

JOIN US NOW



HEY YOUTH

do you
want to
MAKE our
world
BETTER?"



Co-funded by the
Erasmus+ Programme
of the European Union



ERASMUS+ ACCREDITED YOUTH PROJECT

Young hope

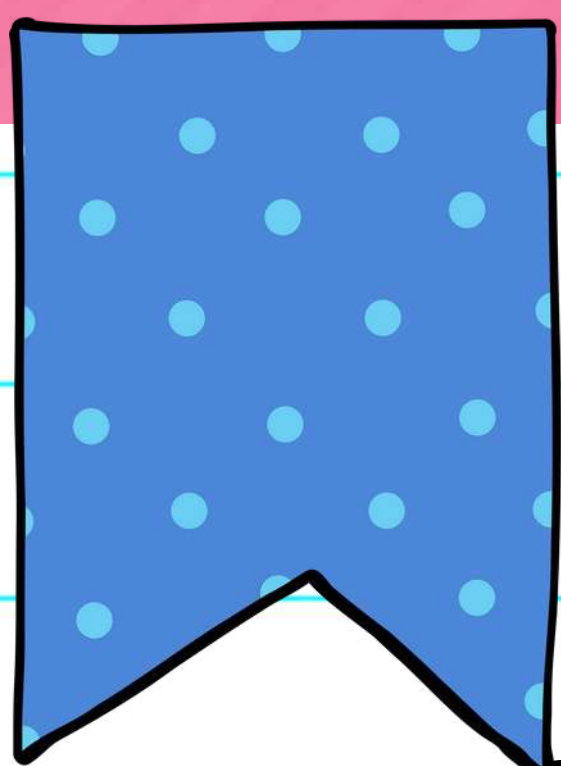
A JOURNEY FOR PERSONAL GROWTH

BE A PART OF OUR ACTIVITIES!

PROJECT NO: 2025-1-CY01-KA151-YOU-000302997

ACCREDITATION CODE: 2022-1-CY02-KA150-YOU-000110339

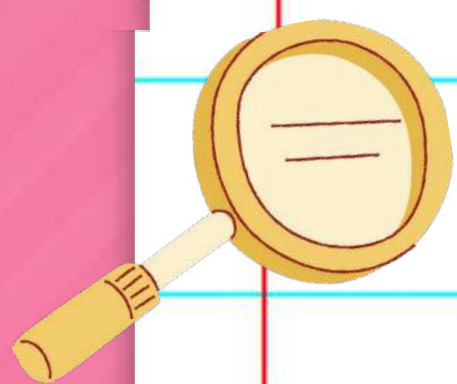




CCIF CYPRUS

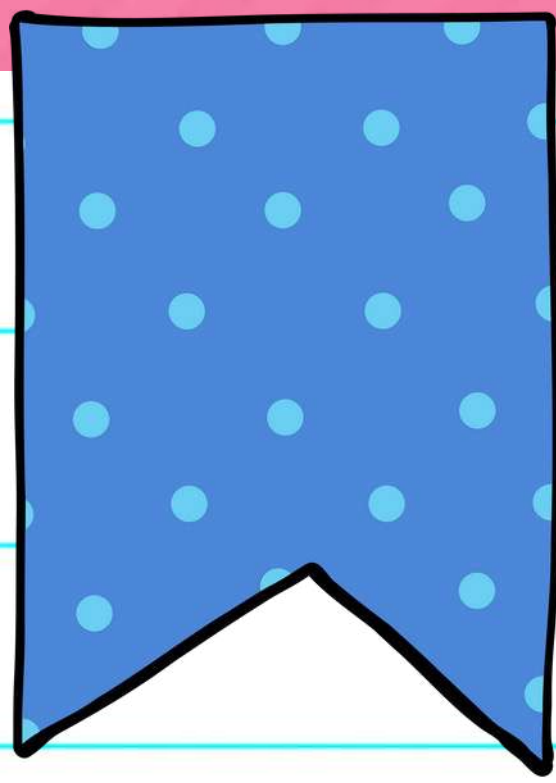
ONE OF THE REGION'S

LEADING NGO by commitment, the no. of undertaken activities and experience. Our group of young people, VOLUNTEERS and friends truly believe in and support the mission of our organization. EDUCATIONAL & RESEARCH



Bringing different cultures together in our loved Country

VOLUNTEERING Center for more than 9 years PROMOTES ACTIVE CITIZENSHIP & SOCIAL INCLUSION for all citizens through VOLUNTEERING AND INTERNATIONAL ACTIVITIES ESPECIALLY AMONG YOUTH. SINCE 2016, we have HOSTED HUNDREDS OF INTERNATIONAL YOUTH, YOUTH WORKERS and those working in the field of YOUTH through Erasmus+ and ESC projects.



The Youth Exchange Programme

Youth Exchanges:

Active lifestyles for a better planet

YEXTC01 20 YP - 4 leaders - 8 YP with fewer opportunities

Paphos, 17/11 - 23/11/2025 (including 2 travel days)

