

*Key Action 1
Learning Mobility of Individuals*

*Action: Youth Exchange
Project title:*

"Together 4 Human rights"
Info Pack



Larnaka –Cyprus

13-21/9/2022

Dear Friends,

In this letter you will find all that you need to know about the Youth exchange "***Together 4 Human rights***" which will take place in Larnaka, Cyprus. Here you will find information concerns goals and methodology of the youth exchange, information about accommodation, money reimbursement and other practical issues.

*Best regards,
Organizing team*

Main Details About Project

Hosting organization: Youth Dynamics Group

Venue: Pervolia, Cyprus

APV: **05-07/9/2022**

Youth Exchange Dates: **13-21/9/2022**

Youth Exchange participant No: 10 participants+ 1 group leader. Total 11 persons per group

Age: Between 16-30 years old. No age limit for group leader

Participant countries: Estonia, Hungary, Greece and Cyprus

Language: Project will be run in English.

Emergency contact from Cyprus: Vasilis - 00357-99473782

About Project goal and methodology

From 13-21/9/2022, Youth Dynamics will organize in cooperation with several youth organizations, a multilateral youth exchange in Cyprus. The title of the project is: 'Together 4 Human rights' and will take 8 working days with 44 participants from 4 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 us: 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 4 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).

Partners

- YOUTH DYNAMICS - Cyprus
- SEIKLEJATE VENNASKOND - Estonia
- DEL-ALFOLDI EUROTENDER IFJUSAGI KULTURALIS OKTATASI ES KORNYEZETVEDELMI EGYESULET - Hungary
- UNITED SOCIETIES OF BALKANS - Greece



About Participants

In this project we will include 10 participants and 1 team leader from each partner organizations. Participants aged 16 to 30, no age limit for group leader. In total 60 youth in the project. Team leaders will be responsible for their group and their needs, and help facilitate whole project by giving advices, coordinating communication between us, project organizers and participants. Before departure to the venue team leader will be responsible to ensure proper thematic, cultural etc. preparation of participants.

As mentioned, each national team (participants) will be responsible for preparing several games and lead one or two thematic sessions during the project. During the APV meeting group leaders will split tasks/sessions between national teams. Based on task division group leaders will prepare participants before departure. If needed we can recommend each national team for each session NFE methodology to lead the session. Why do we do this? Because youth active participation and engagement into the leading of the project is a best way for exploring new competencies, taking responsibilities and for learning and personal growth.

We hope to see you in the project well-prepared, positive and motivated to learn and inspire each-other to start making positive transformation in terms of ecological awareness and lifestyle around the world.



About Arrivals and Departures

Youth Exchange

Arrival day: September 13th

Start of the program: September 13th

End of the program: September 20th

Departure day: September 21st



We ask you to plan your travel in a way to be at the program venue on September 13th at 7 PM the latest and leave September 21st in the morning. If you want to come earlier and/or leave later than expected it can be maximum 2 days before the project and 2 days after the project, but in that case please keep in mind that we cannot cover the costs of longer stay accommodation, meals and etc.

Important Note: Please keep in mind, that **you cannot arrive/depart to Ercan (ECN) airport** as it is located on the Turkish side and government of Cyprus does not recognize the airport as a legitimate port of entry. You can use for your arrival and departure either Larnaca (LCA) or Paphos (PFO) airports in Cyprus.

Important Note: ALL participants of youth exchange must travel from their home country to Cyprus. This is the new rule we have from National Agency and ERASMUS+. We cannot 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 Slovenia 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 starts his journey from his country.

Cyprus VIZA - Schengen viza

The people from EU countries don't need visa to enter Cyprus.

No visa is required for entry into Cyprus by nationals of most European countries. Nationals of other countries should contact the nearest Consulate of the Republic of Cyprus or if there is none, the nearest Consulate.

So if your participants need visa to enter Cyprus we will need the following details in order to prepare and send you invitation letter and hotel reservation

Details of the person who need visa:

Full Name:

Date Of Birth:

Passport No:

Issue date:

Expiry Date:



Schengen viza

Cyprus is not in Schengen Zone but you can travel to Cyprus with your Schengen viza. Please be careful as the Schengen visa must be valid in order to enter Cyprus!!

You can read about Schengen at <http://www.schengenvisainfo.com/>

ALSO PLEASE READ THIS

**Please Note: third country citizens who are holders of a valid Schengen Visa (type C, single, double or multiple entries) and who have already entered Schengen territory according to the stipulations governing the issuance of the Schengen Visa they hold, can travel to Cyprus without acquiring a Cypriot Visa. They can stay in the Republic of Cyprus for the duration of a period equal to the remainder of the period of legal stay as stated on their Schengen visa and at the latest until the expiration date of their visa.

