

YOUTH EXCHANGE



RECORDING

*tradition*

18 - 29 OCTOBER 2018  
DYMES VILLAGE, CYPRUS



YOUTH  
BOARD  
OF CYPRUS



Erasmus+



YOUTH FOR EXCHANGE & UNDERSTANDING  
CYPRUS



Dear friends of YEU Cyprus,

It is with great delight and supreme enthusiasm to announce, that time is running fast and we are getting closer and closer to the youth exchange "Recording Tradition".

Between the **18<sup>th</sup> and 29<sup>th</sup> of October 2018, 10 days of activities plus 2 travel days (one before and one after)** YEU Cyprus will be meeting 40 participants from 8 different countries (Cyprus, Spain, Greece, Italy, Estonia, Bulgaria, Sweden and Poland).

Bring your positive energy and motivation, because lots of work and commitment is expected from everyone, but at the same time have no fear; we promise lots of fun too! We might already know some of you, but in any case, we are so excited to be meeting all of you. And we can, definitely, promise that this youth exchange is going to be another memorable activity. Are you ready to take this challenge?

This project will take place in the beautiful mountains of Troodos. Be ready to open your mind and soul for what is to follow in order to spread your ideas and expertise back to your countries. We have no doubt that you will all be the best ambassadors of the particular knowledge and experience. So... get prepared for this unique experience and see you soon!

See below some more information about the project, as well as what you have to prepare before coming to Cyprus.

Best wishes,  
YEU Cyprus Team

# YOUTH FOR EXCHANGE AND UNDERSTANDING CYPRUS

## (YEU CYPRUS)

YEU Cyprus was established in 1995 as a Cypriot local civil organization (NGO), aiming to foster closer co-operation and better understanding among the young people of the world by exchanging information, experiences and ideas, on cultural, educational and social issues. YEU Cyprus is affiliated with YEU International platform. It is a full member of Cyprus Youth Council (CYC) - the official coordinating body of Cypriot Youth Organizations. It implements several activities including workshops, field trips and training courses and it organizes and participates in various international and local events to foster tolerance and mutual respect among youngsters. Visit our website for more details about YEU [www.yeucyprus.org](http://www.yeucyprus.org) or find us on facebook <https://www.facebook.com/yeucyprus/?fref=ts>

## Recording Tradition

Traditions and customs are some of the most integral parts of one's cultural identity. The European identity is composed of various cultures, each one with its own set of traditions, which together lay the foundation for the creation of a stronger collective European identity. However, some of Europe's oldest traditions have started to fade for many reasons, sometimes because the people practicing them have grown too old to do so or because those traditions have been replaced by new ones. Thus, there is a need for young people to get to know the traditions of their countries and of those of other countries. In that way they might stop rejecting them and use this knowledge wisely to move forward.

The aim of this project is to cultivate historical empathy and pay homage to "endangered" or

forgotten traditions around Europe. The main goal is to allow youngsters from European countries to become aware of the traditions of their countries and be introduced to traditions from other countries that have started to die out, while exploring and practicing the art of storytelling through photography and video-making.

All the activities will be learner-centered and passive listening will be avoided. The working methods used will be non-formal education methods that will allow the participants to acquire new skills, learn, and share knowledge and ideas. The activities will include energizers, ice-breaking games, teambuilding exercises, interactive presentations, peer to peer education, experiential learning, group work, visits to museums, churches, youth clubs, workshops, role-playing, simulations, brainstorming etc. Particular workshops will be designed for video-making, photography, storytelling, shadow theater and more. The participants will have the time to reflect on their own and in groups, based on what they will learn. The goal is for them to learn and then share this knowledge when they go back to their countries. Working methods will be adapted based on the participants' characteristics, needs and interests.

## Objectives

- For the participants to learn about the traditions of their own country and get to know the traditions of other European countries.
- To fill the gap between the past and the present since we have realised that there is a gap of knowledge about the past, especially in younger generations.
- To give people the skills to be able to search and learn about the past.
- To raise awareness about the traditions of different countries and allow young people to learn and use this knowledge and even turn it into a profession, fighting unemployment at the same time.
- To enforce intergenerational dialogue by allowing the young people to listen to the older ones and vice versa. During the activities of the project the participants will have the

chance to meet the local people of a traditional Cypriot village to conduct oral history interviews.

- To improve the level of English of the participants.
- To familiarize the participants with storytelling and videography techniques in the context of understanding the past.

