

# ESC project

## YAS!

Youth for action and sustainability

–

YEU Cyprus



2020 – 2021

# Introduction

Dear future ESC Volunteers, we are happy to welcome you to this project! Please read the following information carefully in order to prepare for the coming time in Cyprus. Seven volunteers from seven different countries will come to Cyprus and share their experiences, skills and knowledge. You will have the opportunity to exchange your thoughts, experiences, visions, wishes and knowledge and have an unforgettable experience in Cyprus. Furthermore, through this project you will have the opportunity to enhance the 8 Key Competences for lifelong learning. But let's take the things from the beginning...

## YEU Cyprus

YEU Cyprus stands for Youth for Exchange and Understanding Cyprus and it is a nonpolitical, non-governmental organization (NGO) based in Nicosia, Cyprus. Since 1995, the aim of YEU is to foster closer co-operation and better understanding among youngsters through the exchange of experiences and ideas. It is one of the biggest youth organizations in Cyprus numbering more than 1000 members and is considered one of the most active organizations of the island, realizing several activities both on an international and local level.

## YEU Cyprus activities:

- On an international level, we organize and deliver training courses, focusing always on the youth's development, awareness raising and capacity building. The methodology of the activities is based on non-formal education and experiential learning.
- Providing the opportunity to participate in international activities abroad such as in partner's training courses, youth exchanges, European Solidarity Corps (ESC), seminars, SALTO events etc.
- On a local level, YEU Cyprus has organized and still organizes various activities such as Human Libraries, workshops and seminars on different topics (for example human trafficking, non-formal education, volunteering), street festivals, laughter festival, field trips and other activities.

For more information have a look at our [Facebook page](#) and our [website](#).

# YEU Cyprus Contact Information

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**EUROPEAN  
SOLIDARITY  
CORPS**



# What is the YAS! – Youth for action and sustainability about?

The Sustainable Development Goals set by the United Nations General Assembly are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate, environmental degradation, prosperity, peace and justice. In the case of Cyprus, there is a lack of awareness for what the SDGs are and their importance. For that exact reason, our project aims to involve young people in promoting and raising social awareness about the SDGs in the community of Cyprus based on the local reality that the volunteers will have to live in and learn about. The project's objectives are to educate and inform young people and the local community about SDGs through the implementation of various workshops, public interventions and creative activities. Through our actions which they will be oriented around youth, we will not only present ways with which an individual, a group of young people or a community could act upon the achievement of SDGs but we will also encourage young people to become active citizens and find ways to engage democratically in the policy making of sustainable development.

## Activities

Each activity will tackle the challenges of the SDGs and since we are a youth organisation, the main target group of our project will be the young people of Cyprus. For instance, for each category of SDGs we will raise awareness through the organisation with various workshops like upcycling, recycling intercultural communication, human rights, advocacy, peacebuilding, gender equality, inclusion, etc. Moreover, we organize educational seminars, open discussions, debates, conferences and public interventions on environmental, economic and social issues on a local, European and International level, always along with the UN's agenda and curriculum. All our activities will be implemented on a collaborative basis between local stakeholders, for instance public and private bodies like Universities/Schools and Non-Governmental organizations dealing with similar topics, representatives of European/International organizations, Municipalities, etc. A successful sustainable development agenda requires partnerships; thus, we are going to establish local

collaborations with the civil society of Cyprus to promote advocacy towards an effective change. We already have an established cooperation with Caritas Cyprus where the volunteers will spend some time, as one of their main activities throughout the project, to learn more about the local reality of Cyprus on issues like migration, human rights and inclusion and to implement activities which will tackle some of the SDGs based on the needs of the R-NEET people they will be working with.

## Volunteer's profile.

- Competencies and motivation to work with people coming from different backgrounds, willing to learn new things and eager to learn about different cultures.
- Preferably be over 20 years old, open-minded towards multiple working methods, different languages, mentalities and be interested to create new experiences in an inter-cultural environment.
- They should also show that they are able to support themselves financially throughout the period that the project is being carried out.
- We do not require any qualifications like educational achievements or knowledge upon specific experiences. We only require basic English-speaking language knowledge.
- Ideally we are looking for volunteers who have a passion about sustainability and are familiar with the SDGs.

Volunteers will be chosen regardless of their ethnic group, religion, sexual orientation or political opinion and we will ensure that there is a gender balance.



