

YOUTH EXCHANGE

# ISLANDISM

Empowering Participation Through Tradition

29 MARCH - 07 APRIL 2020

Dymes Village, Cyprus



ΟΡΓΑΝΙΣΜΟΣ  
ΝΕΟΛΑΙΑΣ  
ΚΥΠΡΟΥ



Erasmus+

youth for exchange & understanding



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 “ISLANDISM: Empowering Participation Through Tradition”.

Between the 29th of March and 7th of April 2020, 8 days of activities plus 2 travel days (one before and one after) YEU Cyprus will be meeting 40 participants from 6 different countries (Cyprus, France, Greece, Spain, Italy and Portugal).

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, Dymes Village. 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>

## **ISLANDISM: Empowering Participation Through Tradition**

With this project we target to empower young marginalized people to be more active citizens through the importance of the tradition that comes from small communities, such as islands and improve their sense of belonging to the European family by examining some problems the participants face in their communities. Through this exchange we are aiming to spread the tradition of different islands that could be forgotten due to their size and location and offer a common space of debate and exchange of ideas to enhance the quality of living of young people who live on islands. This project will enhance participants' skills in various thematic related to social inclusion, active participation, creativity and communication skills.

The specific objectives of the exchange are:

- For the participants to learn about the traditions of their own country but also to get to know the traditions of other marginalised European areas.
- To foster active participation and social and civic responsibility in local and European level by engaging young people with EU values through non formal educational activities (tolerance, solidarity, etc).
- To promote creativity and innovation as well as digital skills through the use of different software during the production of audiovisual material to promote their tradition.
- To develop participants' skills to be able to search and learn about social issues and inclusion.

- To make people more aware of different island challenges and opportunities which will result in the connection of people with different backgrounds from similar geographical situations by improving their active listening.
- To provide participants with a deepened self-knowledge and develop their communication in English and other foreign languages.
- To strengthen participants' knowledge of the Erasmus+ Programme and to provide them with a solid network of international partners.
- To foster participants facilitation and leadership skills for non-formal activity through the workshop each national team has to organise during the exchange.

### Profile Of The Participants

- **5 participants aged 18-30 years old and 1 group leader with no age limit.**
- Basic knowledge on tradition or graphic/digital skills
- Desire to explore traditions of European islands
- Desire to learn about active participation and social inclusion
- Interest in learning about other cultures and sharing their skills and knowledge with other participants
- Interest in exploring non-formal education techniques
- 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

### Partners

YEU Cyprus	Associazione Interculturale NUR (Italy)	ASSOCIACAO JUVENIL DA ILHA TERCEIRA - AJITER (Portugal)
D'ANTILLES ET D'AILLEURS (France)	POLITISTIKI ANAZITISI LESVOU AMKE - POLI.ANA (Greece)	Asociación P.O.D (Spain)

### Timetable of Activities

STAR: StoryTell A Right									
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
29/3	30/3	31/3	1/4	2/4	3/4	4/4	5/4	6/4	7/4
A r r i v a l s	Introduction to the programme and getting to know each other!	Participation in our own reality/country!	Active Participation	Active Listening	Study Visit in Limassol	Albatros	Finalisation of materials	Dissemination of Results & Project Ideas	D e p a r t u r e
	Sharing of expectations and fears & Devising Our Contract	Stereotypes and Prejudice	Active Participation	Exploring tradition of the area	Study Visit in Limassol	Tradition and Active Participation World cafe	Presentation of the materials to the group	Project Ideas for a more Inclusive Future	
	Youthpass	Introduction to Tradition and The Memory Paradox	Presentation of Tradition Country 3	Presentation of Tradition Country 5	Exploring Limassol	Production of audiovisual materials	Preparation of the venue	NFE, Erasmus+ program & Delivery of the Youthpass	
Get to know each other	Presentation of Tradition of yprus	Presentation of Tradition Country 2	Presentation of Tradition Country 4	Presentation of Tradition Country 6	Exploring Limassol	Production of audiovisual materials	Public Screening in the village!	Final Evaluation	
	I'm unique because..!!	Intercultural Evening I	NGO Fashion Show!	Intercultural Evening II	Free Evening	Free Evening	TedX Evening	See you soon Party!	

### What To Bring/Prepare

- ✓ Each country will have 1,5 hour to present to the rest of the group something related to their tradition. It can be a dance, craft or food (if does not require many action kitchen-wise). Leaders should inform us about the workshop and materials they will need two weeks before the YE. This will be performed/presented during the public event. Please note that what you will present to the group should be related to a tradition which is not common in any other country and it will be important for you to present it and has an impact to your local community
- ✓ Bring laptops and cameras (at least one per country)
- ✓ 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) and personal hygiene.
- ✓ 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.
- ✓ Plugs adapters to the British style (3 pins).
- ✓ Any medicine you might need and the **European health insurance card**.
- ✓ Your smile and good will to work constructively with everyone ☺

## 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 for 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 April is usually 25°C. Minimum temperature is 9°C and maximum 18°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/>

## Traveling To Cyprus

In Cyprus, there are two international airports that you can use; the Larnaka and 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@yeucyprus.org](mailto:projects@yeucyprus.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 extra days before or after the project dates, but accommodation and food cannot be funded.
- Please be in Cyprus on the 29/03 no later than 18:00 since we are going to the venue by a private bus as there is no other way to reach the village.

The documents needed to complete your reimbursement:

1. Boarding passes (you will NOT be refunded without them!)
2. Flight tickets (which include your flight details, your name and the amount)
3. Original bus or train tickets

Documents must be sent within two weeks after the end of the exchange to this address:

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

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

## Traveling Days

### 29/03/2020: Arrival day

You should be in Cyprus **before 18:00** as we will book a private bus to drive the group from Larnaca city to the venue.

### 07/04/2020: Departure day

We will arrange a private bus from the venue to Larnaca or Paphos airport according to the needs of your flights. The bus will depart from the venue at 09.00 and it needs one and a half hour for both airports. So, we recommend you to book tickets **after 12:00**

## Travel Expenses Amounts

COUNTRY	PARTICIPANTS	AMOUNT (EUR) per participant
CYPRUS	10	20
GREECE	6	275*
SPAIN	6	820*
PORTUGAL	6	820*
FRANCE	6	1500*
ITALY	6	360*
TOTAL	40	

*\* 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 that will be announced after we collect all the tickets.*

**Application:**

If you are interested to participate in the YE please fill up the application form:  
[https://docs.google.com/forms/d/e/1FAIpQLSeC1odL5ugBeprrfauVFMhEQz\\_mHS3pLf7sNiJMV\\_S0Ty-IIFA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeC1odL5ugBeprrfauVFMhEQz_mHS3pLf7sNiJMV_S0Ty-IIFA/viewform)

There is no participation fee for this Youth Exchange.

**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)

