



Agros Environmental Group

ERASMUS+
Key Action 1 Youth mobility

Project tile:
“rescEU”

INFO PACK



23-31 August 2019, Agros- Cyprus

Hello dear friends and partners,

We would like to welcome you to our Youth Exchange titled “**rescEU**”, that will be hosted in Cyprus by Agros Environmental Group. In this INFO PACK you can read all the details of the project.

Project Summary

The youth exchange “rescEU” will bring together 35 participants from Erasmus+ programme (Cyprus, Italy, Estonia, Poland, Romania, UK and Czech Republic) and to provide them capacity building (aged 16-28) that they are better able to take initiatives that address their communities’ environmental needs. The nine days project will be implemented in Agros, Cyprus and it will involve gender balanced participants who face social, economic, geographical and cultural obstacles.

The main focus of the Youth exchange, will be environmental protection and raising awareness about sustainable development through voluntary action. The aim is to raise awareness about environmental issues and explore the possibilities to act toward sustainable living culture. It is a project aimed to develop among young participants from 7 different countries the importance of being in direct contact of nature to:

- Develop healthy lifestyle for themselves thanks to open-air activities
- Develop an eco-way of thinking and eco-habits, useful to create a better daily life and to start to think their own green-entrepreneurship future thanks to meeting with experts, role games, workshops, discussions, debates about topics as ecology, generation awake, recycling, environment, sustainable development and giving a big importance to topics as green economy and eco-citizenship and taking part in volunteering actions
- Preserve the environmental resources as primary source of health of the Earth and to preserve our future.

Climate change creates elevated levels of uncertainty about our future and amid this uncertainty, one thing is certain. We will leave the Earth to our children, young people and future generations. Young people are increasingly aware of the challenges and opportunities that the necessary transition to low carbon growth entails, and many are joining the global dialogue on solutions, getting involved and taking action. As young people work across the globe to determine their future by acting on climate change, their actions inspire us all.

The overall goal of the Youth Exchange on climate change issues is to provide capacity building to the 36 participants (aged 16-28) from the above noted countries that they are better able to take initiatives that address their communities’ environmental needs. To get achievable results out of project, we have developed following objectives:

- (a) To build knowledge of project participants on Climate Change science with theoretical and practical opportunities to live more environmentally friendly (causes, consequences, impacts on local and global level, eco- friendly living).
- (b) to empower participants with the competences to address community environmental needs through campaign.
- (c) to encourage participants to further use a social media and youth portals to promote eco-friendly lifestyle and empower them to multiply competencies gained during the Youth Exchange in their local communities by spreading outputs of the project (project video, press releases, photos and etc.)
- (d) To promote youth interactions, networking and partnerships

Details of the project:

Hosting organization: Agros Enviromental Group

Venue of the project: Agros village in Cyprus www.agros.org.cy

APV dates : **26-28 July 2019**

Youth Exchange Dates: **23-31 August 2010**

Youth Exchange participant No: 4 participants + 1 group leader

Age: Between 18-30 years old. No age limit for group leader

Participant countries: Cyprus, Italy, Estonia, Poland, Romania, UK and Czech Republic

Language: Project will be run in English.

Emergency contact from Cyprus: Vasilis - 00357-99473782

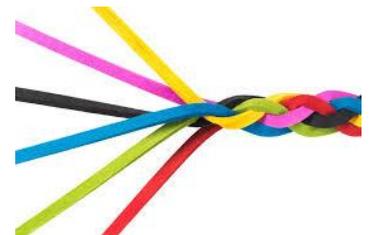
Travel costs: About travel cost in this webpage http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm you can find the travel grants according the Distance Calculator amount of European Commission. So you have a fixed amount of the money according the distance from your place to the project venue.



Dates of the project:

APV dates: 26-28 July 2019

Youth Exchange: 23-31 August 2019



Participants

Participants should be *responsible youngsters*, aged between 18 – 30 years. They should have an interest in the topic and be willing to learn and be motivated to share experiences with others. They should also be able to work in English since the working language of this Project will be *English*. Gender balance and group diversity in terms of different social and cultural backgrounds should be taken into consideration.