## Profile Of The Participants

- ✓ 4 participants aged 18-30 years old and 1 group leader with no age limit.
- ✓ Basic knowledge on tradition or photography or video making or involvement in tradition (dance, music, arts, crafts etc)
- ✓ Able to communicate and follow the activities of the Youth Exchange in the English language.
- ✓ Willingness to gain new knowledge, skills and competences in the field of tradition, mainly through non-formal and informal education methods.
- ✓ Desire to explore forgotten traditions in Europe.
- ✓ Desire to learn and practice storytelling and videography techniques in the context of understanding the past.
- ✓ Interest in learning about other cultures and sharing their skills and knowledge with other participants.
- ✓ Interest in improving their group management skills, in the context of a youth exchange (applicable only for youth leaders).
- ✓ Desire to organise and facilitate non-formal education activities for youth (applicable only for youth leaders).

## Partners

- ✓ YEU (Cyprus)
- ✓ Sdruzenie Aktivno Balgarsko Obshtestvo (Bulgaria)
- ✓ MTÜ Risti-Rästi (Estonia)

- ✓ United Societies Of Balkans Astiki Etaireia (Greece)
- ✓ CESIE (Italy)
- ✓ Europejskie Forum Młodzieży Stowarzyszenie (Poland)
- ✓ Asociacion Building Bridges (Spain)
- ✓ Intresseföreningen för TidsNätverket I Bergsjön (Sweden)

## Working Language

The working language will be English.

## What To Do/ Bring

- ✓ Bring laptops and cameras (at least one per country)
- ✓ Bring candies for all the participants for the workshop 'A sweet childhood taste'
- ✓ Bring an object that represents a tradition from your family/town/country (this is going to help you present yourself to the participants during 'A storytellers' night')
- ✓ Think of traditional games, dances, spooky stories from your country and be ready to explain them to the other participants.
- ✓ Something unique from your own country like food and/or pictures/maps etc. for the intercultural evening.
- ✓ Bring your own towel (maybe two as we will have free time in the sea side). Bed sheets and blankets are provided. If you would like to bring your sleeping bag then you can.
- ✓ Complete the participants' questionnaire which is in the section 'Application'.
- ✓ Material from your NGO so that you can present it in the NGO fair.
- ✓ All your boarding passes and invoices of the purchase of your tickets.
- ✓ Any medicine you might need
- ✓ Creative, innovative and sustainable ideas
- ✓ Your smile and good will to work constructively with everyone 😊

## To be undertaken from the youth leaders:

- ✓ Traditional Games (send us your list of materials if you can't bring them with you). Make sure you can explain the game from your country to the other participants.
- ✓ Coordinate your team regarding the local food/beverages that you will bring for the cultural night.
- ✓ Send us spooky stories/ characters from your country and ideas on how to use them for the spooky treasure hunt no later than the 1<sup>st</sup> of October.

## Timetable of Activities

|                                      | Day 1      | Day 2                         | Day 3                            | Day 4                            | Day 5                                 | Day 6                                       | Day 7   | Day 8  | Day 9                              | Day 10  | Day 11   | Day 12   |
|--------------------------------------|------------|-------------------------------|----------------------------------|----------------------------------|---------------------------------------|---|---|--|------------------------------------|---|--|--|
|                                      | 18/10/2018 | 19/10/2018                    | 20/10/2018                       | 21/10/2018                       | 22/10/2018                            | 23/10/2018                                  | 24/10/2018  | 25/10/2018                                     | 26/10/2018                         | 27/10/2018  | 28/10/2018   | 29/10/2018                                     |
|                                      | Thursday   | Friday                        | Saturday                         | Sunday                           | Monday                                | Tuesday                                     | Wednesday   | Thursday                                       | Friday                             | Saturday  | Sunday   | Monday   |
| A<br>r<br>r<br>i<br>v<br>a<br>l<br>s |            | Introduction to the programme | Introduction to Storytelling     | Tour in Dymes village            | Video making - How do I make a video? | Shadow Theatre and puppets                  | How do I collect oral histories?                                | A Sweet Childhood Taste and The memory paradox | Create your own story (final step) | Day trip to Limassol and Public Screening of the Videos | Youthpass Certificate Completion and Delivery and Dissemination of Results |  |
|                                      |            | Team building                 | Create your own story (1st step) | Create your own story (2nd step) | Create your own story (3rd step)      | Shadow Theatre and puppets                  | Create your own story (4th step) - Collection of oral histories | Visit to Agros lage                            | Private Screening of the Videos    | Free time in Limassol                                   | Erasmus+ programme completion and Final uation                             |  |
|                                      |            | Storytellers Night            | NGO Fair                         | Traditional Game Night           | Cultural Night                        | Exhibition of the Puppets and Improvisation | Movie Night   | Free evening                                   | Spooky Treasure Hunt               | Free evening  | Goodbye Party  |  |
|                                      |            |                               |                                  |                                  |                                       |   |   |  |                                    |   |  | D<br>e<br>p<br>a<br>r<br>t<br>u<br>r<br>e<br>s |

*\* Minor changes might apply such as change of order of the activities.*

## Website of the project

We have created a website/blog for the project where we posted information about the Youth Exchange. We will use the project to post our daily news and materials produced during the project as well as the dissemination activities will be happening after the end of the programme.

