

ESC PROJECT

Green=It Up

2nd May 2023 - 1st May 2024



EUROPEAN
SOLIDARITY
CORPS

2022-1-CY02-ESC51-VTJ-000080633

youth for exchange & understanding



CYPRUS



**EUROPEAN
SOLIDARITY
CORPS**



'green-it up' in a page

This project aims to promote sustainability for a greener planet

A bicycle for transportation in the city center

**Duration:
12 months
02/05/2023-
01/05/2024**

**Nicosia,
Cyprus**

Accommodation provided (electricity, water bills included up to a max)

Food allowance: € 140/month

Pocket money: € 5 for each day of the month

Travelling expenses refunded based on a distance calculator



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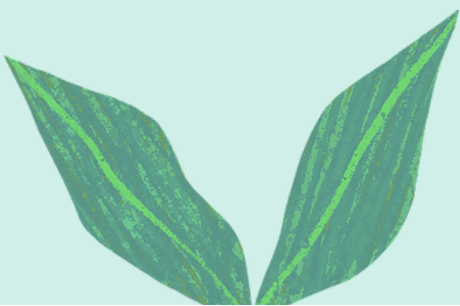
A. Introduction

Dec 2022, YEU Nicosia, Cyprus

Dear potential ESC Volunteers,

We are excited to receive your applications! 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 competencies for lifelong learning as these are being highlighted by EU policies and guidelines. But let's take things from the beginning...



B. Youth for Exchange and Understanding Cyprus (YEU Cyprus)

Solidarity, Exchange, Understanding:

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 has been 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 been organizing various activities. Some of these activities are workshops about sustainability and peacebuilding, and seminars on different youth-related topics. YEU is also providing workshops for capacity building, arts and culture, activism, LGBTQ+ and gender equality, and other activities.

Read more at: <https://www.yeucyprus.org>

Contact Information



Phone number YEU: (00357) 99573646



E-mail address: evs@yeu-cyprus.org
info@yeucyprus.org



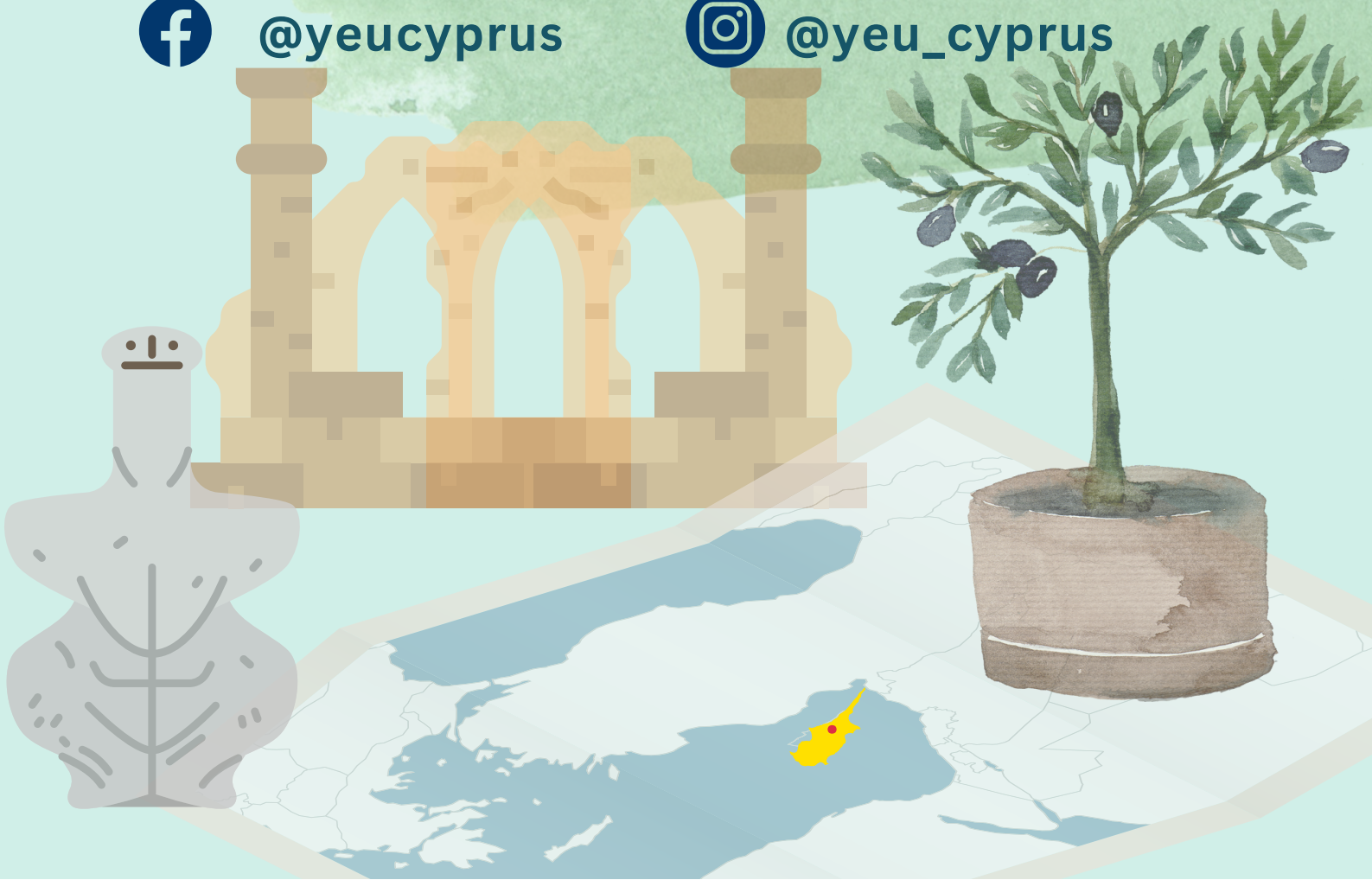
Address of YEU: 27 Ezekia Papaioannou,
1075 Nicosia:
<https://goo.gl/maps/sUQGeYrN5XXMVPJr5>