Each national team has 4 participants of 16 to 30 y.o. + 1 leader no age limit



The Professional development Programme



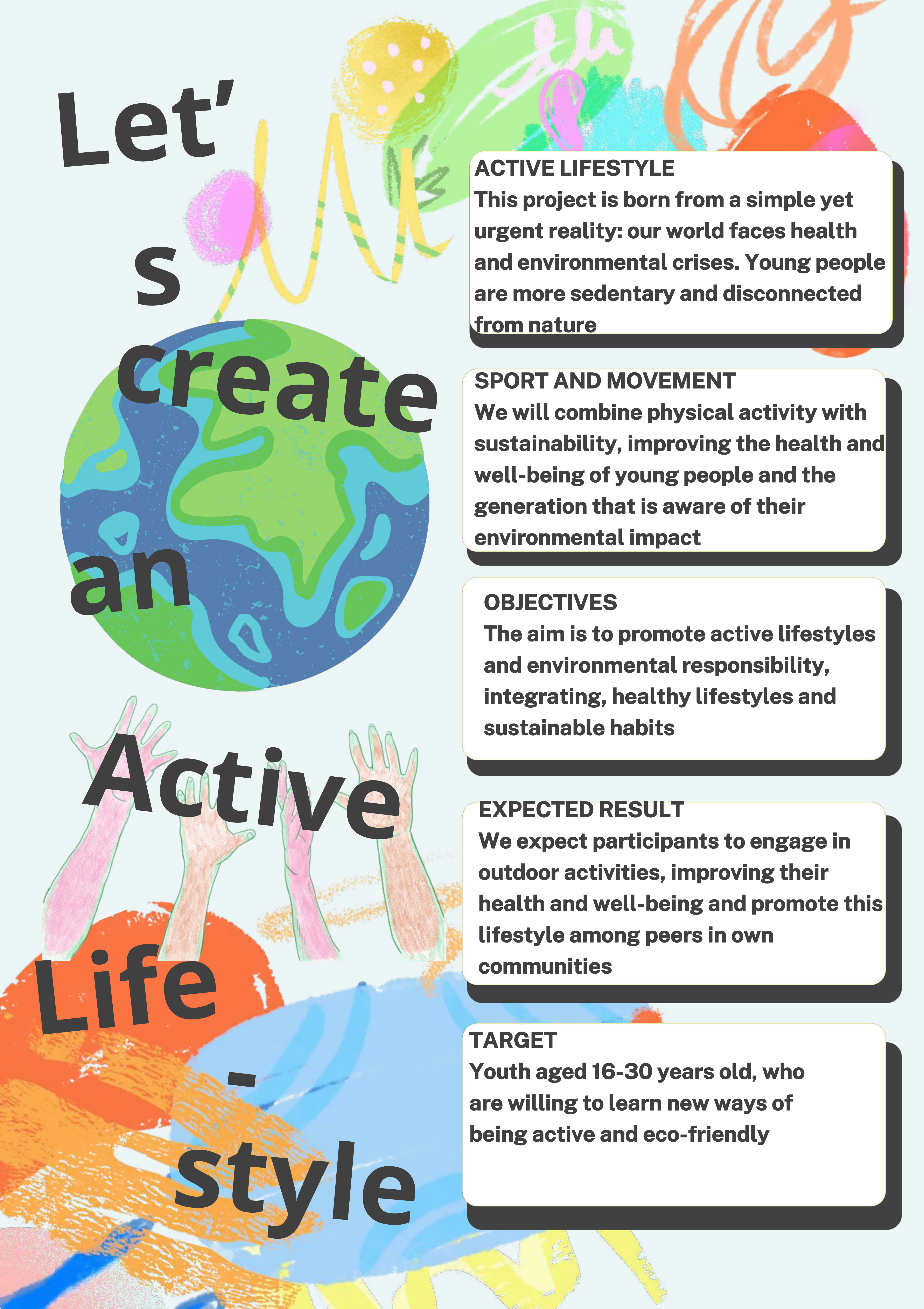
Professional development:

Digital leaders for a sustainable planet

PDATC01 20 YW - 5 leaders - 5 YW with FO

Paphos, 22/11 - 26/11/2025 (including 3 travel days) - 25 persons

Each national team has 3 participants of 18+ y.o.



Let's

s

create

an

Active

Life

-

style

ACTIVE LIFESTYLE

This project is born from a simple yet urgent reality: our world faces health and environmental crises. Young people are more sedentary and disconnected from nature

SPORT AND MOVEMENT

We will combine physical activity with sustainability, improving the health and well-being of young people and the generation that is aware of their environmental impact

OBJECTIVES

The aim is to promote active lifestyles and environmental responsibility, integrating, healthy lifestyles and sustainable habits

EXPECTED RESULT

We expect participants to engage in outdoor activities, improving their health and well-being and promote this lifestyle among peers in own communities

TARGET

Youth aged 16-30 years old, who are willing to learn new ways of being active and eco-friendly

5 Days of activities YE

Welcome Session

Introduction to the programme and the activities. How to be eco-friendly



Name Games and Trust-Building

Fun, interactive activities using non-formal education techniques



Cultural activities

Each national team will showcase their culture through music, dance, food and traditions. celebrate diversity



Environment issues

develop critical thinking and promote balanced discussions



Sports and sustainability

how sports can be both sustainable and team-building, encouraging eco-friendly activities



Practical sessions

learning by doing, informal education, fun games, intercultural exchange and Youthpass