# Counties

We will have seven volunteers coming from 7 different countries:

- Ireland



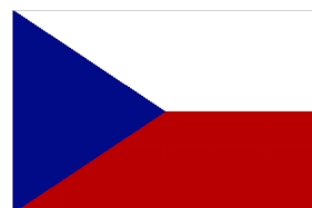
- North Macedonia



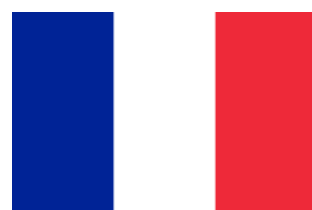
- Romania



- Czech Republic



- Martinique (FR)



- Portugal



- Croatia



# Benefits of being part of an ESC

## Skill development

- Empowering [self-management](#) and [work-related skills](#) (time management, planning, priorities, responsibility, ability to complete a project).
- [Strengthen existing skills](#) through practice and experience such as argumentation, influence and negotiation.
- Refection of [interpersonal skills](#) through work and communication with others.
- Cultivating [team spirit](#) and [teamwork](#) and synergy skills.
- Constant interest in acquiring [new skills](#).
- Strengthen [communication skills](#), spoken and written, by writing reports, citations, abstracts, posters, articles.
- Cultivating [team spirit](#) and [teamwork](#) and synergy skills

## Working experience

- Experience in [decision making](#) and [problem solving](#).
- Participation in a variety of [learning experiences](#) and normal work environment.
- Experience of working with a [team](#) and with [third parties](#) at varying levels.
- [Leadership](#) development opportunities.
- Opportunity to [demonstrate their capabilities](#).
- [Acquire specialization](#) and experience to enrich their personal curriculum and improve their [future professional choices](#).
- Increased ability to [learn from experience](#).
- Encourage initiatives and free [creativity](#).
- Improving [independence](#).
- Enriching [cultural knowledge](#).
- [Youth Pass](#).

# YEU Volunteers testimonies.

## Oscar's:

Everything in a new, huge experiences like the volunteer projects move so fast. In the past four months I've been photographer, trainer, chef, event manager, writer, researcher, interviewer, project writer, waiter, cameraman, teacher, mediator, coacher, marketer and many other things that I can't remember right now. Many of the fears of the beginning don't disappear but to realize that I've made so many different things it's a big shot of self-confidence. New skills are growing in me and the old ones have been reinforced. Mission Tradition is being, in just a word, amazing.

## Alessia's:

It's not easy to summarize all that I've learned and I am still learning thanks to this experience, because every day is an occasion not only to learn, discover and improve my personal skills and qualities but also to understand what are my limits and what I can do to improve myself as person. I've worked as volunteer in several local festivals; travelled along the Island to discover it's amazing tradition and delicious foods; I've learned how to plan, create and promote events and workshops; some days I've been a cook and a kitchen helper, others a teacher of Italian language. I suggest that everyone tries an EVS experience. Personally I believe that working in a multicultural context and interacting with people from different cultures it's a unique and challenging possibility not only to understand and appreciate different realities and life styles, but is also an occasion to "get in the game", leaving your comfort zone and taking your time to reflect more on yourself and what you really want to become.

## Gabriele's

For my main interests, in Italy I was unemployed, so I decided to take the last train I could to make an experience like that: the age limit for a ESC is 30 years old and, having this age, I chose to spent one year abroad living an amazing experience! Fortunately, I did not found difficulties to get used to the local lifestyle, I adapt myself very easily and the "σιγά, σιγά" (sigà sigà - slowly slowly) culture here fits very well in my lifestyle! Volunteering abroad is a great occasion to meet new people, have a great time thanks to European mobility programs. Knowing different cultures, deal with a new uses and new way of life, cooperate with people from all Europe and know people from all the world is a great occasion to verify how much a person is open minded and grow up as an individual. Is a great occasion that I suggest to experience and every young person can apply.

## Michaela's:

If you are thinking about doing ESC, you should be aware that of course the experience depends on the project's objectives and the personalities you are going to meet and work with. But I definitely suggest that you



try it. It gave me confidence which is so much needed in life, and I have a great time here in general. Usually we have a lot of fun in our office; so far, I volunteered in several arts festivals, travelled around the island, enjoyed the delicious food and local hospitality, which by the way is limitless. Volunteering can teach you that money is not the only value one can gain, acquiring experiences it is invaluable. You will gain so many new skills or discover the ones that were already there but never knew about them. Above all, when you are doing something meaningful, "a good deed", it will enrich your heart... Improve your improvising skills, come to Cyprus!