@yeucyprus



@yeu_cyprus



C. European Solidarity Corps

The European Solidarity Corps brings together young people to build a more inclusive society, supporting vulnerable people and responding to societal challenges. It offers an inspiring and empowering experience for young people who want to help, learn and develop.

European Solidarity Corps participants carry with them ideas, convictions, and expectations. The participating organizations have to be mindful of these needs as they are responsible for providing a respectful and trusting hosting environment. At the same time, the organizations participating in the initiative devote a great deal of time, energy, and resources to set up a high-quality activity; they should therefore expect that European Solidarity Corps participants show a similar level of respect for the local communities and the people that are directly concerned by the activities.

Read more at: https://youth.europa.eu/solidarity/mission_en

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 communication skills, spoken and written, by writing reports, citations, abstracts, posters, and articles.
- Reflection on interpersonal skills through work and communication with others. Cultivating team spirit and teamwork and synergy skills.
- 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, and articles.

Working experience:

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

***All competencies will be highlighted by a Youthpass certificate awarded at the end of the project**

D.Green-it up

Goals and Aim:

The 2023-2024 ESC project *Green-it Up* aims beyond bringing youth from different countries together under common European goals and solidarity, to advocate for sustainability and environmental action/s.

Through participation in non-formal education, *Green-it up* promotes awareness on sustainability and climate change and builds the ECO capacity of YEU Cyprus and other NGOs. It aims to increase cooperation among youth towards the elimination or decreasing of environmentally harmful production/s & consumption/s. Through cooperation in research that enhances innovation on sustainability, as well as non-formal trainings, the ESC volunteers will eventually promote awareness raising on sustainability and climate change by implementing educational and volunteering activities and opportunities for young people in Cyprus.

Samples of Activities/Actions:

The volunteers during the 12 months of their ESC will plan, organize and implement the following, or part of it:

- educational/informative seminars on climate change, biodiversity, sustainable development etc
- public interventions and campaigns (online/virtual or live campaigns) such as videos, artworks and performances.
- EcoArt Workshops with sustainable materials (recurring, or isolated events).
- Eco-field trips as suggestions of best practices and study visits.
- proposal writing for youth mobility on the topics of sustainability and the environment
- a podcast/radio show with relevant topics.
- a manual on activities that promote sustainability, blog and articles
- actions that sustain the sustainability of YEU Cyprus as n NGO.