Environmental challenges

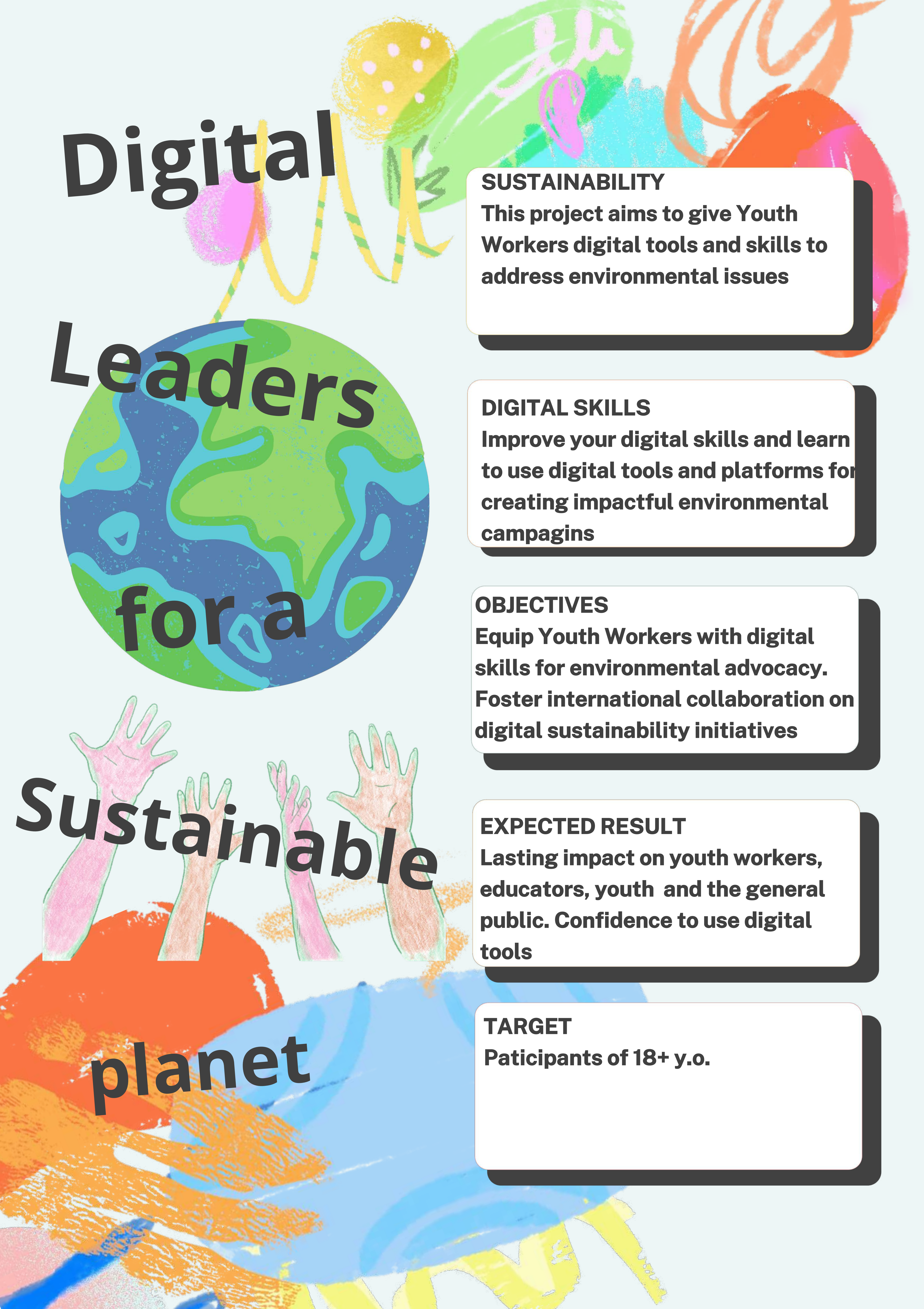
understand real issues and find realistic, actionable solutions



Reflections

share your best moment in this youth exchange experience. recognize your growth





Digital

Leaders

for a

Sustainable

planet

SUSTAINABILITY

This project aims to give Youth Workers digital tools and skills to address environmental issues

DIGITAL SKILLS

Improve your digital skills and learn to use digital tools and platforms for creating impactful environmental campaigns

OBJECTIVES

Equip Youth Workers with digital skills for environmental advocacy. Foster international collaboration on digital sustainability initiatives

EXPECTED RESULT

Lasting impact on youth workers, educators, youth and the general public. Confidence to use digital tools

TARGET

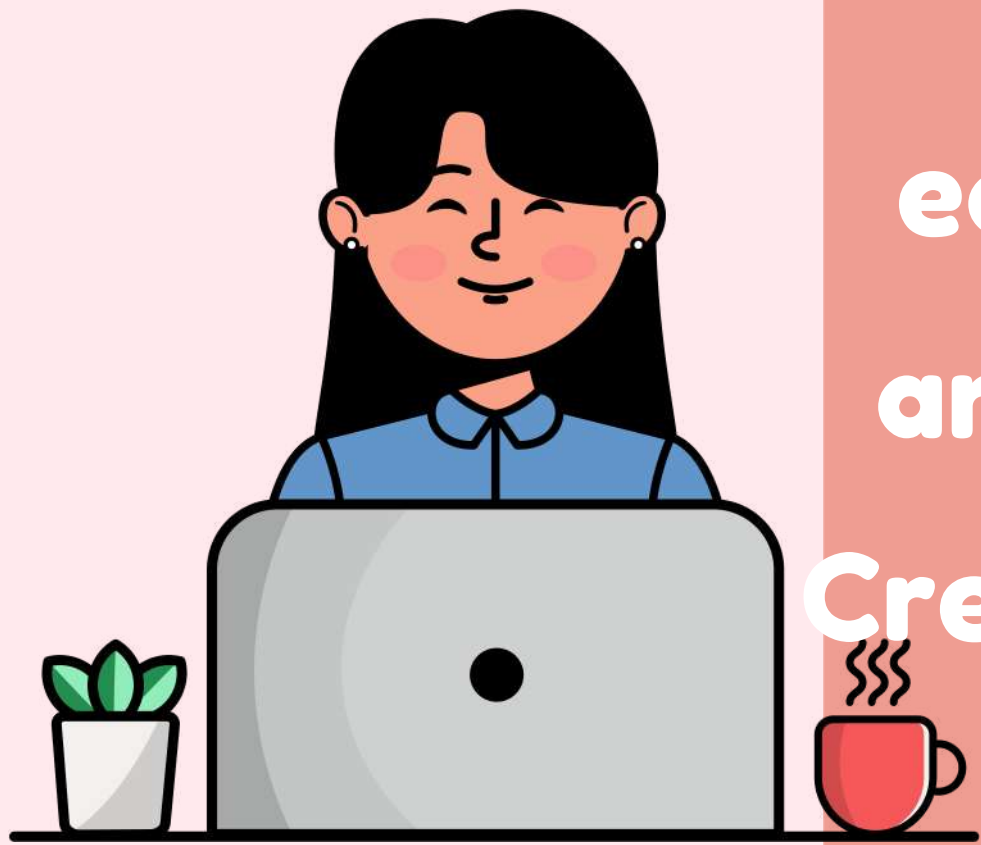
Participants of 18+ y.o.

