas and working in a group which assist to being a part of a team, gathering a soul which can named "group soul".

For me it was very inclusive and useful to be in class and at school together with the other students because we had the opportunity to learn about their daily habits, get to know each other and establish a rapport.

Friends

merting new people

The most valuable experience for me during the "LIFT of Democracy" project was the opportunity to work in a diverse international team. I learned how to listen to different opinions, share ideas, and make decisions together. It helped me improve my communication skills and understand democracy not only as a political concept, but as a way of cooperation and respect in everyday life.

To exchange with a lot others citizens in Europe (students and teacher) and over all our students can learn and discover about democracy.

The fact we exchange opinions and ideas on a topic in english and see our students be conscious of the people around

contact with people

Communication skills

La tolérance et le respect

sharing ideas with students in other countries

The most valuable experience for me was meeting new people from other countries. Actually I'm always hearing that people should give more attention to human rights and respects but with this project, i noticed that being active in the field, reinforce your thinks on this topic.

The discutions with different people (débat)

communication with others

13. What new ideas or lessons will you take with you after this project? 72 ответа

friendship

Responsibility

travel more

All was perfect

the democracy Is important for the correct amministration of the city

Every culture has something to offer, we all are extraordinary

Connecting with net people

culture lesson

i have learned the ways of searching for rights

That everyone has it's differencesnand that we shoild accept them

I have always wanted to work in social studies now I have a clear understanding of democracy and clear career path in front of me . This project helped me decide on that.

Human rights must be protected every day, not just discussed.

New friendships

That democracy is one of the most valuable thing to us and we should protect it

the importance of democracy

Ilearned that democracy is not just about voting or politics-it's about active participation, dialogue, and respect for different voices. I also realized how important critical thinking and empathy are for maintaining a healthy, inclusive society.

Responsability

We are all the same

I will take with me the idea that every person can influence society, and it is important to respect different opinions and work together for common goals.

I learned new ideas about human rights and democracy.

Leadership

I learned that democracy isn't just about voting it's about participation, dialogue, and respect for different opinions. I'll also remember how important it is for young people to take an active role in their communities

You need to express your opinion

Differences, new cultures

Everyone has a voice,and democracy depends on participation and respect.

I learned the importance of for different opinions and small actions in democracy.

Concrete examples to illustrate this topic

I learned the importance of teamwork, clear communication, and adapting quickly to challenges.

That the democracy is one of the most wonderfull things a country can have

There are so many different people in this world who have their cultures and traditions. It's very interesting.

mm

many ideas

I will respect to everyone

I think I will be aware of human rights

Democracy and Human Rights are not seen well by authoritative government heads so, we should always be on the side of those who are threatened in countries where democracy is not exercised.

I will take the values of other countries and their history with democracy from this project.

Many
i don't have new idea
Motivating students about how to become active citizens
That democracy needs support to survive nowadays
Cooperation and dialogue can solve more problems than conflict.
Each country evaluates and interprets democracy with its own culture
many innovative ideas
I have learned a lot about different cultures and become more open minded, also had a chance to improve my English. I have met a lot of friends and we started together. Teamwork is really efficient is one of the biggest facts that I have realized better with that project.
Democracy
I realized that even small actions can make a difference if we respect each other and take responsibility for our community.
helped me understand the importance of democracy and human rights
Democracy important
I learned that democracy is not just about voting or politics-it's about active participation, dialogue, and respect for different voices. I also realized how important critical thinking and empathy are for maintaining a healthy, inclusive society.
I learned to be more confident, independent, and flexible when working with people from different countries.
learned the importance of teamwork, adaptability, and effective communication to achieve project goals successfully.
The importance of democracy in society. The role of young people in strengthening democracy.
I'll take with me the idea that listening to others and respecting different opinions is key to a strong community
We must always talk about democracy because it can be fragile.
After this project, I gathered lessons which makes me open-minded, being able to convey my opinions to my teammates. Furthermore, I recognized brand new cultures with intriguing things like folklor, food and national days. In addition, I noticed the more we spoke with each other, the better communication we had in the end of the project.
In Latvia, there are many classrooms where you can do many activities, for example, music class, etc. This could be a great idea, also because it would help productivity.
that every country and people have their own values and this must be respected
After this project, I will take with me the idea that small actions can make a big difference in promoting democracy and active citizenship. I also learned the importance of teamwork, open communication, and respecting different perspectives. These lessons will help me in future projects and in my personal life.
To make role playing games about other countries with students to learn other systems of democracy for example.
To carry on the idea on a new topic
how important be social person
I learned that democracy is not just about voting or politics—it's about active participation, dialogue, and respect for different voices. I also realized how important critical thinking and empathy are for maintaining a healthy, inclusive society.
What is and how work democracy
Faire des petits questionnaire QCM
i am going to inform my friends about our project
Be happy and hopeful on human's future.
The culture are similar but the different of country is a wealth
the importance of collective activities