Budget for travels

Unit costs of your travel expenses will be covered by the organizers with the support of ERASMUS+ program. Below is a list with the maximal travel budget per person for each country:

Country	Total maximum unit travel cost per person in EUR
Greece	275
Hungary	275
Estonia	360

Travel costs from home to the venue of the project and return. For itinerant projects: travel costs from home to the place where the Activity starts and travel costs from the place where the Activity ends to home. Please note: only cheapest means of transport/fares are subject to reimbursement.

Travel costs 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. The money will be reimbursed after submitting all the original documents via bank transfer, upon completion of the Mobility Tool+ by group leaders (considered mandatory under the Erasmus+). There is a participation fee of 20 EUR to cover for extra costs and 2 day trips to other cities of Cyprus and other organizational costs.

Accommodation

Venue

The accommodation will be in Pervolia. Is a nice center next to the sea, fully equipped with activity room, kitchen and Wifi Internet. Is only 2 kilometres far from Larnaka airport and 5 km from city center.



We can provide the accommodation and food only on the indicated in the invitation dates, any additional days the participants need to take care of on their own

Coming to the venue of the project (Agros village)

When you arrive in Larnaca or in Pafos airport we will arrange a bus to pick you up from there and bring you to Pervolia village. The trip from airport to the venue of the project will take about 5 minutes.

Climate

The average daytime temperature in September is around 30-35°C and you are advised to bring summer clothes 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. 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 of Cyprus.

Practicalities

Insurance: Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs. We recommend participants to have the European Health Card.

Currency: The currency of Cyprus is the Euro (€). It is divided into 100 Euro cents (¢).

Weather: In March we can expect weather with temperatures around 20 C.

Please bring warm clothes with you. You can check weather here: <http://www.accuweather.com/en/cy/agros/>



Safety Information vs COVID-19

As hosting organization, we made our best to rethink about our project, local activities and accommodation in order to comply with the standards of the new normal. Your mobility experience is redesigned by considering Cypriot regulations and health / safety recommendations from the European Union and World Health Organization. Please read below mentioned regulations which is prepared for your maximum safety and comfort during your stay in Cyprus:

- We will use cleaning and disinfecting protocols to clean rooms after participants depart from activities rooms, with particular attention paid to high-touch items. The youth will be welcomed in already cleaned and disinfected rooms.
- We do not give the participants' privacy information to third parties.
- The participant is required to have the insurance in order, also travel insurance in case of quarantine or travel suspension due to COVID-19 measures.
- Before activity participants are recommended to avoid public events and gatherings due to COVID-19 remaining danger.
- We keep safe distance indoors and outdoors and maintain hand hygiene. Accommodation of participants is more space to ensure more personal space.
- Participants will maintain the "group bubble" during the activity for more safety.
- We recommend taking direct flights to Cyprus and back if is possible.
- We recommend you to buy flexible tickets or cancellation insurance
- Hydroalcoholic gel at your disposal in various areas of the house and office where the activities mainly will take place.
- If a participant develops respiratory symptoms, they will be isolated and tested for COVID-19. The group will continue working normally. If COVID test returns positive, the group will be isolated and tested for COVID. We follow the national guidelines to ensure safety of participants and staff.

In order to protect themselves and others, it is necessary that participants pay attention to the prescribed safety measures:

- In closed spaces it is recommended to wear a mask and maintain physical distance;
- In open spaces it is necessary to maintain the required physical distance;
- It is necessary to cover mouth and nose with a tissue when coughing or sneezing;
- It is necessary to wash hands often after being in a public place, or after blowing nose, coughing, or sneezing.
- The host will take all necessary preventive measures in accordance with the current epidemiological situation caused by the COVID-19 virus.

In this official Cyprus webpage you can read all the important information guidelines, announcements, press releases and updates about travel restrictions and countries categorized according to their epidemiological situation:

- <https://www.pio.gov.cy/coronavirus/eng>
- <https://www.pio.gov.cy/coronavirus/eng/categories/en-fly>

European Health insurance card

The European Health Card is accepted in every country of the European Union. If you don't have it, you can get it easily. You should go to the office recharged with health affairs, and ask for your European Health Card. It's a little blue plastic card, and you can get it for free. It's valid in every EU country for 1 year. Or any other insurance is welcome (organizers are not covering insurance costs).



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
- 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
- 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!



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.)

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 Cyprus. Together we can make a change!

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

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

See you in Cyprus!

Contacts:

Youth Dynamics (Hosting group) youthdynamicscy@gmail.com

Vasilis Christofi (Coordinator): vasilis@cing.ac.cy

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