## Period of the Project

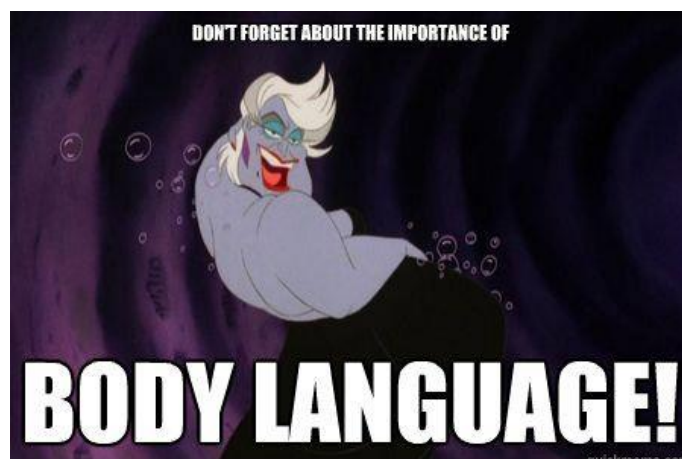
21st of May 2020 - 20th of May 2021

## Working hours

ESC must be full-time service for the volunteer. Her/his project activities (including language and other training activities relating to the project) should take up at least 30 and not more than 38 hours per week (around 7 hours per day). If they will work more than 35 hour per week, they will recover the hours in the same month. In case of working in the weekend for a day, they have the right to take a day off in the same month. The volunteer is entitled to two consecutive free days per week (weekend) and two days of holiday per month.

## Language support

All volunteers will be provided with a language support: there will be one Greek lesson every week for 2 hours. Furthermore, the volunteers will be enrolled in the OLS (online linguistic support) platform to have extra material to work with to enhance their Greek language learning. We recommend that all volunteers take advantage of this opportunity because it will help establish a better communication with the locals.



# Finances

Every volunteer will receive 130 Euros for food allowance and 5 Euros a day for pocket money (270€/285€ monthly). The accommodation will be provided by YEU Cyprus. The volunteers are requested to be very careful on electricity and water bills. A maximum allowance of 75 Euros will be provided for Electricity and Water bills per month for each house. In case that amount is exceeded, the volunteers will be requested to provide the extra costs.



## Health insurance

Sending organization is responsible to register the volunteers to the [CIGNA INSURANCE](#) at least 14 days before departure. Volunteers will also receive from the sending organization information about the coverage and the procedure of CIGNA INSURANCE. Volunteers are strongly advised to have the [European Insurance card](#) with them given by their national provider.

## About the Project

The 17 Sustainable Development Goals (SDGs) are a blueprint that has been adopted by all United Nations Member States to better issues like poverty and climate crisis by 2030.

"The Sustainable Development Goals set by the United Nations General Assembly are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate, environmental degradation, prosperity, peace and justice. Of course, the above cannot be achieved if we do not include young people in this process and if we do not act based on the needs and deficiencies of each societal context. In the case of Cyprus, there is a lack of awareness for what the SDGs are and their importance. For that exact reason, our project aims to involve young people in promoting and raising social awareness about the SDGs in the community of Cyprus based on the local reality that the volunteers will have to live in and learn about. The project's objectives are to educate and inform young people and the local community about SDGs through the implementation of various workshops, public interventions and creative activities. Through our actions which they will be oriented around youth and based on non-formal education and experiential learning, we will not only present ways with which an individual, a group of young people or a community could act upon the achievement of SDGs but we will also encourage young people to become active citizens and find ways to engage democratically in the policy-making of sustainable development. We will emphasize on the comprehension of the challenges we face both on a local and global level in order to empower youth to be more cognizant about the future of the local, European and International society which they live in and act upon their civil rights."