3 Days of activities PD

Welcome Session

with non formal
education techniques
and initial interaction.

Creative and interactive
name game



Opportunities

introduction to
Erasmus+ opportunities
for youth work, AI
education and
collaboration

Environmental issues

Explore environmental
challenges.
Interactive problem-
solving approach



Digital Platforms

How digital platforms
can be used to raise
awareness and drive
action



Environmental Education

Explore methods and
tools for educating
young people



Digital campaign

Practical skills in
designing compelling
digital content for their
environmental
campaigns

Activities

Hands-on experience,
Cultural visits, gallery walk,
Discussions, Youthpass,
outreach campaigns for
sustainable environmental



Reflections

About the experience,
emotion and key learnings



General objectives!!!!

Youth exchange

IMPORTANT NOTES

The Erasmus accreditation in the field of youth action has the following objectives:

- Strengthening the personal and professional development of young people through non formal and informal learning mobility activities;
- Fostering the empowerment of young people, their active citizenship and participation in democratic life;
- Fostering quality development of youth work at local, regional, national, European and international level by building capacity of organisations active in the youth field and supporting the professional development of youth workers;
- Promoting inclusion and diversity, intercultural dialogue and the values of solidarity, equal opportunities and human rights among young people in Europe.

A quality Youth Exchange:

- relies on the active involvement of young people and participating organisations, both of whom should take an active role in all four project stages, enhancing in this way their learning and development experience;
- involves diverse groups of participants and builds on this diversity;
- is based on clearly identified needs of the young participants;
- ensures that the non-formal and informal learning outcomes of the participants are properly identified and documented;
- encourages the participants to reflect on European topics and values.

Protection and safety of participants

A Youth Exchange involves group leaders. Group leaders monitor and provide support to participants to ensure the qualitative learning process during the core activity. At the same time, they enable a safe, respectful and non-discriminatory environment and protection of project participants. During the planning and preparation of a Youth Exchange, the issue of protection and safety of participants should be addressed and all necessary measures to prevent/reduce risks should be foreseen.

TRAVEL!!!!

CCIF CYPRUS will reimburse your actual costs, with the presentation of invoices of the trip.

Youth exchange and Professional Development

Option for: Youth exchanges

1. Travel

Travel distances	Green travel – Amount per participant	Non-green travel – Amount per participant
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more:	1735 EUR	1735 EUR

The travel distance represents a single way distance from the place of origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue. For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total.

YOU SAID pafos - cyprus?



THE CASTLE

The MEDIEVAL FORT was originally a Byzantine fort built to protect the harbour, and was rebuilt by the Lusignans in the 13th century.



THE MOSAICS

The ancient floor **mosaics** are considered amongst the finest in the world, serving as a valuable and beautiful record of everyday life of the Greco-Romans.

The old town

Also known as Ktima, is a treasure trove of culture, history, and architecture, making it a must-visit destination.

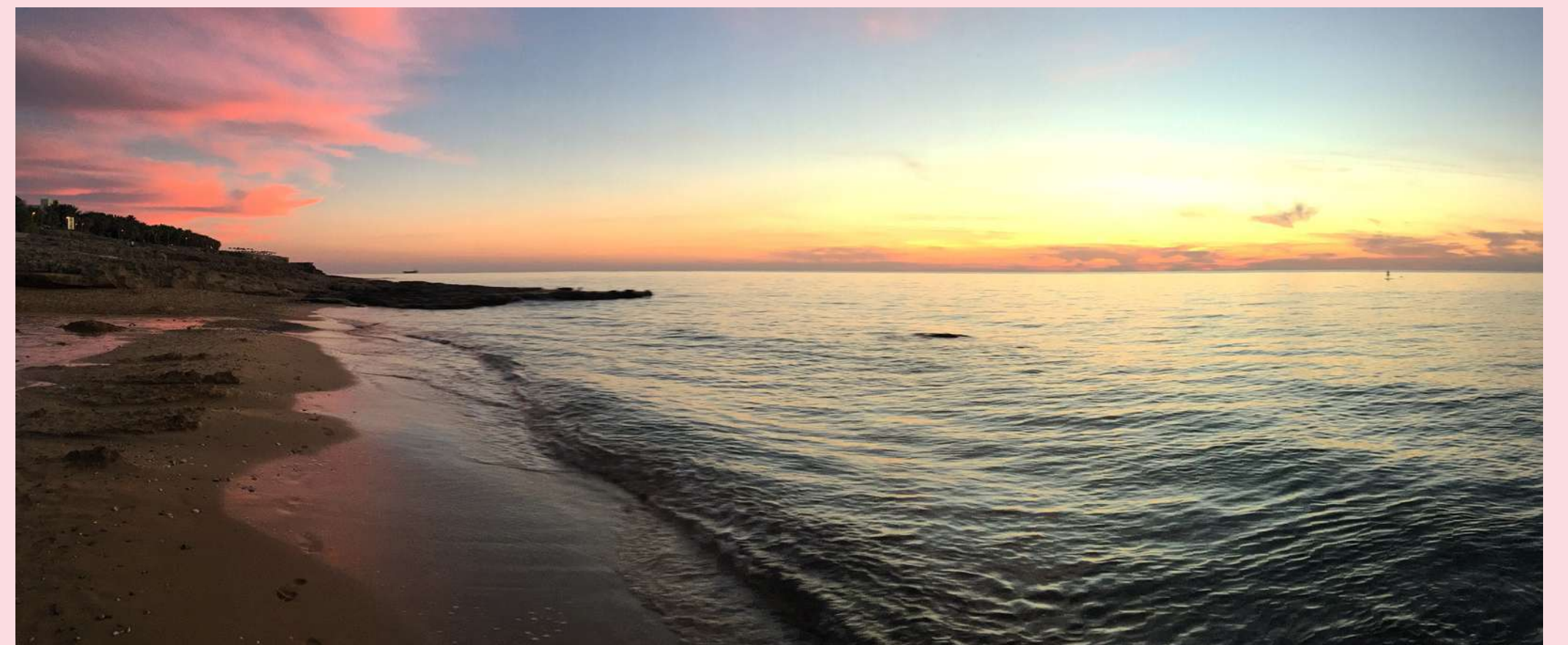
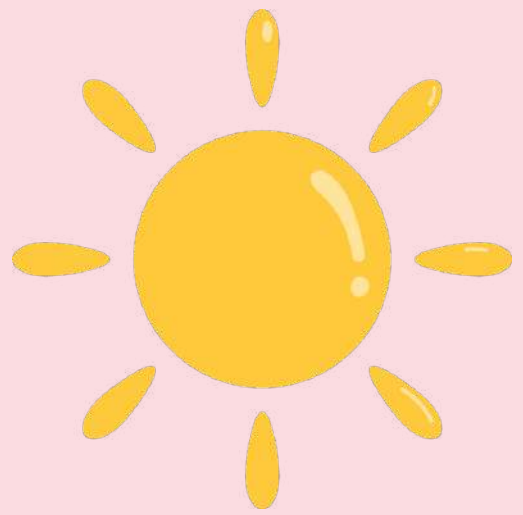