14. In one sentence, describe what democracy means to you now. 72 отбета

Democracy means a shared responsibility to listen, engage, and work together toward fairness and collective well-being.
Freedom

it's an important thing

It is the free participation to the life of a country

liberty

To be heard and speak my mind freely

Equity

Freedom

not restricting someone else's rights

The possibility given to everyone

Respect

It is the right to be heard and to respect others' opinions.

Good things

For me democracy means freedom to every individual regardless of any difference

To me, democracy means the freedom to have a voice in how we're governed, where everyone's opinion matters and collective decisions shape our future.

Very important

For me, democracy means respect, equality, and the freedom for everyone to have a voice and be heard.

Justice.

Equality

Democracy means having both the right and the responsibility to make our voices heard while respecting others' voices too

Democracy is freedom of speech and action

democracy is everything

Respect

Democracy means freedom with responsibility

very important

everything

It means working together to create a positive change for me.

Respect for others

Democracy means having a voice, respecting others' opinions, and working together to make fair decisions.

Freedom of Speech

mm

The direct translation of "La democrazia è bella" is: "Democracy is beautiful."

Citizens choose their leaders through free elections is democracy

Protection of human laws

Democracy is what protects my rights for me.

Rights

the democracy it's important

Students who know their rights in school and society

Freedom for all people

Is important

Democracy is about equality, justice, and active citizenship.

Uniting a country

an important value

Democracy is a way for public to reveal their wills about electing their leaders.

Everyone has freedom, until it does not ruin other people's freedom.

Democracy means having a voice and using it to make things better for everyone.

popular sovereignty and freedom

When a person can realize all his ideas.

To me, democracy means having the freedom to express my opinion, respect others' voices, and work together to make fair decisions.

Democracy means having the freedom to express opinions, participate in decisions, and work together for the common good.

Freedom of conscience, speech, and the press. Freedom of choice.
To me, democracy means having a voice and using it to make a positive difference
We are all concerned by democracy.
Democracy demonstrates the independence of humans' decision and supports an area which includes original notions and actions that coalesce into freedom.
Democracy is having freedom. Freedom to speak and express oneself.
Democracy is everything
Democracy is people, freedom of speech and movement
Democracy means to me the freedom to express my opinion and the responsibility to respect others' voices.
For me, democracy means power and liberty of all people
Democracy means respect and knowledge of others cultures
Democracy means having the freedom and responsibility to shape society through active participation and respect for others' voices.
Freedom of choice and speech
Le respect l'importante de l'ouverture d'esprit
Democracy is the power of the people to govern themselves
Human rights are the foundation of civilized life, the value of our age, and their guarantee is democracy.
The respect of person
democracy is right

15. Please share your overall feedback or personal impression about the project "LIFT of Democracy".

The "LIFT of Democracy" project was inspiring and empowering. It created a safe space to explore complex issues, connect with others, and reflect on how we can contribute to more democratic communities. I especially appreciated the interactive activities and meaningful discussions that made the learning experience practical and memorable.
Is good
It was one of the best project I've participated
good
It was funny, knowledgeable, comfortable, I got a lot of insights about democracy, cultures, values
The ways to devry rights
:
fantastic
The topic is very useful and general. It is useful in daily life.
Awesome
I think it was just perfect.
The project was well-organised, educational, and full of meaningful activities.
It was wonderful
I learnt a lot from everyone who was a part of the project and i believe that this project made me realize a lot of things that will help me be a better individual
It helped me understand the importance of democracy
I don't know
Very interesting project with good lessons and interesting themes, best teachers
The "LIFT of Democracy" project was a great and inspiring experience that helped me understand democratic values better, meet new people, and develop teamwork and communication skills.
It was a great project in every way.
Awesome
I really enjoyed the project it was inspiring, well-organized, and full of creative activities that made learning about democracy engaging and meaningful, I also appreciated the friendly atmosphere and the chance to build lasting international friendships