The project aims to encourage young people to learn and act upon current issues regarding society. One of our objectives is to

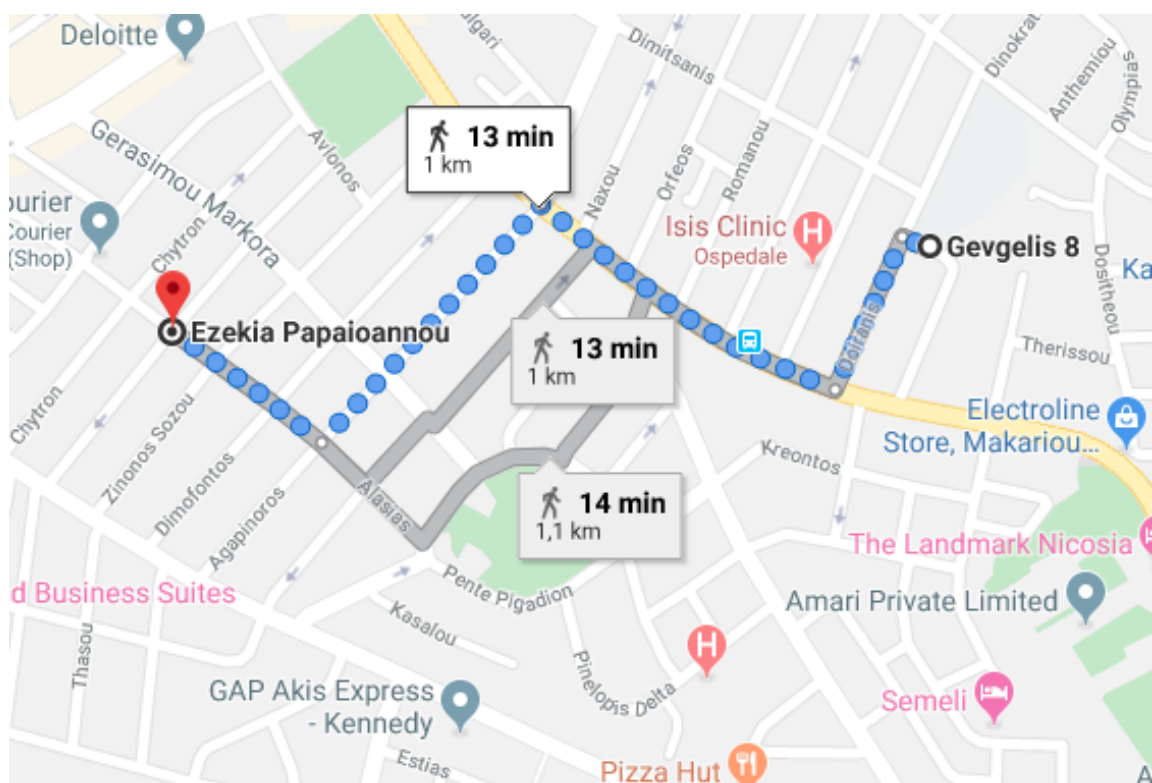
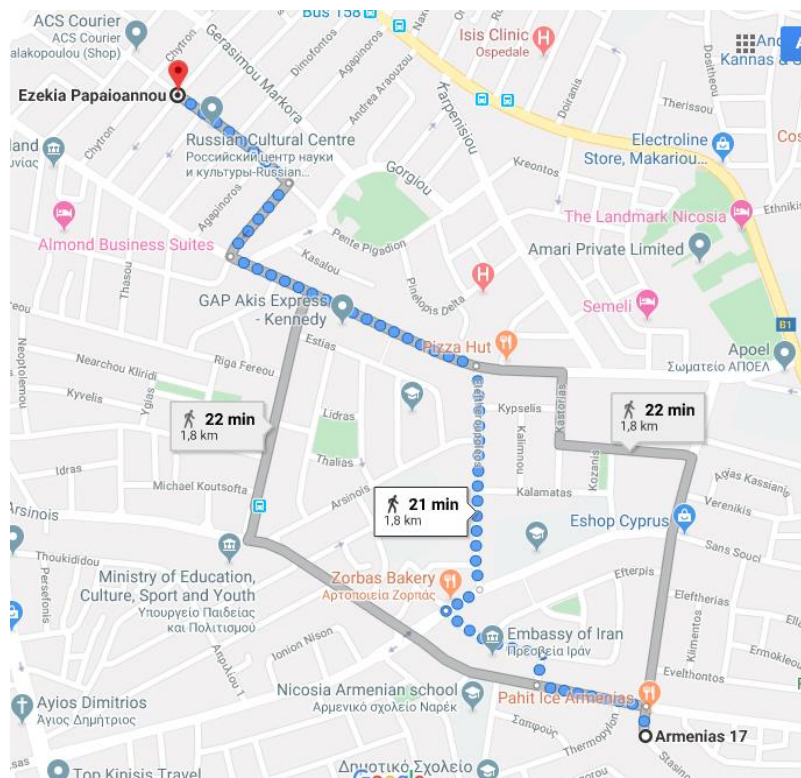


promote education for sustainable development which is knowledge our volunteers will pass on when organizing different events for the society, engaging in solidarity activities and promoting volunteerism.