Other suggestions on actions are welcome. Volunteers will have the opportunity to decide on more activities based on their interests and relevant background. Many of these activities will be in collaboration with other NGOs, or/and educational institutions (such as schools).

E. Project Logistics.

Being a volunteer at YEU

A "Green" month:

This month-template is an example of a work-space under "Green-it up". Please note that this is an indicative suggestion on how a volunteer's month should look like, and it is open to adaptation based on your' needs and the organisation's.

JULY

S	M	T	W	T	F	S
Idea development - Brainstorming						
<i>Research and promotion on Social media</i>						
<i>Preparation for event and promotion on Social media</i>					Event	
Organisational meeting		<i>Assisting the office on it's capacity and project/s logistics</i>				
<i>Preparation for workshop and promotion on Social media</i>					workshop	
<i>Assisting the office on it's capacity and project/s logistics</i>						
<i>Training on EU applications</i>						

Total hours: 35 hours weekly/

Two Vacation days monthly

One cleaning day per week of communal spaces (appartments, kitchen etc)

One organisational meeting monthly
one-to-ones biweekly

Project's Timeline:



-Arrival, welcome week, Induction - Integration
- Research and Needs Analysis, Networking (4 months)



- Development phase, support YEU, event implementation, proposal writing (6 months)



- Final product and Final reflection (2 months)

The duration of the project will be 12 months with an estimated starting period of the 2nd of May.

**PLEASE
NOTE**

European Solidarity Corps is a full-time volunteering service. The activities of the project (including any language and other training activities related to the project and the volunteers' personal development) should take up at least 35 and not more than 38 hours per week (around 7 hours per day). In case of extra work, the volunteers will recover the hours in the same month and these should not be replacing vacation leave. Although events are avoided on the weekend, in any case of working on a weekend, the volunteers have the right to take another day off in the same week or, if this is not possible due to workload, within the month. The volunteer is entitled to two days off per month.

EU Language Academy (OLS):

The volunteers will have the opportunity:

- to learn Greek online, or with live lessons.
- Engage with locals and practice Greek in everyday situations.
- Explore the local culture that is connected with language.



Hello — Γεια σας
I love you — Σ'αγαπώ
Thank you — Ουα
Bye — Ευχαριστώ
Good bye — Ευχαριστώ

Did you know?

- Greek is one of the oldest languages in the world!
- Many words in your language most probably originate from Greek.
- Greek is the language of Sciences and medicine.

Financial Support :

- Every volunteer will receive 140 Euros for food allowance and 5 Euros a day for pocket money.
- Accommodation will be provided by YEU Cyprus.
- A bicycle can be given as mean of transportation.
- Cleaning supplies. Stove Gass for the first month provided.
- All the related to the project expenses (such as traveling to other cities) will be provided with a receipt.
- Some sending organisations require a membership fee. This fee is not refundable.



Travelling Budget:

From your country to Cyprus:

As Cyprus is an island, green travelling is unfortunately not applicable. The only way to reach is by plane. However, we encourage green travelling from and towards airports. Each volunteer has the right to an allowance for the travel expenses based on the ESC guide on the kilometres distance reference. Each country has a different maximum reimbursement amount. The amount of distance calculator covers both routes: from your city to Cyprus at the beginning, and from Cyprus to your city in the end. Any amount exceeded, will be covered by your personal budget.

Please note that reimbursements are only eligible from the country of origin and towards one of the two International Airports recognized by international law (Pafos-PFO and Larnaca-LCA). Flights to and from ERCAN airport are not eligible for reimbursement. Reimbursement covers, flights and any means of mass transportation (taxi/cars only in exceptional cases).

Cyprus by Bus:

Airport Shuttle from the two airports to Nicosia exists with the private company Kapnos Airport shuttle. During daylight, transportation can also be achieved through intercity busses, however, connecting buses from the airport to the Bus station might be a hustle. In general, we suggest your arrival hours be early in the day and not during night hours as this might result in a layover at the airport due to the lack of proper transportation during night time.