Partners

In the project will take part 7 partner groups from EU countries.

Organisation	Country of the Organisation	Role of Organisation	Type of the Organisation
Filodasikos Syndesmos Agrou (939280004)	Cyprus	Applicant Organisation	Non-governmental organisation/association
SEIKLEJATE VENNASKOND (949339680)	Estonia	Partner Organisation	Non-governmental organisation/association
Oriel (910151486)	Italy	Partner Organisation	Non-governmental organisation/association
Stowarzyszenie Inicjatyw Miedzypokoleniowych (925770814)	Poland	Partner Organisation	Non-governmental organisation/association
Asociatia Nationala de Dezvoltare Continua a Tineretului din Romania (949131033)	Romania	Partner Organisation	Non-governmental organisation/association
Spolek ActiTmel.cz (946309109)	Czech Republic	Partner Organisation	Non-governmental organisation/association
CONSILIUM DEVELOPMENT AND TRAINING LTD (948603256)	United Kingdom	Partner Organisation	Non-governmental organisation/association

Reimbursement

Unit costs of your travel expenses (see table below) will be covered by the organizers with the support of ERASMUS+ programme. In order to receive this money for transportation, please keep **ALL** original invoices, tickets, boarding-passes or any other transport document. The money will be reimbursed after submitting all the original documents via bank transfer, upon completion of the Mobility Tool+ by group leaders (considered mandatory under the Erasmus+). There is a participation fee of 25 EUR to cover for extra costs and 2 day trips to other cities of Cyprus and other organizational costs.



Below, there is a list with the budget with the travel costs (1 person) for each country for both APV and Youth Exchange:

No	Country	Max amount per person in Euro
1	Estonia	240
2	Italy	330
3	Czech Republic	330
4	Poland	330
5	Romania	245
6	UK	500

Travel costs from home to the venue of the project and return. Please note: only cheapest means of transport/fares are subject to reimbursement. All amounts are expressed in Euros.

The above amount is 30 euro less than the official travel costs of ERASMUS+. The reason we deducted this 30 EUR is because in the travel cost we should calculate the transfer from the airport to the venue, which costs approximately 15 EUR each way. It is a private coach hire, and depends also on the arrival/departure time, waiting time in case of a delay etc.

Important!!

If you want you can come to Cyprus **1-2 days earlier or leave 1-2 later** after the end of the project or on APV. Of course you have to cover this extra cost for accommodation and food by your own.

Very Important!!!!

ALL participants for APV and youth exchange must travel from their home country to Cyprus. This is the new rule we have from National Agency and ERASMUS+. We can not host people who come from a different country and not from their home country. Of course you can flight from a different country but your trip must start from your country. As an example a person from Romania can go to Greece by bus or train and take a flight from Greece to Cyprus. But we need also the bus or train tickets which confirm that he start his journey from his country.

Intercultural nights

For the intercultural evening, we kindly ask you to prepare an interactive presentation of your country (you can present your country's food and drinks, music, traditional dances, games etc.) Creativity is the basic requirement. Participants will also have the opportunity to present their organization and its work. You can bring some materials (brochures, posters, PowerPoint presentations, movies, photos, etc.)



European health insurance card

It is the participant's responsibility to have a travel health insurance or a European Health Card. The European Health Card is accepted in every country within the European Union, can be obtained for free and is valid for 1 year. Any other insurance is welcome (organizers do not cover insurance costs).



Venue

Participants will be lodged in a **Hostel**, centrally located in Agros, a beautiful village in the heart of Cyprus. The hostel offers triple and quadruple rooms, bathrooms and balconies offering views to Troodos Mountain. Towels and bed linens are provided. Next to the hostel there is a Youth Information Centre which offers free wifi.