Link: <https://projects846.wixsite.com/recordingtradition>

## Venue

The Youth Exchange will take place in the old primary school of Dymes Village that has been turned into a modern camping site. Participants will be accommodated in dorms of 6 or 7 people, separately males and females, with a private bathroom. Sessions and workshops will take place in the big room of the venue or in the big yard under the forest as well as in nearby villages and the city of Limassol. The venue is equipped with the necessary first aid kits.

Dymes is a small village in the mountainous region of Limassol and is at the heart of the "Pitsilia" region, between the villages of Kyperounta, Pelendri and Agros, at a distance of 59 kilometres from Nicosia and 40 kilometers from Limassol. Dymes is built at an average altitude of 960 meters above the sea level and receive an average annual rainfall of about 750 millimetres. Mainly vines for winemaking varieties, vegetables, and fruit-trees are cultivated in the village's region. The village of Dymes is known for its apple production, which is ranked amongst the best varieties of Cyprus. A few olive, carob, almond, and walnut trees are also cultivated. The traditional houses, the ascending roads, the irregular terrain, the vine-arbours, the small yards with the tall fences, the tiled and tin roofs of the houses, and the picturesque upper-floors compose the basic image of the village. The houses, most of them made with local stone, are -to a great degree -in harmony with the natural environment.





## Weather

The average temperature in Dymes Village during October is usually 15.1°C. Minimum temperature is 10.7°C and maximum 19.5°C. Make sure that you have enough warm clothes and something to protect you in case of rain.

You can have a look at the temperatures, before coming to Cyprus, here:

<http://www.cyprus-weather.com/>

## Travelling Days

18/10 Arrival day. Try to be in Cyprus before 17:00 as we will go to the venue by private bus.

29/10 Departure day. We will arrange a bus from the venue to Larnaka or Paphos airport according to the need of your flights. Usually, we book the bus at around 09.30 and it needs one and a half hour for Larnaka airport and one hour and twenty minutes for Paphos airports. So, we recommend you to book tickets after 13:00

## Travelling To Cyprus

In Cyprus, there are two international airports that you can use; the Larnaka and the Paphos airports. Be careful since travelling from Ercan Airport cannot and will not be reimbursed as it is not an official airport of the European Union.

Please, send us your reservation for travel tickets as soon as you book them at [projects@yeu-cyprus.org](mailto:projects@yeu-cyprus.org)

- Tickets must be from your country of origin to/from Cyprus. No other tickets can or will be reimbursed. Transit tickets are also eligible.
- You are allowed to come only 2 days before or after the project dates.
- Accommodation for any extra days before or after the training course cannot and will not be funded.

- Please be in Cyprus on the 18/10 no later than 17:00 since we are going to the location of the event by private bus and there is no other way to reach the village in the middle if you arrive late.

The documents needed to complete your reimbursement:

To proceed with your travel reimbursement, you must present, upon request, the following:

1. Boarding passes (you will NOT be refunded without them!)
2. Relevant tickets or a copy of those (plane, train, bus, etc.)

For electronic tickets:

1. Boarding passes (you will NOT be refunded without them!)
2. Relevant tickets or a copy of those (plane, train, bus, etc.)

- Travel refund to the participants will be done by bank transfer (to the sending organisation's account or to one of the people of the team account) collectively for each team of participants, after all the travel documents will be received by YEU Cyprus. Documents must be sent within a month of the end of the training to this address:

**YEU Cyprus**  
**27, Ezekia Papaioannou Str., 1075, Nicosia**  
**Cyprus**

- The reimbursement will be made within the two months following the project after we receive all the relevant documents from the participants.

## Travel Expenses Amounts

| COUNTRY | PARTICIPANTS | AMOUNT (EUR) per participant |
|---------|--------------|------------------------------|
| CYPRUS  | 5            | 20                           |
| ESTONIA | 5            | 360                          |

|              |           |     |
|--------------|-----------|-----|
| BULGARIA     | 5         | 275 |
| GREECE       | 5         | 275 |
| ITALY        | 5         | 275 |
| POLAND       | 5         | 360 |
| SPAIN        | 5         | 530 |
| SWEDEN       | 5         | 530 |
| <b>TOTAL</b> | <b>40</b> |     |

- 30 euros for each participant will be deducted from their initial budgets for the bus to and from the venue. The meeting point will be in a central and accessible point announced that will be announced after we collect all the tickets.
- Participants exceeding the above-mentioned amounts will be reimbursed up to the amount indicated above. They will have to cover the difference with their own expenses.

