



INFOPACK 2

Empowered Citizenship

2019-3-UK01-KA105-077507

KA105 - Youth Exchange - Programme Countries



Activity Dates: **02/09/2021** - **10/09/2021**

Country: **Cyprus**

City/Town: **Larnaca**

Project Description:

In order for a country to function normally we need a system in place that takes into consideration the needs of all its people and of course the successful functioning of the system, thus not making choices which would destroy or damage the system. In essence we are describing democracy, or the democratic system which governs and rules a country. Looking at history, it is very rare that an entire nation supports one party or one idea, so there is always division or at least different opinions. When talking to young people from any country we will hear at least some form of dissatisfaction with their country, their government and even the people of their country. This project will look at exactly this from the perspective of the individual, this being active citizenship.

Our project will not focus only on the democratic act of voting, but will look at active citizenship starting from home. How do we deal with the issues, the choices and the actions we take in our daily lives and take these to understand how we act as citizens of our countries and of the EU? We have seen that many factors influence the choices of young people, we have seen how parents influence the educational choices of youth based on their personal beliefs rather than the needs of the labour markets or the desires of their children. Is this how young people are influenced to vote or how they deal with issues in their communities which are wrong or need reform?

This project is designed to allow young people to empower their life choices so that they can be more active citizens, from the simple choices of lifestyle, to education and ultimately to policy reform and the shaping of their countries and of the EU. We will explore the true meaning of active citizenship, looking at our past, the mistakes and even good practices of the past, those which have moulded our today, and then explore our options of how we mould tomorrow.

The Project will use the EU democratic model as the basis of democracy so that we can share the values of the EU, in understanding how the EU was developed and how it has become so strong, working together for the good of all its people, we will promote diversity and EU enlargement and show how the EU model works for all of us. We will also focus on inclusion, discrimination and diversity. We will give focus on young people at risk and work on ways to overcome these risks allowing all people to feel equal and for all human rights to be protected.

We have become a society of couch citizens, sitting back and just viewing everything as it passes our eyes, now is the time to get off the couch and to build the country, the EU and the world, we want to live in.

The project will use a series of proven non-formal methodologies to achieve its goals and will continue to empower young people to understand the importance of active citizenship so that we can all contribute to EU enlargement and the positive and collective growth of our countries.

We will examine the EU treaties and even EU laws and policies, see how our country influenced these, and more importantly how we as young people can influence and affect future policy in the EU.

Participant Registration and Social Media



Participants are obliged to register online by themselves using the link: [ONLINE REGISTRATION](#)

Join our project facebook group: <https://www.facebook.com/groups/empoweredcitizenship.077507>

For the privacy safety and correct information sharing, only participants that registered online can be accepted in the facebook group. In this group all outcomes of the project, photos and other materials will be shared. And to share memories and to keep in touch in the future!

Venue/Location:



The venue of the project is: [San Remo](#) <https://goo.gl/maps/dNppBMBwKuSCzNbZ9>

Venue Description & Address: [W. Shakespear Str. 1, Larnaca 6531](#)

Located in Cyprus, the San Remo Hotel is less than 500 m from Larnaca Bay. It has an outdoor pool with sun-lounger terrace, and offers air-conditioned guestrooms with furnished balconies.

San Remo rooms have private bathrooms and simple furnishings. They come equipped with satellite TV. Hairdryers are available on request.

In the morning, the hotel serves a continental breakfast. Hotel San Remo has an open-air restaurant that serves regional cuisine, and a bar that offers refreshing beverages.

Local Weather



Check the weather forecast and temperatures for the next days here: <https://www.accuweather.com/en/cy/larnaca/123769/weather-forecast/123769>

so you can bring appropriate clothing. It's always best to bring suitable shoes for indoor use and other for outdoor use. Nights in general are colder so it would be better to bring also a jacket or long-sleeves with you. Also bring sport shoes for the outdoor team-building and sport activities.

Currency



Cyprus uses the Euro but we can find places and banks everywhere for exchange. If you want to change at the airport you can but generally it is not the best rate and you will be charged a fee. Most establishments accept credit cards (It's recommended during these times to use cards). We suggest you bring spending money though as we might not have access to banks during the project times.



Participants must have travel insurance for the duration of the mobility activity including travel days and to have your E111 health card or another equivalent health insurance with you.

Travel Insurance is required.

This is considered as your own contribution because you may choose any insurance plan and scheme that fit your own needs and therefore health and travel insurance, although obligatory, cannot be reimbursed. Health & Travel insurance must be kept by the participants at all times.

Entrance to Cyprus and Covid-19 Procedures:



To come to Cyprus:

1. You must obtain a digital Cyprus Flight Pass from here <https://cyprusflightpass.gov.cy/>. To be completed 24hrs prior of departure. And Green Pass.

Please note if your country is listed in the Red Category then:

- 1.1. You might need to obtain a negative PCR test result 72 hours before your departure from your country. (this cost unfortunately is not reimbursable)**
- 1.2. You might undergo an additional PCR test at the airport in Cyprus upon your arrival. (this will be covered by us, so please keep the receipts and you will submit them after the mobility)**
- 1.3. If you are already vaccinated you will need only the CyprusFlightPass, your vaccination certificate and Green Pass in order to enter the Republic of Cyprus.**

Available Airports are only Larnaca and Paphos airports.

