



Agros Environmental Group

ERASMUS+

Key Action 1 - Youth Workers Mobility

Project tile:
“ESC 4 YOUTH”

21-29 November 2021
Agros- Cyprus

INFO PACK



Hello dear friends and partners,

We would like to welcome you to the training course titled “**ESC 4 YOUth**” that will be host in Cyprus by Agros Environmental Group. In this INFO PACK you can read all the details of the project.

Project Summary

The project “ESC 4 YOUth” consists of a TC that will be implemented in Agros, Cyprus between 21-29 November 2021. The training will gather 30 coordinators, supervisors and mentors from 10 organizations willing to learn how they can enhance the learning and developing experience throughout the EVS/ESC projects on personal, organizational and community levels. There will be sessions on concepts of learning different learning styles, self-directed learning, coaching and mentoring, Youthpass, how to support the learning experience of EVS/ESC volunteers using different tools for turning the voluntary service into developing experience, supporting personal and professional growth of the volunteers, as well as providing a possibility for learning, development and exchange of know-how for the organizations, local volunteers and communities.

AIM

The project aiming at exchanging of good practices, success stories, learning experiences of the organizations that have been working with EVS/ESC volunteers. With gathering the success stories and showing the impact the projects have achieved, we would like to inspire the actors of the ESC projects as well as to improve the quality of the future ESC projects. During the seminar we will also organize a promotion ESC activity for the local young people and community that will provide more information about Erasmus+ program and in particular ESC opportunities and the benefits those projects can bring.

ESC 4 YOUth- Training course on tools and methods for supporting the personal, social and professional development of volunteers and recognition of learning processes within voluntary activities with partner countries and within European Solidarity Corps as mentors The training course will follow the “non-formal education approach”. A combination of different creative and interactive methods will be used by the trainers’ team and designed upon the profile of participants. The entire course is designed as a mutual learning situation in which, using diverse methods, participants can compare their approaches and experiences within voluntary activities under ESC and E+.The course methodology foresees direct involvement of the partner organisations that will be present at the training course

Methodology

The whole project idea and its activities are based on the principles of non-formal learning and accelerated learning. The planned activities and working methods for both events are designed and chosen to facilitate a process of experiential, non-formal and informal learning, creating a space for the participants to learn more about themselves in a personal and professional perspective. Input will be delivered through interactive and creative learning methods and tools actively involving all participants and space for plenary, small group, peer, individual reflection and discussions, sharing and exchanging of experience and ideas will be provided.

Based on problems that we identified and experience of our partners, we create activities, which will help us to reach our objectives. Methodology to carry out the project would be mostly consisting of the non-formal methods- games, team buildings, visual methods, competitions, role-plays, group work, peer-to-peer learning, discussion, presentations etc.

Details of the project:

1. We will host total **3 people per group** (18+)
2. Project will last for **9 days** (8 nights)
3. Partners: Bulgaria, Estonia, Greece, Hungary, Italy, Spain, The Republic of North Macedonia, Malta, Romania and Cyprus
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 10 partner groups from EU countries.



Organization PIC	Country of the Organisation	Role of the Organisation	Type of the Organisation
Filodasikos Syndesmos Agrou E10078282	Cyprus	Applicant Organisation	Non-governmental organisation/association
The Starry Start of Talents Foundation E10183018	Bulgaria	Partner Organisation	Non-governmental organisation/association
SEIKLEJATE VENNASKOND E10086848	Estonia	Partner Organisation	Non-governmental organisation/association
PRAXIS E10035547	Greece	Partner Organisation	Non-governmental organisation/association
Compass Európai Ifjúsági Közösségért Egyesület E10180532	Hungary	Partner Organisation	Non-governmental organisation/association
ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA E10074285	Italy	Partner Organisation	Non-governmental organisation/association
CENTER FOR INTERCULTURAL DIALOGUE ASSOCIATION E10123315	The Republic of North Macedonia	Partner Organisation	Non-governmental organisation/association
Active Youth E10160357	Malta	Partner Organisation	Non-governmental organisation/association
ASOCIATIA TINERII 3 D E10070966	Romania	Partner Organisation	Non-governmental organisation/association
ASOCIACION BUILDING BRIDGES E10054030	Spain	Partner Organisation	Non-governmental organisation/association
Total number of participating organisations			10

Dates of the project:

Training course dates : 21-29 November 2021

Participants

The participants in the project will be youth workers, coordinators, supervisors, mentors, ex-EVS volunteers aged 18+, all of them having experience in working and/or participating in EVS projects. The participants have gained valuable experience in the EVS field and are willing to share it in order to inspire and improve the quality of the future ESC projects as well as to learn more how to strengthen the learning aspects of the ESC projects.

Participants with fewer opportunities are also welcomed to apply for events as the trainers have experience with dealing with inclusion and we have the strong feeling that projects that have worked with fewer opportunities can set a basis for quality projects and how ESC is an empowering tool for its stakeholders. We are open to receive any kind of fewer opportunities since we have the skills (trainers working with inclusion) to support their participation and we have partners that will have an active role in their preparation and support.

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 via bank transfer, upon completion of the Mobility Tool+ (considered mandatory under the Erasmus+) and after submitting all the original documents

Below, there is a list with the budget with the travel costs (1 person) for the TC.

No	Country	Max amount per person in Euro
1	Estonia	330
2	The Republic of North Macedonia	245
3	Hungary	245
4	Romania	245
5	Bulgaria	245
6	Spain	500
7	Greece	245
8	Italy	330
9	Malta	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. There is also a participation fee of 20 euro order to cover daytrips, materials and other organizational 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. Of course you have to cover this extra cost for accommodation and food.

Very Important!!!!

ALL participants for the TC 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 Spain 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).

ESC 4 YOUTH



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>

Also in order to fly to Cyprus you must register in Cyprus flight pass portal within 48 hours before the commencement of your travel from the Country of Origin to the Republic of Cyprus (either direct flight or via intermediate Countries).

- <https://cyprusflightpass.gov.cy/>

Venue

Participants will be lodged in a **Hostel**, centrally located in Agros, a beautiful village in the heart of Cyprus. The hostel offers triple and quadruple 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, choiomeri), 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

Climate

The average daytime temperature in November is around 15-35⁰C 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 around 10C , 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?

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 TC.

- Necessary documents such as passports, travel documents, etc.
- Comfortable clothes and shoes
- Towels for the beach
- Personal care products, such as shower gel, shampoo, comb, etc.
- 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.);
- 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! :)



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 November 2021!

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

See you in Cyprus!

Agros Environmental Group

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

