



Youth Dynamics

*Learning Mobility of Individuals
Action: Youth Mobility*

Project title:

**“KNOW YOUR RIGHTS – USE YOUR RIGHTS.
NO MORE DISCRIMINATION AND VIOLENCE”**

MULTILATERAL YOUTH EXCHANGE

**08-16 July 2016
Agros- Cyprus**

Info Pack



Erasmus+



**YOUTH
BOARD
OF CYPRUS**

Hello dear friends and partners,

We would like to welcome you to our Youth Exchange titled **“KNOW YOUR RIGHTS – USE YOUR RIGHTS. NO MORE DISCRIMINATION AND VIOLENCE”** that will be hosted in Cyprus by Youth Dynamics Group. In this INFO PACK you can read all the details of the project.

Project Summary

From 08-16 July 2016, Youth Dynamics will organize in cooperation with several youth organizations, a multilateral youth exchange in Cyprus. Title of the project is: ‘KNOW YOUR RIGHTS – USE YOUR RIGHTS. NO MORE DISCRIMINATION AND VIOLENCE’ and will take 8 working days with 54 participants from 9 European countries. Project objective is to provide opportunity for the exchange of experience and the competences of young people from different countries as well as of people who work with youth and to provide them skills which will possibly enable them to act as multipliers. Other objectives of the project are to foster mutual understanding between young people in different countries; contribute to developing the quality of support systems for youth activities and the capabilities of civil society organisations in the youth field. The project enables meeting of young people coming from different cultures, different social and ethnic environments.

Through the means of various activities (e.g. workshops, discussion clubs, getting to know cultural-historical heritage and protected natural areas) participants will have the possibility of informal education. The activities aim to promote intercultural dialogue and allowing the participants to get in contact with each other and with the foreign cultures. We will also discuss list some of the most recognized human rights such as: Right to live, exist, To work for anyone, To own property, Safety from violence, Protection from the law, Fair trial, To be innocent until proven guilty, To be a citizen of a country, To vote e.t.c

The main goal of our project is the culture and promote of Human Rights and equality to the Youth. So we try to include as much young people with fewer opportunities in order to give them a chance to participate in a youth exchange, to meet other young people from different countries and spend a nice time together. We will try to show them that we are all equal and we have a common future in Europe. The objective of this project is the promotion of human rights and intercultural dialogue through the mutual understanding among youngsters coming from 8 EU countries, which have different cultures, histories and traditions, but are walking the same path in the European Union, sharing values and principles.

Theme of the project is promoting Human Rights and aims at making the participants aware of their European Citizenship and the active role they can play in the development of human rights. The project is a week-long programme using a variety of educational methodologies such as: thematic, methodological inputs and discussions, new technologies, guides and reference documents, simulation exercises, groups dynamics, interactive role plays, examples of good practices, middle and final evaluation, ice-breaking and team-building activities, cultural evenings e.t.c.

Our project is created to contribute to the development of human rights education with young people in order to promote mutual understanding, peace, friendship, respect for human dignity and human rights, non-violence and non-discrimination and act against persistent violations of human rights.

In addition, this youth exchange will contribute to get to know what is Europe by meeting young people from other member states and experiencing cultural diversity and intercultural learning. It will also aims at raising participants awareness about human rights in Europe (to vote, to educate) and global challenges Europe has to face (such as climate change, biodiversity loss, sustainable development). At the end of the project, the participants will publish a booklet with the results of the program that will be spread within their local communities. Basic aim of this project is to contribute to the process of building tolerant integrated society based on respect to the gender equality and cultural diversity with active intercultural cooperation and dialogue, through raising the awareness of a group of youth leaders about the theme of gender identity and cultural diversity and through supporting their development as youth workers and peer educators in this field in their communities. In this way, the project is focused both on supporting the target group of the project and on making further impact on the local communities involved.

We are going to make activities with the aim of knowing Europe: quiz, building maps, sport games, presenting traditional histories, workshops and outdoor activities. Another topic of our exchange is discovering cultures and during the activities we will try to build bridges between the European Youth and protect the human rights.

During the programme will be enough time and place to exchange ideas, to discover common interests with other youth and to strengthen the European cooperation in the youth field. There'll be intercultural nights, which means participants presenting their place through fotos, videos, music, food, drinks and creativity!