- We will arrange airport transfers for you in collaboration with a transportation company. (already deducted from travel budget)**
- Otherwise you may use public transport www.cyprusbybus.com once you arrive. Please note that the venue will be available to us after 14:00 in the afternoon on the arrival day for check in. Keep the original tickets from public transportation.**

Once you arrive at the airport collect your bags and pass from the customs area. Once you pass customs you will pass some doors then turn right to exit the customs area. Once you pass the next set of doors you will see the driver with a sign with our project banner (as above). The bus will take you directly to the venue. Once you arrive at the Venue proceed to reception and they will allocate you to your rooms. Although we would usually welcome you there, unfortunately we cannot due to the measures imposed. Therefore please take a WELCOME LETTER available on the facebook group and we will explain how things will follow.

Please read the Covid-19 Risk Management Guidelines for Erasmus+ Mobilities for more information.

[Covid- Risk Management Guidelines](#)

Electricity



The supply in Cyprus is 240 volts, a.c. 50Hz. Sockets are usually 13 amp, square-pin in most buildings. More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.). Bring suitable adaptors. The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

Things to Bring



Personal Hygiene: (BRING A MASK!) We will provide antiseptic during sessions.
Shampoo, soap, tooth brush and tooth paste and other personal items and toiletries that you may need. You need to bring your own bath towel and beach/pool towel and swimsuit if you decide you want to go for a swim in the sea or in the pool during the free time. You personal hygiene antibacterial and disinfectants if you need additional to the ones provided by the venue.
Each national team must bring at least one laptop! (for digital activities).
Bring your adaptors and charges for your devices as these cannot be provided.
Bring some slippers or sandals for indoor use and othe shoes for outdoor use.
Your medication if needed.
The requested documents (CyprusFlightPass, Green Pass, PCR tests etc) Keep all original documents, travel receipts and tickets.
Your positive energy and smiles !

Local Transportation in the Hosting Country:

<https://www.otinternational.org/index.php/en/mobilities/projects/reimbursement-guides/110-reimbursement-guide-cy>



Airport destination is Larnaca or Paphos. No other airports. Only public transportation and the local minibus option that will be arranged by the hosting organisation according to specific airport arrival times of the participants are eligible travel costs for the travel budget above. Please read the provided Reimbursement Guide above.

Local Travel Suggestions:

1. **Bus or Minibus (arranged by hosting organisation) – Easier and Fastest**
2. **<http://www.intercity-buses.com/?wp=home> – Longer Time**
3. **www.cyprusbybus.com – Even Longer Time**

Medication & Special Needs



If you take any medication please remember to bring it with you, we have pharmacies here but if you need prescription medication you cannot buy the over the counter without a prescription. If participants have any allergies, especially to food ingredients, this must be expressed and mentioned in the online participant registration form. Any special needs, dietary needs, special assisting equipment must be mentioned also in the participant registration form in order for the hosting team to make arrangements for the comfort and attention to these matters.

Health and Safety is a priority for us.

Changes to the menu will be very hard once the project activity has started.

Although the hosting team will be equipped with first aid kits and they are first aid providers, they cannot and are not allowed to give medication to participants. So please bring any medication you might need.

Cultural Nights:



As you may see in the schedule, we are planning to have cultural evenings every night. Feel free to bring any food or drinks or traditional clothing or anything else that you want to share with the other fellow ~ 40 participants. So you may bring anything you need to prepare for your night!

We advise that you make your cultural night as interactive as possible, include the group so that it is possible so keep the motivation and attention high. Quizzes or other games are quite popular but you can be as innovative and fun as you like. Projector or TV might not be available for cultural nights.

Reimbursement Procedures, Participation & Youthpass



This project is co-funded by the European Commission under the Erasmus+ framework.

Each participant is required to participate 100% in all activities described throughout the schedule sent with this infopack. During the project activity you are required to have 100% participation in all sessions, activities and workshops.

You will **not** give to the facilitators or anyone at the project activity any travel documents or any other document related to logistics or travel costs. You must provide all your travel documents to your sending organisation. You must keep all boarding passes for each flight in original format, all tickets including train, bus or other PUBLIC transportation ticket and receipt in original format. You must keep also all invoices associated with these travel costs as explained in the Local Transportation Reimbursement Guide above and in Infopack 1. On day 1, you will be asked to sign a participation pledge that asks similar requirements during the online registration phase and sign and complete any other necessary logistical documentation.

You are required to participate in all evaluation, dissemination and promotion activities before, during

and after the project activity.

Without respecting all the above, there is no proof of participation or travel and it can result in non or partial reimbursement.

A **YouthPass** will be given to all participants and the whole learning process will be explained in the first and last day. During sessions all learning outcomes and competences gained will be debriefed.

Contact us & Other Information:



For additional information and questions please do not hesitate to contact us using our

[HELPDESK](#)

Our Team will be happy to assist you!

Thank You!

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