



# Youth Dynamics

**ERASMUS+**  
**Key Action 1 Youth mobility**

**Project tile:**

**“DE.MO.CR.A.CY.”**

**13-21 September 2019**  
**Agros- Cyprus**

***INFO PACK***



Hello dear friends and partners,

We would like to welcome you to Youth Exchange titled **Denmark. Moldova. Croatia. Armenia. Cyprus "DE.MO.CR.A.CY"** that will be host in Agros Cyprus by Youth Dynamics. In this INFO PACK you can read all the details of the project.

### **Project Summary**

"DE.MO.CR.A.CY." is a multilateral Youth exchange that will organized in Agros Cyprus between 13-21 September 2019 and will include 40 participants from Denmark, Moldova, Croatia, Armenia and Cyprus. Main reason why we would like to carry out this Youth Project, because we believe that youth is the main driving force for positive changes for the better democratic Society, and Youth Policy is one of the most important prerequisites for it. So all the partners will bring and will share their different background, stories, approaches. Even the youngsters involved here they are so different between each other and this will lead them to experience the exchange and activities in "extreme/limit conditions" but ideal for achieving all the objectives set in the planning phase. Young people are underrepresented in decision-making processes which affect them although their engagement is crucial to democracy. They need access to physical spaces in their communities to support their personal, cultural and political development. the project had a main goal to strengthen young people's democratic participation and autonomy as well as provide dedicated youth spaces in all areas of society.

We would like to implement a project which aims to achieved the following:

- Promote and encourage youth for active participation among the European society
- Make participants understand a concrete point of view of what EU is doing for citizens;
- Support young people in finding their role in society, by giving them instruments and a clear understanding of their opportunities;
- Encourage young people to take concrete actions in the defense of their rights, duties, and role in the present and future of Europe;
- Foster active youth participation, helping young people to become agents of positive change in their society and in Europe;
- Develop a better understanding of the concepts of democracy, citizenship and participation;
- Fight ignorance on European Union, Euroscepticism and sharing a positive attitude towards EU and Europeanism;
- Increase the awareness among young people on social issues the EU is facing
- Explore the concept of youth participation in a broad sense and raise awareness on the importance of young people's active participation

We will have lectures, team games, workshops and discussion about all the unique cultures that are included under Europe . We are going to make activities with the aim of knowing Europe : quiz, building maps, sport games, round table, open discussions, presenting traditional histories, workshops and outdoor activities. We will have a special day about mixing cultures and combine people from different background. The main topic of our exchange is discovering cultures and learn new ethics, arts and traditions. During the project we will try to build bridges between the European Youth and we will promote the Democracy and the values of our common future in Europe.

Through the project we want to promote participation in democratic life in Europe and partner countries, active citizenship, inter-cultural dialogue, social inclusion and solidarity and to increase motivation for taking part in non-formal education. In addition we focus to foster social inclusion and the active participation of young people in society and to promote European citizenship's values.

# **DEMOCRACY**

**OF THE PEOPLE BY THE PEOPLE FOR THE PEOPLE**

### *Details of the project:*

1. We will host total **8 people per group** (7 participants aged 18-30 and 1 group leader without age limit)
2. Project will last for **9 days** (8 nights)
3. Partners: Denmark, Moldova, Croatia, Armenia and Cyprus
4. Also during the preparation phase we will have an APV meeting between 26-28 July 2019, where will participate **1 leader per group**.
5. Food and accommodation will cover **100%** by organizers.
6. Venue of the project is Agros village in Cyprus [www.agros.org.cy](http://www.agros.org.cy)
7. In the project will take part 5 partner groups

### *Dates of the project:*

**APV dates: 26-28 July 2019**

**Youth Exchange: 13-21 September 2019**



Summary of Participating Organisations		
Organisation	Country of the Organisation	Role of Organisation
Youth Dynamics (946525128)	Cyprus	Applicant Organisation
FUTURE IN OUR HANDS NGO (948341162)	Armenia	Partner Organisation
DANISH YOUTH TEAM (918132549)	Denmark	Partner Organisation
Udruga za pomoc mladima "HELP" - Split (943645780)	Croatia	Partner Organisation
INSTITUTUL DE INSTRUIRE IN DEZVOLTARE MILLENIUM (948645936)	Moldova (Republic of)	Partner Organisation

## ***Participants***

Participants: 32 young people (7 per partner), including those with fewer opportunities, people with migratory background and others who face social and economic barriers and cultural and educational difficulties beyond any discrimination of ethnic origin, language, religion, sex, sexual orientation, etc, and with balanced representation of men and women, 18 to 30 years old, supported by 5 group leaders (without age limit). 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. The travel costs will be reimbursed via bank transfer, upon completion of the Mobility Tool+ (considered mandatory under the Erasmus+) and after submitting all the original documents. There is a participation fee of 20 euro order to cover daytrips, materials 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	Denmark	330
2	Moldova	245
3	Croatia	245
4	Armenia	245

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 youth exchange or the 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 Croatia 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).



## ***Accommodation***

Participants will be lodged in a ***Hostel***, centrally located in Agros, a beautiful village in the heart of Cyprus. The hostel offers triple rooms, bathrooms and balconies offering views to Troodos Mountain. Towels and bed linens are provided. Next to the hostel is the Youth Information Centre which offers free wifi.



## *Agros village*

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.). More info at [www.agros.org.cy](http://www.agros.org.cy)

## *Climate*

The average daytime temperature in September is around 30<sup>0</sup>C 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 of Cyprus.

## *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 village. 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 (Some of the 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. Together we can make a change!

We hope that you find the Project worth participating in and we look forward to meeting you on September 2019!

Please do not hesitate to contact us on email [vasilis@cing.ac.cy](mailto:vasilis@cing.ac.cy) or by phone at **00357-99473782** if you have any more questions!

See you in Cyprus!

Youth Dynamics

### Contacts:

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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