## Accommodation

The accommodation will be at a house close to the city center of Nicosia. Four of the volunteers will share an apartment in Gevgelis Street and the other three will share an apartment in Stasinou Street. Both are very close to YEU office. 5 volunteers will have their own bedroom, two will have to share one, everybody will share the common areas such as the kitchen facilities, bathroom and living room.





# Travelling to Cyprus and Transportation

In Cyprus there are two airports: Larnaca and Paphos International Airport. The Ercan Airport located at the northern part of the island is not recognized by any other country except Turkey therefore if your inbound and outbound flight is to and from Ercan Airport, you will not be able to get your money reimbursed.

Kapnos Airport Shuttle located in Kyrineías street, is the best way to get **to** and **from** any of the 2 Airports. The ticket to Larnaca Airport is 8 Euro while the ticket to Paphos Airport is 15 Euro.

Buses are the most affordable way to travel within the city or to go from one city to the other

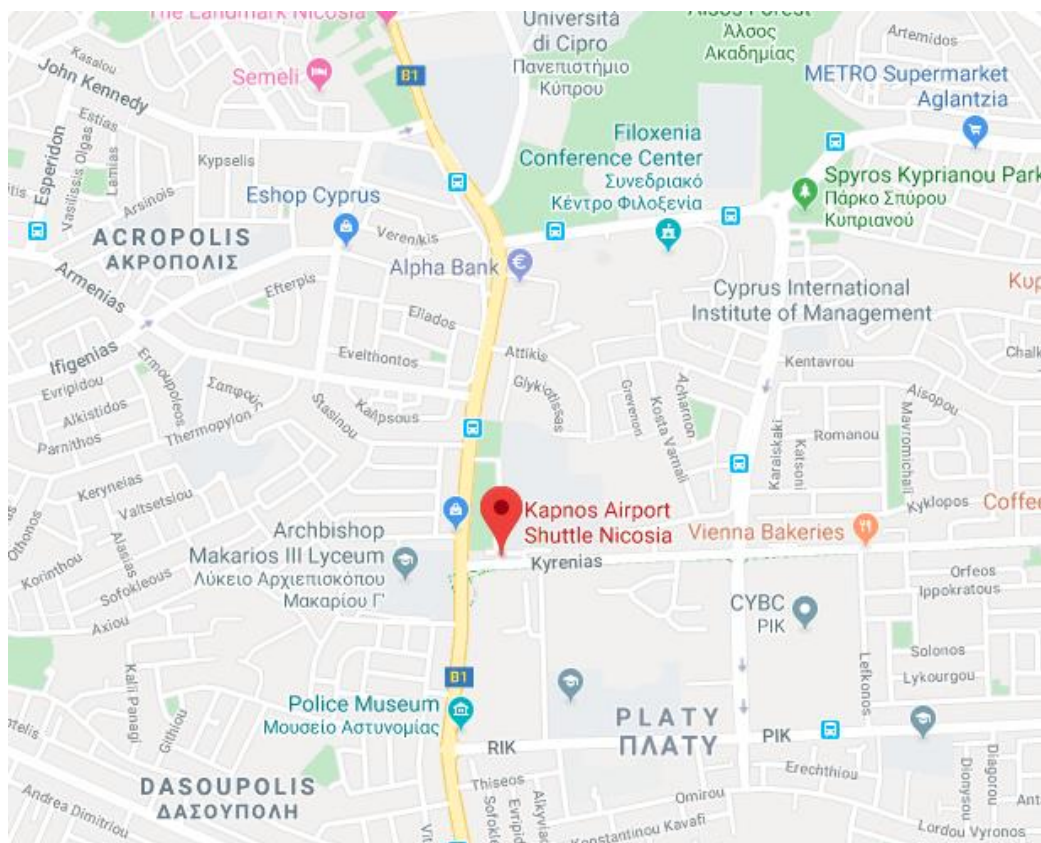
Check the following websites for more information:

1. <http://www.cyprusbybus.com/>

2. <http://www.intercity-buses.com/>

The Application **Moovit**, it's a good way to have access to busses timetables.