Check the eligible travelling budget here: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Kapnos airport shuttle: <https://kapnosairportshuttle.com>

Larnaca (LCA) and Nicosia buses: <https://www.publictransport.com.cy/routes/page/routes-and-timetables>.

(Please choose a region. The same company runs the two cities)

Pafos (PFO) buses: [https://www.pafosbuses.com/busroutes/search?](https://www.pafosbuses.com/busroutes/search?searchtype=address&start=612&end=1&startpoi=-&endpoi=-&routename=-)

[searchtype=address&start=612&end=1&startpoi=-&endpoi=-&routename=-](https://www.pafosbuses.com/busroutes/search?searchtype=address&start=612&end=1&startpoi=-&endpoi=-&routename=-)

Intercity buses: <https://intercity-buses.com/en/>

***The travelling needs proofs of boarding passes/receipts and hence all the related papers must be kept for the reimbursement.**

Accommodation:

- Our two apartments are centrally located and will host up to 4 volunteers in an apartment at a block of flats.
- It will be a mixed-gender accommodation but in the case of shared rooms (bunk beds), same-gender roommates will be chosen for each room.
- Electricity and water bills are covered by the organization up to a total of 75 euros monthly for low-consumption (Mar, Apr, May, Sep, Oct, Nov) and 125 euros for high-consumption months (June, July, Aug, Dec, Jan, Feb) (each accommodation complex). Please note that in case that amount is exceeded, the volunteers will be requested to provide the extra costs.
- The apartments are in a very good state and you will be asked to keep them in such, through a weekly cleaning schedule. In case of damages due to negligence by the volunteers, the volunteers will have to cover the costs. Your well-being at the apartments and their state will be checked through monthly audit visits.
- The apartments are within walking distance from services, food halls, bakeries, and coffee shops. There is easy access to the centre through public transportation (10 minutes) or bicycling (20 minutes), while our premises are just 35 minutes walk from the farthest apartment.
- Sheets, linens and blankets are provided.
- The apartment kitchen is fully equipped with necessary utensils, pots, dishes and cutleries.
- Any other personal purchases regarding life at the apartment (such as extra kitchen utensils, adaptors, and interior decorations) are of a personal cost.

Health Insurance:

- All the volunteers are directly registered with the CIGNA INSURANCE before their arrival.
- Volunteers will also receive from the sending organization information about the coverage and the procedure of CIGNA INSURANCE.
- Volunteers must have a European Health Card Insurance card with them given by their national provider.
- The emergency number is 112.
- Possible registration to the national health system.
- YEU takes seriously any special needs or assistance towards specialised health treatment and feel free to discuss any of your needs with us.





YOUR PROFILE

A diverse multicultural, group of youth aged from 18 to 30 years old

You are openminded and willing to collaborate with people with different religions, sexualities, habits and learning needs

You are committed and willing to spend 12 months abroad in a foreign country. You are adaptable and easy-going.

You are willing to learn from others and to share your knowledge

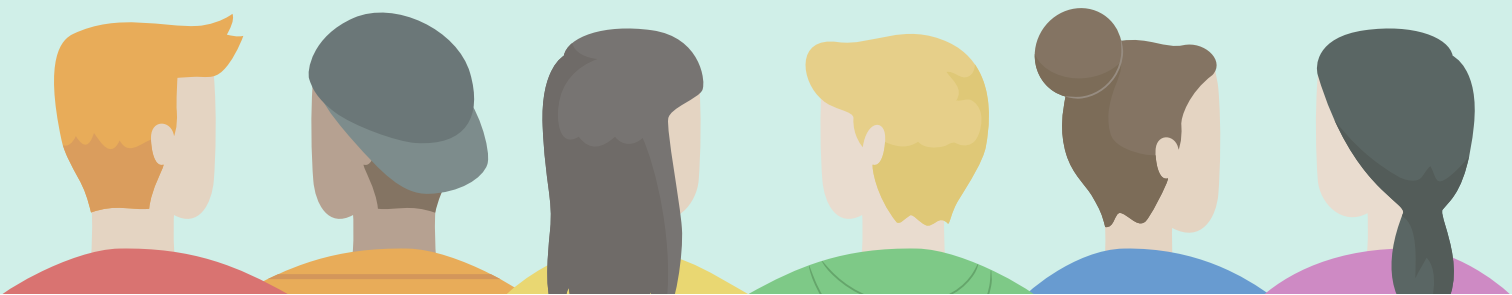
Communicating in English is a strong asset for you and you want to practice more