Climate

The average daytime temperature in August is around 35-40°C and you are advised to bring sun protection lotion or cream to protect your skin and avoid getting sunburn. At night, the temperature drops down, so please also bring a jacket with you!

Agros village

Agros is a village in Limassol district, built amphitheatrically among high mountains. Its population is 800 people and it is one of the most interesting villages in Cyprus and Pitsillia area. Historical and cultural sites are kept in a natural environment of extraordinary beauty with the village maintaining the customs and its traditional character. The love for work and the progressiveness characterise its inhabitants. The village's modern roads make it a connection point between the cities of Nicosia and Limassol and the mountain of Troodos. Its main production line consists of grapes, garden products, fruit of excellent quality, soutzoukos, traditional type smoked products (sausages, lountza, choiromeri), traditional sweets and marmalades. Its inhabitants are also into tourism business (hotels, tourist apartments, inns, traditional coffee shops, taverns and bars.). More info at www.agros.org.cy



Entry to the island

Larnaca airport is the nearest to the venue. Cyprus has a second airport situated in Paphos, however transportation between Paphos and the venue is more difficult.

IMPORTANT:

Ercan is an airport in the Northern part of Cyprus, which is occupied by Turkey, and it is considered to be an illegal airport, not belonging to the Republic of Cyprus. Therefore, the European Union cannot cover travel expenses between any country and that airport. This is not our personal opinion, but a policy of Cyprus Republic that we have to respect. Therefore, we are asking you to book your flights with the cheapest flights from one of the 2 legal airports of Cyprus.

Coming to the venue of the project (Agros village):

When you arrive in Larnaca or in Paphos airport, we will arrange a bus to pick you up from there and bring you to Agros village. The trip from airport to the venue of the project will take about 1.5 hour.



WHAT TO BRING?

What to bring:

In order for everybody to have a really good time, we would like you to bring some things which we believe are important for the participation of all the participants and for the success of the Youth Exchange.

- ✓ Necessary documents such as passports, travel documents, etc.
- ✓ Comfortable clothes and shoes
- ✓ Towels
- ✓ Personal care products, such as shower gel, shampoo, comb, etc.
- ✓ Hair dryer
- ✓ AC power (Power adapter)
- ✓ cameras, laptops and other equipment making life and work easier;
- ✓ some cool pieces of music and games from your country;
- ✓ information about your country (books, brochures, posters, postcards, video, PowerPoint presentation, music, etc.);
- ✓ information about the organization you come from (brochures, PowerPoint presentation, video, etc.);
- ✓ comfortable clothes;
- ✓ Some traditional stuff - a typical taste: food/drink, music, flag of your country for the intercultural evening
- ✓ Medicine, if you regularly take any
- ✓ Money (Some of the partner countries of the project are using euro)
- ✓ And above all bring joy and lots of positive energy !!
- ✓ Endless amounts of good mood and motivation for work and leisure!
- ✓ Positive attitude, desire to learn and meet cool new people! :)



It is not required any certification or special skills, just bring your enthusiasm and live the event in its proper and cheerful mood!

We encourage participants to be an active part of this project, embracing responsibility and enjoy the cultural side of this experience!

And now, pack your bags, fill your heads with ideas and come meet us and many other young Europeans in Agros. Together we can make a change!

We hope that you find the Project worth participating in and we look forward meeting you on August 2019!

Please do not hesitate to contact us on email vasilis@cing.ac.cy or by phone at **00357-99473782** if you have any more questions!

See you in Cyprus!

Agros Environmental Group

Useful information about Cyprus



- ✓ **Weather:** check it out e.g. on <http://weather.yahoo.com/>
- ✓ **Electricity:** Cyprus has the 240 Volt/ 50 Hz 3 pin electricity plus – so you will definitely need adaptors. Make sure you bring at least one with you.
- ✓ **Cyprus Time Zone:** UTC (or GMT) +2
- ✓ **Cyprus currency:** the Euro. You can use your credit card (VISA, Mastercard etc.) almost everywhere.
- ✓ **Cyprus International Dialing Code:** +357