THE BLUE SEA

Awesome and beautiful beaches, blue warm waters, clean air, nice people and a lot of historic places to see around. Go and watch the amazing sunset.

Visit Paphos

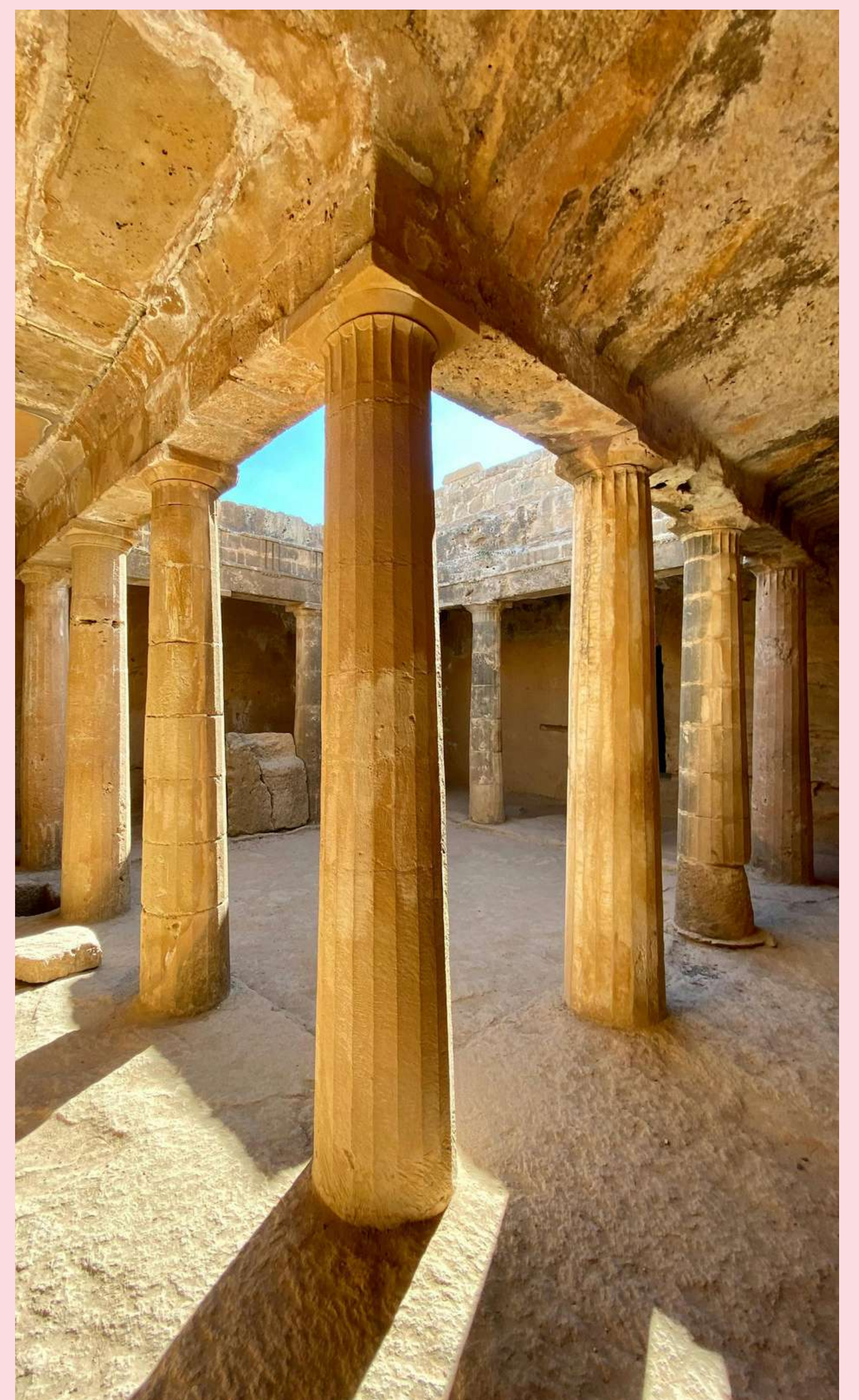
It has several sites relating to the cult of goddess Aphrodite, whose mythical birthplace was at **Old Paphos** (Kouklia)