YOUR PROFILE



The volunteers:

- must have the necessary competencies and motivation to work with people coming from different backgrounds and with different interests.
- should have the willingness and openness to learn new things, such as working with ICT tools and non-formal methodology.
- is preferable to have a relevant background, knowledge, or passion concerning the subject but diversity of knowledge(s) in the group is also a goal.
- should be over 18 years old.
- must be open-minded towards multiple working methods such as flexible schedules, teamwork, and collaborations, working with children, traveling etc.



YOUR PROFILE



The volunteers:

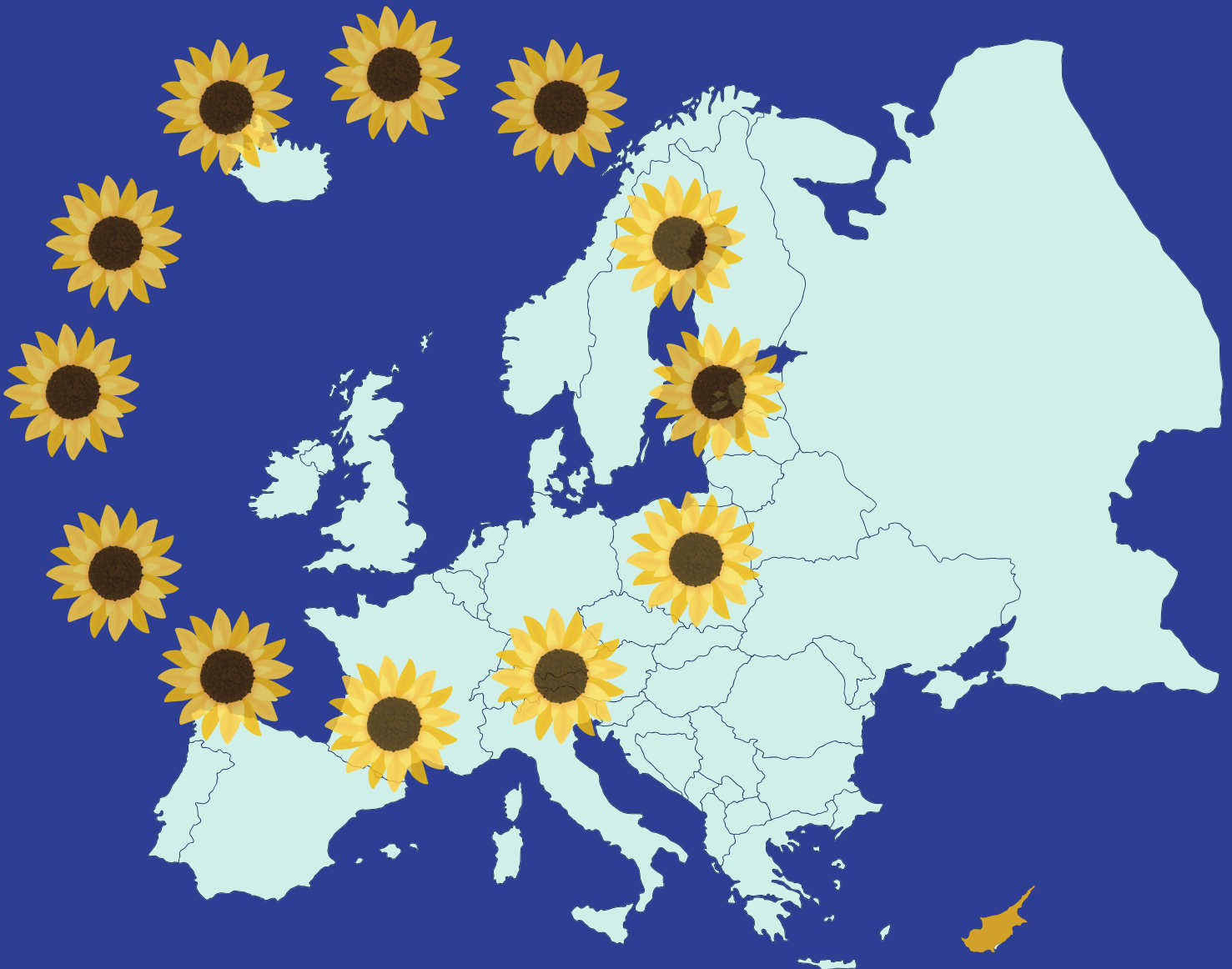
- are open-minded to people from different cultures, religions, and sexualities, and are open to new experiences in a transcultural environment.
- can adapt easily and are willing to work in a collaborative environment, where they have to engage creatively with the subject and be open-minded and inventive since they will have to create methods to engage actively the local communities.
- are English speakers with advanced abilities in engaging with other English-speaking speakers.
- are flexible in sharing accommodation with 3-4 volunteers (and maybe a room).
- are aware that this is not a vacation opportunity but rather a learning experience with similar to the working environments conditions of volunteering.