## Application:

If you are interested to participate in the YE please fill up the application form:

[https://docs.google.com/forms/d/e/1FAIpQLSfTq1jjW\\_ivCjtWXE\\_OTBT\\_q68ZK5U807XHX\\_ITBPnX6WnwnA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfTq1jjW_ivCjtWXE_OTBT_q68ZK5U807XHX_ITBPnX6WnwnA/viewform)

There is no participation fee for this Youth Exchange.

## Communication: Making Phone Calls To Cyprus

In order to make a phone call from abroad, dial +357 and then add the phone number.

## Emergency Contact

If you face any problems before meeting us, please, do not hesitate to contact (email or call) us:

+357 99 573646, or [projects@yeu-cyprus.org](mailto:projects@yeu-cyprus.org)

## Some Facts About Cyprus

Floating on the waters of the European Mediterranean, but pointing longingly towards the shores of Syria, Turkey and Lebanon, Cyprus is an odd mixture. It is a kaleidoscopic blend: its cultural influences are dominated by Western Europe, but its geographic proximity to Asia and Africa gives it more than just a hint of the East. Long coveted by mainland Greece and Turkey, this small island has its own definite and beguiling character.



Cyprus is the island for all seasons, the island of good weather, good mood and loads of sunshine! Cypriot people are warm-hearted, hospitable and kind, people who love to go out and who appreciate good company and good food. In fact, most of the social outings and relationships revolve around food! And food that is coming in a lot of variety and large quantities for massive stomachs! While in Cyprus, it's

a must to try/taste:

**Cypriot *meze*** (appetizers akin to Spanish *tapas*) are an art form, and some restaurants serve nothing but this. Meze is available in a meat or fish variety, but quite often comes as a mixed batch, which is rather pleasing.



*Sheftalia*, which is a kind of sausage without skin. The filling of sheftalia is made of ground pork or lamb shoulder and leg. It is mixed with fine chopped onions and parsley and seasoned with salt and pepper. Instead of sausage casing it uses caulk fat, the membrane that covers the stomach of a lamb or pig, to wrap the ingredients. In words it may not sound so good but it's super delicious!!!



- **Halloumi** is a uniquely Cypriot cheese, made from a mix of cow's and sheep's milk. Hard and salty when raw, it mellows and softens when cooked and is, hence, often served grilled.
- **Taramosalata** is traditionally made of *taramas*, the salted roe of the cod or carp. The roe is either mixed with bread crumbs or mashed potatoes. Parsley, onion, lemon juice, olive oil and vinegar are added and it is seasoned with salt and pepper.

For more information visit: <http://www.visitcyprus.com/>

## Historical Facts

. Originally, Cyprus was inhabited mainly by Greek Cypriots constituting 83% of the population; and Turkish Cypriots reaching the 17%. However, problems arose between the two communities that led to bi-communal conflicts and violence, with Turkey invading Cyprus in 1974 and occupying 37% of the island. The results of 1974 were disastrous for Cyprus, for both of the communities, Greek and Turkish Cypriot, with thousands of people being killed, hundreds of thousands becoming refugees in their own country. Since then, Cyprus and its capital Nicosia have been divided between the Greek Cypriot and Turkish Cypriot communities in the south and north respectively. On the 23rd of April 2003, as part of efforts to reunify the island, several checkpoints were opened so that people from the two communities could move freely from one part of the island to the other. Nicosia retains the distinction of being the world's last divided capital.

For more information visit:

[http://www.mfa.gov.cy/mfa/highcom/london.nsf/hcrcl07\\_en/hcrcl07\\_en?OpenDocument](http://www.mfa.gov.cy/mfa/highcom/london.nsf/hcrcl07_en/hcrcl07_en?OpenDocument)

## Languages And Religions

### Languages

Greek and Turkish are the official languages of the Republic of Cyprus spoken by the Greek-Cypriot and Turkish-Cypriot communities respectively. English is widely spoken. French and German are also well spoken within the tourist industry.

### Religions

Cyprus enjoys an exceedingly high level of freedom of worship. While the majority of Greek-Cypriots are Greek-Orthodox Christians, other denominations are represented on the island, including Armenians, Maronites and Roman Catholics. The Turkish-Cypriot community is predominantly Muslim.

### Some Practical Words And Expressions In Greek ☺

Hello! – **Yia sou!** (one person) **Yia sas!** (two or more people)

Good morning – **Kalimera**

Good afternoon – **Kalispera**

Good night – **Kalinihta**

Excuse me – **Signomi**

Please – **Sas parakalo**

Thank you – **Efharisto**

Water – **Nero**

Food – **Fayito**

How much does it cost? – **Poso kostizi?**

Where is the bus station? – **Pou ine i stasi leoforion?**

One beer, please – **Mia bira, parakalo**

How are you? – **Pos ise?**

Cheers – **Yia mas**

Good bye – **Adio**

We look forward to meeting you all! If you have any questions please don't hesitate to contact us at: [projects@yeu-cyprus.org](mailto:projects@yeu-cyprus.org)