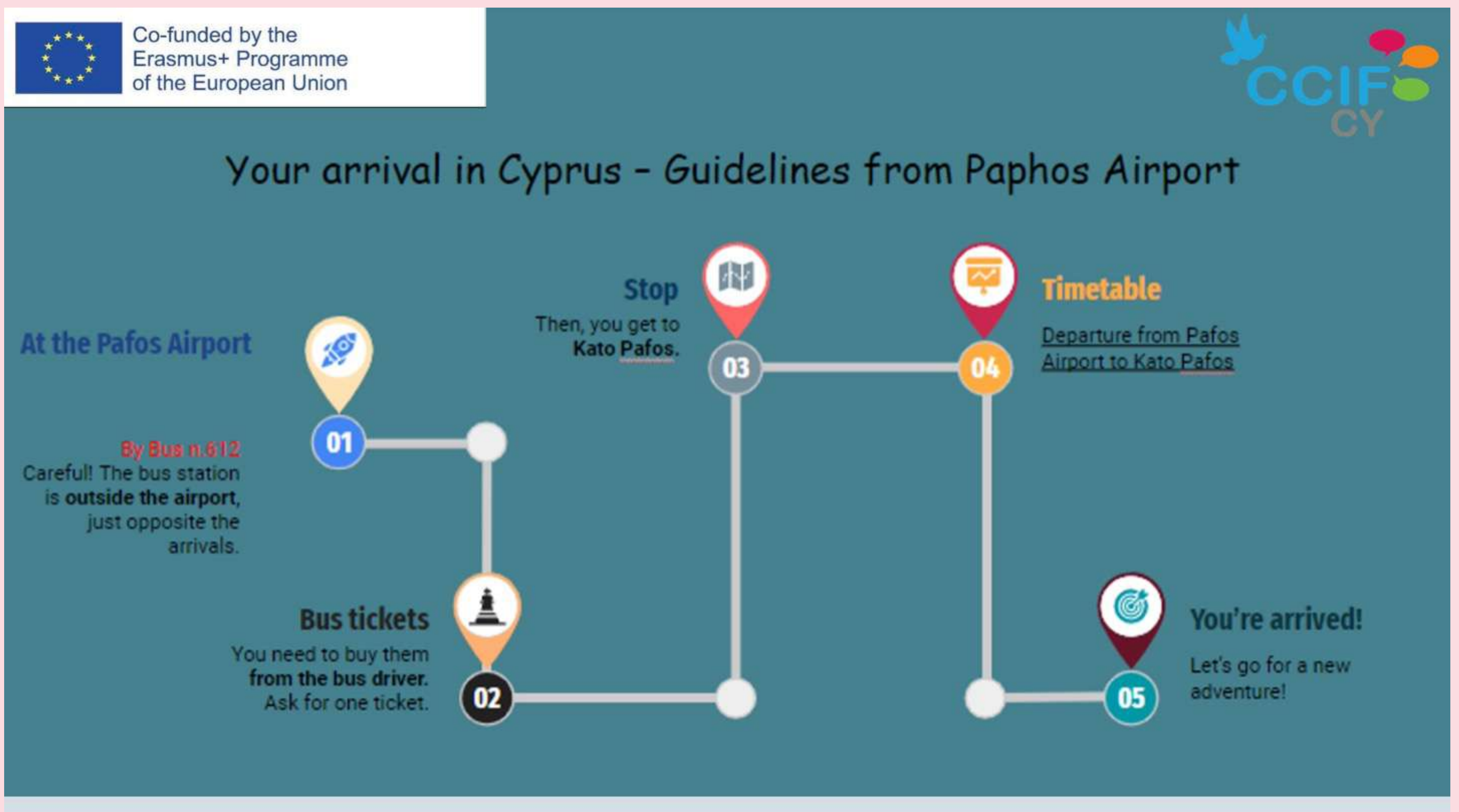
Paphos is located on the southwest coast of the Mediterranean island of Cyprus



Paphos is included in the official **UNESCO** list of cultural and natural treasures of the World Heritage for its ancient ruins and was selected as an **European Capital of Culture for 2017**