Participating Countries:

- Our aim is to form a diverse group of volunteers coming from 7 different countries eligible for ESC. So all applications from eligible ESC countries are welcome to enter the selection process. You can check the eligible countries here:

https://youth.europa.eu/solidarity/countries-covered_en

- Participants from any European Solidarity Corps partner-countries are welcome to apply!



F. Testimonials

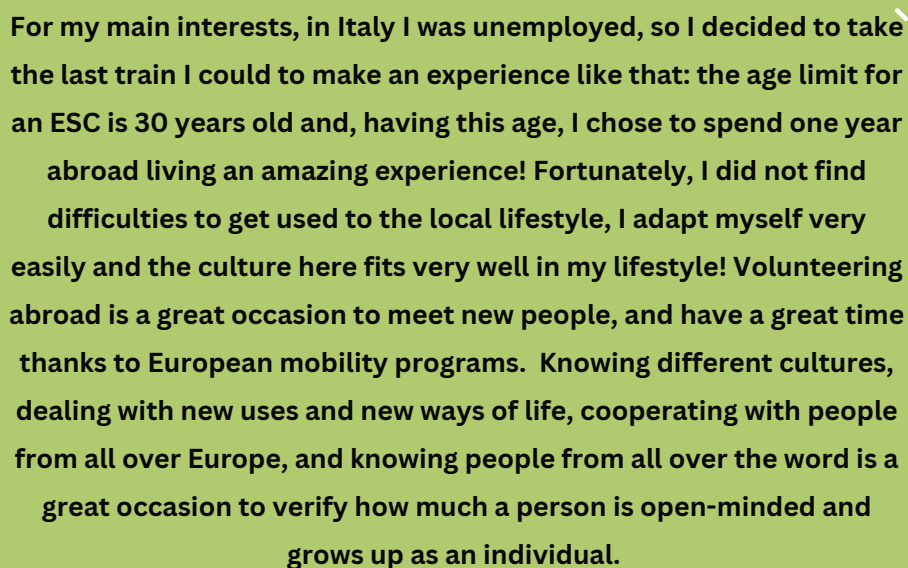
"Everything in new, huge experiences like the volunteer projects move so fast. In the past four months, I've been a photographer, trainer, chef, event manager, writer, researcher, interviewer, project writer, waiter, cameraman, teacher, mediator, coacher, marketer, and many other things that I can't 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 at self-confidence. New skills are growing in me and the old ones have been reinforced. Mission Tradition is being, in just a word, amazing."

OSCAR

JOANA

My overall experience has been great. Before Cap the Gap I had been pretty much working non-stop and overworking in an abusive work environment. I've wanted to do a long-term ESC and the timing was perfect. The project itself offered a great balance between being productive/doing something of value and having a break. I think one of the best things it offered me was the opportunity to have a break without stopping work, which is what a workaholic often needs but has a hard time finding.