Details of the project:

1. We will host total **6 people per group** (5 participants aged 18-25 and 1 group leader without age limit)
2. Project will last for **9 days** (8 nights)
3. Also during the preparation phase we will have an APV meeting, where will participate **1 leader per group.**
4. Food and accommodation will cover **100%** by organizers.
5. Venue of the project is Agros village in Cyprus www.agros.org.cy
6. In the project will take part 9 partner groups from EU countries.

Dates of the project:

APV 10-12 June 2016

Youth Exchange 08-16 July 2016

J.1. Summary of participating organisations

Name of the Organisation	Country of the Organisation	Type of Organisation
Youth Dynamics	Cyprus	Group of young people active in youth work
European Information Centre	Bulgaria	Non-governmental organisation/ association/social enterprise
UDRUGA ZA POMOC MLADIMA "HELP" - SPLIT	Croatia	Non-governmental organisation/ association/social enterprise
Noored Õhiskonna Heaks	Estonia	Non-governmental organisation/ association/social enterprise
SPECIAL EDUCATION NEEDS DIAGNOSTIC AND SUPPORT CENTRE (SENDSC)	Greece	Other
Associazione Eurobox	Italy	Non-governmental organisation/ association/social enterprise
Stowarzyszenie Inicjatyw Miedzypokoleniowych	Poland	Non-governmental organisation/ association/social enterprise
Colegiul Tehnic Edmond Nicolau Focsani	Romania	Non-governmental organisation/ association/social enterprise
Associació Cultural Tabaà	Spain	Non-governmental organisation/ association/social enterprise
Total number of participating organisations excluding consortium members where applicable		9

Participants

Participants should be *responsible youngsters*, aged between 18 – 25 years. They should have an interest in the topic and be willing to learn and be motivated to share experiences with others. They should also be able to work in English since the working language of this Project will be *English*. Gender balance and group diversity in terms of different social and cultural backgrounds should be taken into consideration.

Reimbursement

Unit costs of your travel expenses (see table above) will be covered by the organizers with the support of ERASMUS+ programme. In order to receive this money for transportation, please keep **ALL** original invoices, tickets, boarding-passes or any other transport document. 50% of the money will be reimbursed during the project, after submitting all the original documents. The remaining 50% will be given at the end of the project or via bank transfer, upon completion of the Mobility Tool+ (considered mandatory under the Erasmus+). There is a participation fee of 30 EUR to cover for extra costs and 2 day trips to other cities of Cyprus and other organizational costs.

Below, there is a list with the budget with the travel costs (1 person) for each country for both APV and Youth Exchange:

No	Country	Max amount per person in Euro
1	Bulgaria	140
2	Croatia	240
3	Estonia	240
4	Greece	140
5	Italy	240
6	Poland	240
7	Romania	140
8	Spain	370

Travel costs from home to the venue of the project and return. Please note: only cheapest means of transport/fares are subject to reimbursement. All amounts are expressed in Euros.

The above amount is 30 euro less than the official travel costs of ERASMUS+. The reason we deducted this 30 EUR is because in the travel cost we should calculate the transfer from the airport to the venue, which costs approximately 15 EUR each way. It is a private coach hire, and depends also on the arrival/departure time, waiting time in case of a delay etc. Also in the project we have some extra money to cover exceptional costs like viza costs.

Important!!

If you want you can come to Cyprus **1-2 days earlier or leave 1-2 later** after the end of the project or on APV. Of course you have to cover this extra cost for accommodation and food.

Very Important!!!!

ALL participants for APV and youth exchange must travel from their home country to Cyprus. This is the new rule we have from National Agency and ERASMUS+. We can not host people who come from a different country and not from their home country. Of course you can flight from a different country but your trip must start from your country. As an example a person from Bulgaria can go to Greece by bus or train and take a flight from Greece to Cyprus. But we need also the bus or train tickets which confirm that he start he's journey from he's country.

Intercultural nights

For the intercultural evening, we kindly ask you to prepare an interactive presentation of your country (you can present your country's food and drinks, music, traditional dances, games etc.) Creativity is the basic requirement. Participants will also have the opportunity to present their organization and its work. You can bring some materials (brochures, posters, PowerPoint presentations, films, photos, etc.)

European health insurance card

It is the participant's responsibility to have a travel health insurance or a European Health Card. The European Health Card is accepted in every country within the European Union, can be obtained for free and is valid for 1 year. Any other insurance is welcome (organizers do not cover insurance costs).