TRAVEL TO/FROM PAFOS AIRPORT



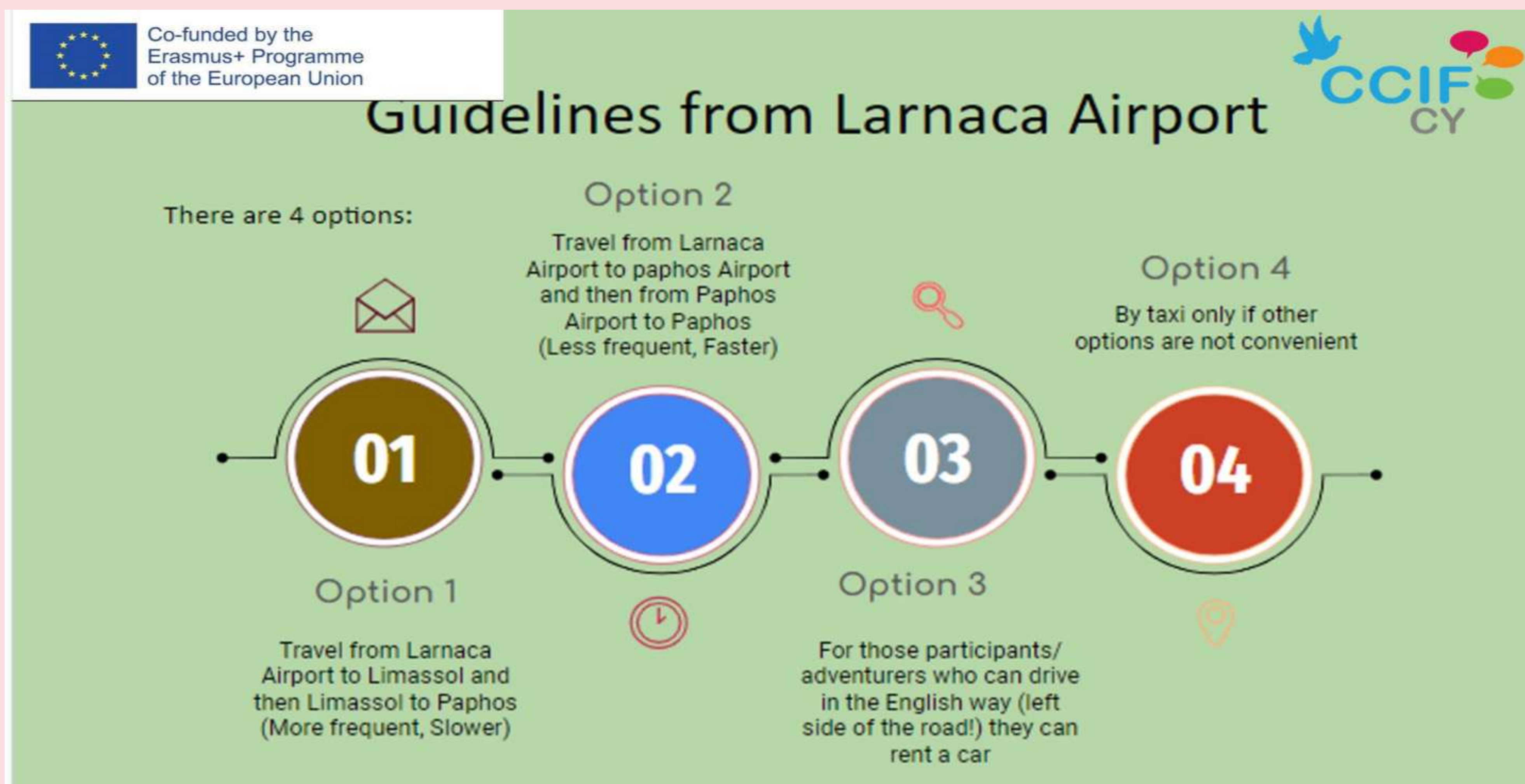
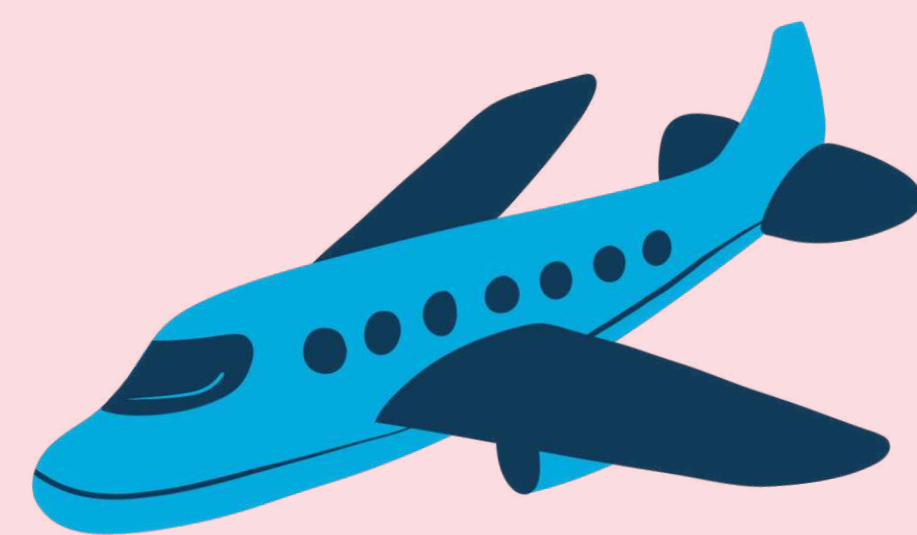
FIND YOUR BUS

<https://www.pafosbuses.com/pafos-airport-bus-routes>

TRAVEL!!!!

CCIF CYPRUS will reimburse your actual costs, with the presentation of invoices of the trip.

TRAVEL TO/FROM LARNACA AIRPORT



If you go for Option 1

Careful! The two parts of the route are done by two different bus operators, so you need to change bus at Limassol.

Total trip duration: 3 hours is an average estimate

Total cost: 13€ (9€ from the Airport to Limassol and 4€ from Limassol to Paphos)

Directions:

First, you get your tickets from the bus stand at the Arrival's Area near the designated bus exit. The receptionist there will give you all the necessary information for the trip. It is also necessary to pre book. Call Kapnos Airport Shuttle at 77771477 or email info@kapnosairportshuttle.com

Approximately 15 minutes before the departure time, the bus driver will announce that you can get on the bus and he will help you with your language. The trip from Larnaca Airport to Limassol takes about 50-60 minutes.

You arrive at Agios Georgios Havouzas Church in Limassol where you will get the bus to Pafos.

There will be some waiting time at Agios Georgios Havouzas depending on the departure time

The trip for Limassol to Pafos takes about 50 minutes.



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IMPORTANT NOTES!!



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DON'T FORGET!

In Cyprus the power plugs and sockets are of type G. This type is of British origin.

So don't forget your power plug travel adapter!



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EMERGENCY NUMBERS

Ambulance, Fire Service and Police:

199 or 112

Find an open pharmacy at night in Cyprus:

192

Narcotics & Poisoning:

90 90 14 01

Paphos General Hospital:

+357 26 80 3260



Contact persons:

MARINA ARISTODIMOU +35799647987

KATERINA VLADIMIROU +35799429683

REIMBOURSEMENT

Participants can look the table above, or [the travel distance band](#) to find the amount to be reimbursed. **GREEN TRAVEL** option is only available if more than 60% of the journey is made by bus and/or train.

For reimbursement of travel expenses, **PLEASE PRESENT** all original tickets, receipts, boarding passes and travel documents, **it is mandatory**. The absence of these documents in their original form will make reimbursement impossible.

The travel refund will be made according to the presented real expenses; in case your travel costs exceed the official limits, the reimbursement will be limited to the maximum budget.

We will only reimburse the travel expenses of participants who are present throughout the entire project.

Participants will be responsible to choose their own transport and will have to pay for it in advance. Arrival at the Accommodation place before 23h00. Departure from the Accommodation before 12h00 am.

In case participants arrive earlier or depart after the activity dates, they will be responsible for the accommodation, food, transfers as there is no extra funding.