YEU Cyprus team will provide all volunteers with bicycles which they can use in their daily life. Remember to lock your bicycles when you are around and bring them inside the house when you are at home!



## Travel allowance

Each volunteer has the right to an allowance for the travel expenses (return flight) based on the ESC guide on the kilometers distance reference:

For the Romanian volunteer: 275€

For the Irish volunteer: 360€

For the Czech Republic volunteer: 360€

For the Martinique (Fr) volunteer: 1500€

For the Portuguese volunteer: 530€

For the Croatian volunteer: 275€

For the North Macedonian volunteer: 275€



## Money and Currency

The currency of the Republic of Cyprus is the Euro.

## Making Phone Calls

In order to make a phone call to Cyprus from abroad, dial 00357 or +357 and then the eight-digit phone number. If you wish to make a phone call abroad while in Cyprus, dial 00 or +, followed by the country code and the telephone number. The organization will not provide SIM cards. Each volunteer can choose if they want to buy their own Cypriot SIM card.

## 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. Russian, French, German and other languages 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, there are also other denominations represented on the island including Armenians, Maronites and Roman Catholics. The Turkish-Cypriot community is predominantly Muslim.

## Weather Conditions

Cyprus enjoys an intense Mediterranean climate of very hot and dry summers starting in mid-May and lasting until mid-September. Winters are usually quite mild and last from November to mid-March. September to November and March to May are the months when the season changes to Autumn and Spring accordingly. The summer months are very hot so you will need comfortable and light clothing. Don't forget to bring your swimming suit and go explore the beautiful coastline of the island where you will find clear



eaters to swim in. What's more, is that light long sleeves and jumpers are necessary for the evenings at the beginning and end of the summer.

During winter you will need warm cloths and a warm waterproof coat as it gets very cold sometimes. Temperatures are usually above zero unless you go to the mountains at night. Flipflops and sneakers are the 2 footwear you will definitely need. If you have warm waterproof boots to bring along for winter that will also come in handy. There is snow on Troodos mountain in winter and there you have the opportunity to go skiing down our small slopes.

## Events

Throughout the year there are many events happening on the island. For instance, in the summer there are multiple music festivals like Fengaros, The Afro Banana Republic, Loud Music Festival and many more. There are food festivals like Fork Market which happens throughout the year in Nicosia and offers a variety of cuisines and it is also vegetarian and vegan friendly.

There are multiple workshops happening every week and you can look for them in Facebook, Airbnb Experience and websites like Wiz Guide, In-Cyprus to which we have attached the links below.

<https://cyprus.wiz-guide.com/>

<https://in-cyprus.com/>

Most of the movies playing at the cinema are in English with Greek subtitles. Sometimes there are also Russian, Greek and French movies playing. There are 2 main cinema theaters in Nicosia, K-Cineplex and RIO Premier Cinema.

<https://www.kcineplex.com/>

<http://www.riocinemas.com.cy/>

Cyprus and Nicosia offer many things to do as long as you know how to properly search for them.

## What to Bring

- Comfortable clothing (Cyprus is well known for its really hot weather but it can also get quite cold in winter).
- Medication, if needed.
- Laptop (in case it is difficult to bring one, please inform us in advance).
- Alarm clock (to avoid oversleeping).
- Swimming suite...!
- Motivation and good mood!

## Cyprus

A beautiful island in Eastern Mediterranean Sea very close to Turkey, Syria, Lebanon, Israel, Jordan and Egypt. The cultural diversity in Cyprus is vast and within Nicosia it is predominately seen within the old walled city. 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 Greece and Turkey, this small island has its own captivating culture. Cyprus is the island of all seasons, the island of good weather, good mood and loads of sunshine! The people of Cyprus are warmhearted, hospitable and kind, there are people who love going out and who appreciate good company. The capital city Nicosia is a city which blends both history and the modern life while at the same time it is also the [last divided capital city in the World](#). The northern part of the city functions as the capital of the Turkish Republic of Northern Cyprus, a disputed region recognized only by Turkey and which the international community recognizes as Cypriot territory under Turkish occupation and has done so since the Turkish invasion in 1974.