I think ESC is really good at offering a break from studies/work, especially since these days we are so pressured into living for our careers. This is also a good chance to gain perspective on what you are doing. If you are uncertain of what you want to do next, an ESC can be really great for that because you can do anything you have an interest in and use this time to explore interests without any long-term commitment.



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 an ESC is 30 years old and, having this age, I chose to spend one year abroad living an amazing experience! Fortunately, I did not find difficulties to get used to the local lifestyle, I adapt myself very easily and the culture here fits very well in my lifestyle! Volunteering abroad is a great occasion to meet new people, and have a great time thanks to European mobility programs. Knowing different cultures, dealing with new uses and new ways of life, cooperating with people from all over Europe, and knowing people from all over the world is a great occasion to verify how much a person is open-minded and grows up as an individual.

GABRIELLE

***Are you ready for
an experience to
remember?***

G. Life in Cyprus

Welcome to Cyprus:

Cyprus is a beautiful island in the 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.

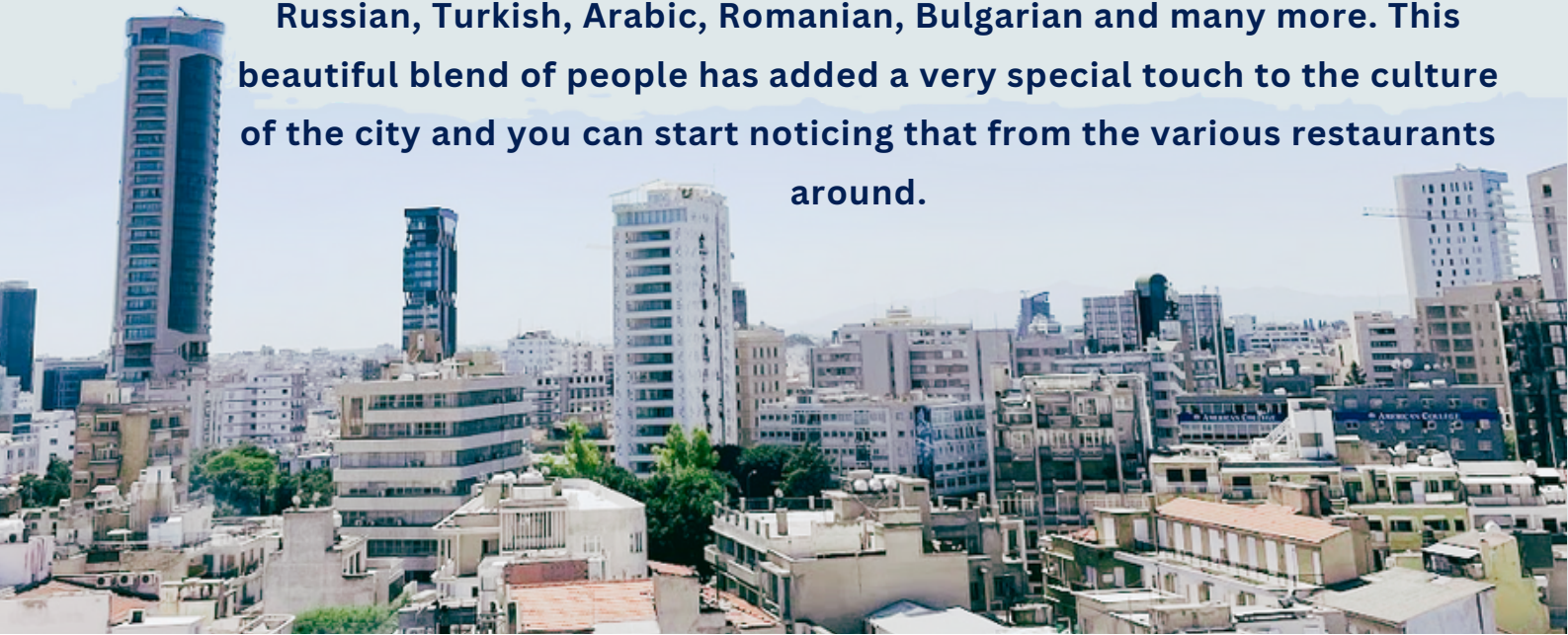




Welcome to Nicosia:

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-16th century (1567). 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 check points 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.