To avoid problems, we suggest that the participants send us the itinerary of the flight before they buy the tickets.



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IMPORTANT

REIMBURSEMENT : WILL BE EFFECTED AFTER SENDING ALL DOCUMENTS REQUESTED. (TICKETS AND BOARDING PASSES);

- **ACCOMODATION:**

BOTH THE YOUTH EXCHANGE AND PROFESSIONAL DEVELOPMENT WILL TAKE PLACE IN PAPHOS.

PARTICIPANTS WILL STAY IN SHARED ROOMS ACCORDING TO EU COMFORT REGULATIONS AND THAT IS WHY WE WILL ENSURE THAT ACCOMMODATION WILL MEET ALL SANITARY CONDITIONS. THE MEETING ROOM AND EACH SPACE IN WHICH WE WILL CARRY OUT THE PROJECT ACTIVITIES, WILL ALSO MEET THE OPTIMAL CONDITIONS OF SAFETY, HYGIENE AND COMFORT.

- **FOOD:** IF YOU HAVE ALLERGIES OR OTHER INTOLERANCES REGARDING YOUR ALIMENTATION, LET US KNOW AND WE'LL TAKE CARE OF EVERYTHING. IF PARTICIPANTS ARE VEGETARIAN OR FOLLOW A SPECIAL DIET OR HAVE ALLERGIES TO CERTAIN FOOD, WE WILL TAKE CARE TO RESPECT THEIR DIET.

- **CURRENCY:** EURO

- **HEALTH:** DON'T FORGET YOUR EU HEALTH INSURANCE CARD! SPECIAL ATTENTION WILL BE GIVEN TO THE SAFETY OF THE PARTICIPANTS.

CERTIFICATION

YOUTHPASS

CERTIFICATE OF PARTICIPATION

FOR PARTICIPANTS WITH FEWER OPPORTUNITIES

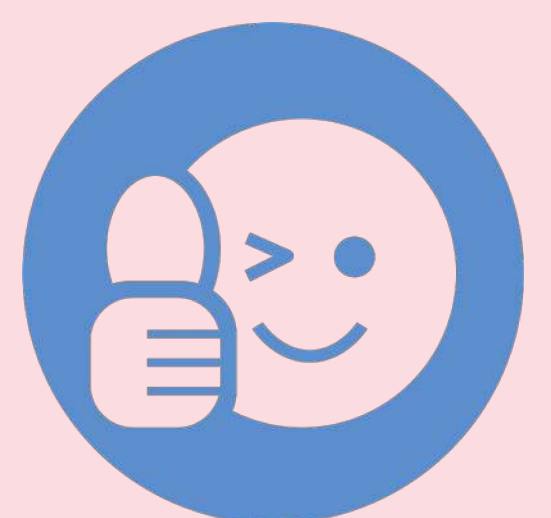
- Social obstacles: young people facing discrimination (because of gender, ethnicity, religion, sexual orientation, disability, etc.), young people with limited social skills or anti-social or risky sexual behaviours, young people in a precarious situation, (ex) offenders, (ex) drug addicts, young and/or single parents, orphans, young people from broken families, etc.
- Economic obstacles: young people with a low standard of living, low income, dependence on social welfare system, long-term unemployed youth, homeless young people, young people in debt or in financial problems, etc.
 - Disability: young people with mental (intellectual, cognitive, learning), physical, sensory or other disabilities.
- Educational difficulties: young people with learning difficulties, early school-leavers and school dropouts, lowly or non-qualified persons, young people that didn't find their way in the school system, young people with poor school performance because of a different cultural/linguistic background, etc.
- Cultural differences: young immigrants or refugees or descendants from immigrant or refugee families, young people belonging to a national or ethnic minority, young people with linguistic adaptation and cultural inclusion problems, etc.
 - Health problems: young people with chronic health problems, severe illnesses or psychiatric conditions, young people with mental health problems, etc.
 - Geographical obstacles: young people from remote, rural or hilly areas, young people living on small islands or peripheral regions, young people from urban problem zones, young people from less serviced areas (limited public transport, poor facilities, abandoned villages...), etc.

DAILY PROGRAM WILL BE PROVIDED SOON

PLEASE NOTE THAT WE MIGHT HAVE SOME CHANGES

We have a general tip as to what to bring with you
to attend this event:

Good will and your SWIMMING SUIT



TO PARTICIPATE YOU FILL THE APPROPRIATE FORM THAT
WILL BE SHARED SOON
FOR THE YOUTH EXCHANGE
AND
PROFESSIONAL DEVELOPMENT OF YOUTH
WORKERS
SOME HAPPY MOMENTS FROM THE LAST
MOBILITIES



WAITING FOR YOU IN THIS AMAZING PROJECT!!

TESTIMONIALS FROM OUR YOUTH EXCHANGE PROGRAMME IN 2024





Elenoora

I loved the workshops and discussions in this project. They opened my mind to new ways of living sustainably. Meeting participants from other countries was exciting too. I feel more inspired and hopeful now.



Ioanna

I liked this project a lot. It taught me about sustainability and green practices. I met amazing people from different cultures. I want to use what I learned to make better choices in my daily life. It was a great experience.



Katerina

This project gave me new ideas about protecting our planet. I enjoyed all activities and made good friends. Learning with people from other countries was very rewarding. I feel motivated to do more for the environment now.



Nefeli

I had a fantastic time in this project. It showed me how we can care for the environment, every day. The people from Georgia, Cyprus, Lithuania, and Poland were wonderful. I hope to make more green changes in my life. I feel lucky to have joined this project.



Athina

I really enjoyed this project. I learned about sustainability and how to work together for our earth. The cultural exchange was amazing. I feel more aware of the environment now. Meeting so many friendly people was the best part for me.



Alicja Miklewicz

This project was a great experience. I learned new things about the environment. I also made new friends from Georgia, Cyprus, and Lithuania. I feel happy and proud to be part of it. We shared many good ideas. I hope we all keep working for a better world.