## Nicosia

Nicosia is the [capital city](#) of the island. The old part of the city is surrounded by walls that were built by the Venetians in the mid-16<sup>th</sup> century (1567). As previously mentioned, the city is the last divided capital in the world. Within the walled city there is a checkpoint where people can show their passport or ID to cross to the Northern Part or vice versa. There are 2 other checkpoints outside the walled city and many more spread around the island. Nicosia is the cultural core of the island with much of the history and ethos of the country being preserved in museums, architecture and the way of living/ working. What is more, is the culture and customs brought in from people who migrated in Cyprus from various countries. A lot of expats live permanently in Nicosia, therefore don't be surprised when you walk around and hear people speaking in languages like English, Russian, Turkish, Arabic, Romanian, Bulgarian and many more. This beautiful blend of people has added a very special touch to the culture of the city and you can start noticing that from the various restaurants around. The Middle Eastern food culture is one of the most vivid ones you will come across with many falafel shops and restaurants.

Going out at night in Nicosia you'll notice that predominantly people drink beer and wine with cocktails coming in last. Zivania is the Cypriot version of vodka and it is something you should definitely try. The Cypriot way of drinking Zivania is in winter, in front of the fireplace while grilling some halloumi and sausages. Zivania should be drunk chilled straight from the freezer in shot glasses.



# Historical Facts of The Island

During the **Ancient history** different civilizations lived on the island, such as: Mycenaeans and Ancient Greeks, Hittites, Phoenicians, Assyrians, Egyptians, Persians, Macedonians, Ptolemaics and Romans.

**Middle Age:** Byzantines, Arabs, Richard the Lionheart, Knights Templar and Lusignan's.

**Renaissance and Modern Era:** Genoese, Venetians and Ottomans.

**Contemporary History:** British.

In 1960, the **Republic of Cyprus** was formed.



# Cypriot Cuisine

People in Cyprus appreciate good food. In fact, most of the social outings and relationships revolve around food! And that food is coming in a diverse variety and large quantities for massive stomachs!

While in Cyprus it's a must that you try:

- [Cypriot meze](#) (appetizers akin to Spanish tapas) are an art form. Meze is available in a meat or fish version but you can also find a combination, depending on the restaurant you are at.
- [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 chopped onions and parsley and seasoned with salt and pepper. Instead of sausage casing it uses caul 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 in the mouth, it is simply yummy yummy!!!
- [Halloumi](#) is a uniquely Cypriot cheese, made from a mix of cow's and sheep's milk. You can find different versions of it, hard and very salty or softer and less salty. It is often grilled and served as part of the Cypriot Meze. This Cheese is widely available in supermarkets and you can use it to replace other types of cheeses for example in your sandwich.

This is only a short list, there are plenty more tastes and dishes to try!

## Vegans & Vegetarians

There is only 1 fully Vegetarian restaurant in the South part of the walled city and 1 fully Vegan restaurant in the North part of the walled city. Even though there are no other fully meat/fish free restaurants in Nicosia, it is still very easy and common to find Vegan and Vegetarian options wherever you go. In case you come across people who don't understand what your lifestyle is then tell them you want something "nistisimo" (fasting) which is something the Cypriots eat during the fasting period. Make sure to notify them that you also want to exclude any mollusks from your dish.

## Social Life

Another important thing about Cyprus is the social life of Cypriots who normally spend their free time (mornings, afternoons, evenings, they simply don't mind) going for coffee in several coffee shops around the city which stay open until around one o'clock at night! Coffee is quite popular even at 10 or 11 pm and what is also very popular is the special frappé (foam-covered iced coffee drink made from instant coffee), which seems to be something like a Greek coffee invention. Later during the evenings people hit the clubs at around 12:30 with the party lasting until the early morning hours. Then Cypriots once again try to get rid of the hangover with more food at local fast food restaurants or a 24/7 bakery.

## For more information visit:

1. <http://www.visitcyprus.com/>

2. <http://www.heartcyprus.com/>

and follow these Facebook page:

3. <https://www.facebook.com/VisitCyprus.cy/?fref=ts> 4.

<https://www.facebook.com/HeartCyprus/>

## How to apply for ESC

Send a **motivation letter** and **CV** via email to YEU Cyprus. As hinted by the title of it, in the motivation letter you should **explain your motivation** for volunteering at that project and organization. Include your hobbies and skills in your CV - these are potentially more important during the selection criteria than experience gained through paid work.

Fill in the application form and send it via email to YEU Cyprus, by the **28th of February 2020**.





## Some Pretty Pictures of the Island





We are looking forward

to meeting

YOU!

YEU – Youth for Exchange and  
Understanding Cyprus