Wonderful project

perfect

I love this project and discover new cultures et new people from différent countries

It was an inspiring and unforgettable experience that helped me grow as a European citizen.

i don't know

important

It was really fun and i actually feel like i've learned a lot. And it was really nice to also learn about Latvia's culture and history. Thanks to this project i have friends from all over the world now.

Fantastic

The "LIFT of Democracy" project was inspiring and helped me better understand civic participation.

It was a beautifull experience to witness

I loved everything, I'd love to be on a project like this again.

mm

Engaging young people is crucial.

It was amazing project

It will be a remarkable memory for me

It has been a great opportunity to work on such a project loved by students, teachers, families, local community.

I loved my experience with this project. It was enjoyable and it taught a lot about democracy and other cultures.

Good

its a good prioject and very educational

That was a perfect project

I liked to discover other cultures, to share our country pros and cons, to meet new people and to discuss democracy in each country

Eccellente

I am proud to have been part of an international team learning how to lift democracy together.

Excellent project

Based on the information, the "LIFT of Democracy" project is a highly positive and impactful Erasmus+ initiative focused on educating European students. Personal Impression: It seems like a necessary and well-designed program because it teaches active, lived democracy through workshops, international cooperation, and critical thinking, with a vital focus on media literacy alongside core democratic values. It successfully moves democracy from a textbook concept to a practical, interpersonal experience.

From my perspective, LIFT of Democracy give me a chance to explain myself in a better way, improving my English and being more assertive in academic way with recognizing another life visions. I learn about how to protect future and human rights more. I believe that the more knowledge brings more joy. Only after having met my new friends, did I rediscover how marvellous the teamwork is. Not only we studied together, but also we made lots of unforgottable memories that worths to remember. Our teachers and all of my friends were amazing people, I am feeling so lucky and happy for being a part of this amazing project.

It was a very nice experience.

The project was really interesting and made me think more about how important it is to take part in society and respect other people's rights.

useful for increasing awareness of the values that belong to us, a fantastic experience

Good way to gain new friends.

The "LIFT of Democracy" project was a great opportunity to learn more about democratic values, teamwork, and active citizenship. I really enjoyed meeting new people and sharing ideas in an open and respectful environment.

The "LIFT of Democracy" project was an inspiring and educational experience that deepened my understanding of democratic values and the importance of active citizenship.

The theme of the project is very important, especially for the younger generation, because they are in the process of forming their personalities and civic consciousness.

Cool experience that helped me grow, I enjoyed communicating with people

It was a great idea to get teenagers thinking about democracy.

Overall, this project was an experience that had an impact on the participants life vision, hope to be more keep in touch and get to now each other as well.

They gave us the opportunity to deal with this topic in all its facets, managing to fully delve into it.

I don't know

a wonderful project that provided new contacts, knowledge and experience

The "LIFT of Democracy" project was an inspiring and eye-opening experience that helped me understand how young people can make a real impact through dialogue, cooperation, and active participation.

It was a very good expérience of exchange for students and teachers because it's the only project to permit that student exchange with others europeans students. To take some news ideas, to make some experiences for teachers. And to speak in a common language for all.

Human and professional experience

The "LIFT of Democracy" project was an inspiring and educational experience that helped me better understand democratic values, teamwork, and the importance of civic engagement.

The "LIFT of Democracy" project was inspiring and empowering. It created a safe space to explore complex issues, connect with others, and reflect on how we can contribute to more democratic communities. especially appreciated the interactive activities and meaningful discussions that made the learning experience practical and memorable.

The best project ever

J'ai été contente de participé à ce projet

Everybody worked so hard for the project and it achieved its purpose

This is an amazing project, I'm proud of them who arranged this project for international students, thank you.

This is perfect

an important experience

Thank you for completing the final evaluation!

Your reflections will be included in the final report of the Erasmus+ project LIFT of Democracy.

Together we have learned that democracy grows stronger when we understand, respect, and live by its values.