Venue

Participants will be lodged in *Vlachos Hotel*, centrally located in Agros, a beautiful village in the heart of Cyprus. The hotel offers double, triple and quadruple rooms, ensuite bathrooms and balconies offering views to Troodos Mountain from most of the rooms. Towels and bed linens are provided. The hotel also offers free wifi and two minimarket shops are located very close.



Agros village www.agros.org.cy

Agros is a village in Limassol district, built amphitheatrically among high mountains. Its population is 800 people and it is one of the most interesting villages in Cyprus and Pitsillia area. Historical and cultural sites are kept in a natural environment of extraordinary beauty with the village maintaining the customs and its traditional character. The love for work and the progressiveness characterise its inhabitants. The village's modern roads make it a connection point between the cities of Nicosia and Limassol and the mountain of Troodos. Its main production line consists of grapes, garden products, fruit of excellent quality, soutzoukos, traditional type smoked products (sausages, lountza, choiromeri), traditional sweets and marmalades. Its inhabitants are also into tourism business (hotels, tourist apartments, inns, traditional coffee shops, taverns and bars.)

Climate

The average daytime temperature in July is around 35-40⁰C and you are advised to bring sun protection lotion or cream to protect your skin and avoid getting sunburn. At night, the temperature drops down, so please also bring a jacket with you!

Entry to the island

Larnaca airport is the nearest to the venue. Cyprus has a second airport situated in Paphos, however transportation between Paphos and the venue is more difficult.

IMPORTANT:

Ercan is an airport in the Northern part of Cyprus, which is occupied by Turkey, and it is considered to be an illegal airport, not belonging to the Republic of Cyprus. Therefore, the European Union cannot cover travel expenses between any country and that airport. This is not our personal opinion, but a policy of Cyprus Republic that we have to respect. Therefore, we are asking you to book your flights with the cheapest flights from one of the 2 legal airports.

Coming to the venue of the project (Agros village):

When you arrive in Larnaca or in Paphos airport, we will arrange a bus to pick you up from there and bring you to Agros. The trip from airport to the venue of the project will take about 1.5 hour.



WHAT TO BRING?

What to bring:

In order to everybody have a really good time, we would like you to bring some things which we believe are important for the participation of all participants and for the success of the Youth Exchange.

- Necessary documents such as passports, travel documents, etc.
- Comfortable clothes and shoes
- Towels
- Personal care products, such as shower gel, shampoo, comb, etc.
- Hair dryer
- AC power (Power adapter)
- a typical taste (typical drink, food, sweets, snacks...) of your Country for the “intercultural evening”;
- cameras, laptops and other equipment making life and work easier;
- some cool pieces of music and games from your country;
- information about your country (books, brochures, posters, postcards, video, PowerPoint presentation, music, etc.);
- information about the organization you come from (brochures, PowerPoint presentation, video, etc.);
- comfortable clothes;
- Some traditional stuff, food/drink, music, flag of your country for the intercultural evening
- Medicine, if you regularly take any
- Money (All 4 partner countries of the project are using euro)
- And above all bring joy and lots of positive energy !!
- Endless amounts of good mood and motivation for work and leisure!
- Positive attitude, desire to learn and meet cool new people! :)



It is not required any certification or special skills, just bring your enthusiasm and live the event in its proper and cheerful mood!

We encourage participants to be an active part of this project, embracing responsibility and enjoy the cultural side of this experience!

And now, pack your bags, fill your heads with ideas and come meet us and many other young Europeans in Agros.

We hope that you find the Project worth participating in and we look forward to meeting you on July 2016!

Please do not hesitate to contact us on email if you have any more questions!

See you in Cyprus!

Youth Dynamics group

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Useful information about Cyprus



- ✓ **Weather:** check it out e.g. on <http://weather.yahoo.com/>
- ✓ **Electricity:** Cyprus has the 240 Volt/ 50 Hz 3 pin electricity plus – so you will definitely need adaptors. Make sure you bring at least one with you.
- ✓ **Cyprus Time Zone:** UTC (or GMT) +2
- ✓ **Cyprus currency:** the Euro. You can use your credit card (VISA, Mastercard etc.) almost everywhere.
- ✓ **Cyprus International Dialing Code:** +357