Making Phonecalls:

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 but for work-related phonecalls, the office phone will be used. Usually your country plans are covering your staying here in Cyprus under the EU regulation 'Roaming like home'. Please advise your network provider before coming to Cyprus, as communication with their service support here might not be possible.

More on Roaming like home: https://europa.eu/youreurope/citizens/consumers/internet-telecoms/mobile-roaming-costs/index_en.htm

Events and Social life:

Public holidays in Cyprus are often celebrated with different seasonal events like Kataklimos in the Summer, Meat feasts on Eater and Christmas, Kite flying competitions on Clean Monday etc. 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, and many more. There are multiple workshops happening every week and you can look for them on Facebook, Airbnb Experience, and websites like Wiz Guide, and In-Cyprus to which we have attached the links below:

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

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

<https://www.qppstudio.net/public-holidays/cyprus.htm>

DID YOU KNOW?

Greek-Orthodoxy

Islam

Armenians

Maronites

Roman Catholics

Hinduism

Judaism

Many others. Cyprus is a multicultural country.

Religions:



Languages:

Greek

Turkish

English

are the official state languages

Currency is Euro

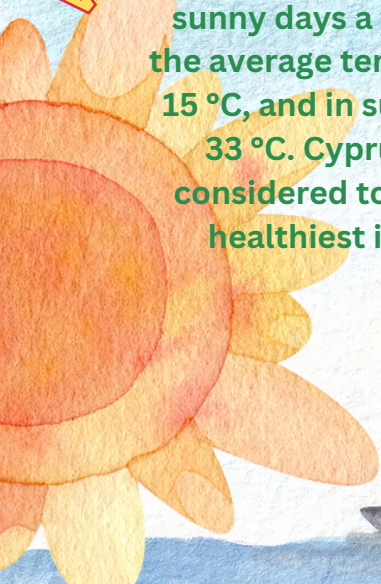


Weather

In Cyprus we have 300 to 340 sunny days a year. In winter the average temperature is 13-15 °C, and in summer it is 30-33 °C. Cyprus climate is considered to be one of the healthiest in the world.

The landscape:

Cyprus combines in its small scale the city with the countryside. Going from one side to the other is approximately 3 hrs by car and it covers a landscape of valleys, forests, beaches and villages, towns, mountains and parks.



MY WEEKLY SHOPPING CART

Opposite our premises there is a discount store with good prices. A shopping trolley (not provided) maybe used for the transportation of your weekly grocery shopping. All prices are indicative by the Consumer's Monitoring Authority
(Check here: shorturl.at/defqL - use google translate from Greek)

My shopping list:

- Milk 1L: € 1.50 (plant-based € 2.5)
- Lettuce/Salad greens: € 0.40 (per item)
- Bread (900 gr): € 1.70
- Rice 1KG: Starting at € 2.08
- 12 Eggs: € 3.00
- Cereal box: Starting € 2.70
- Meat: Starting at € 3.70/kg (Chicken)
- Tomatoes: € 1.70/kg (Seasonal)
- Cucumbers: € 1/kg (Seasonal)
- Water bottle (6 x 1.5 L: € 2.20)
- Please note that piped water in Cyprus is not drinkable. However, there are refill stations with prices starting € 0.20 per L)



H. Application Logistics


IN ORDER TO APPLY FOR 'GREEN IT UP' :

A. Send your CV at info@yeucyprus.org and evs@yeu-cyprus.org

B. Fill in the application form online at :

https://docs.google.com/forms/d/e/1FAIpQLSfBOKcdoA6PDaXYkNHhgf3lm54P_ZChQuYXy2fK1oYOzwwuqQ/viewform?usp=share_link

Please use the same email for the filling of the form as the one used to forward us your CV.



After the previous steps, you will automatically enter our recruitment period. We will evaluate all the applications and arrange an online interview with you in the following weeks of your application. Due to the number of applications, we ask you to be patient.

Deadline of applications the 28 th of February 2023



***We can't wait to
meet you!***

***Nicosia, Cyprus
the YEU team***