

ESC PROJECT

CAP THE GAP

2022



YEU CYPRUS

2021-2022

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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info@yeucyprus.org



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**EUROPEAN
SOLIDARITY
CORPS**

WHAT IS CAP THE GAP ABOUT?

This volunteering activity will focus on the Youth Goal #9 Space and Participation for All and specifically on the aspect of ensuring equal access to everyday decision making for all young people from different backgrounds. With this project we will focus on the problem that young people, and particularly young women, are underrepresented in decision-making processes which affect them. Their engagement is crucial to democratic practices and having equal representation. Young women and young people with fewer opportunities need access to physical spaces in their communities to support their personal, cultural and political development. With this project we will focus on empowering women, and young people from marginalized groups within the political sphere along with stressing the importance of the entire youth community supporting them as a democratic act.

ACTIVITIES

ACTIVITIES WILL INCLUDE:

- Structured dialogue conferences.
- Debates.
- Public Interventions.
- Drafting policy papers, public consultations, advocacy, lobbying for youth and female matters.
- Facilitate information and sensitization activities for youth/shed a light on actual topics providing comprehensive information.
- Seek collaborations with the Mediterranean Institute of Gender Studies, Female Movements and the LGBTQI+ organization ACCEPT
- Social media campaigns, infographics, email, newsletters.
- Volunteers will have the opportunity to decide on more activities to be carried out during the project based on their interest and relevant background.

... MORE ABOUT IT

Tasks will involve organizing short term i.e weekly activities individually or in groups or long term projects i.e events, interventions audiovisual activities etc. These tasks will be focused on facilitating, organizing, monitoring, evaluating and collaborating on projects that are relevant to the project's subject matter and their area of interest with the ultimate goal the successful implementation of the mobility project.

These will involve specifically:

- Non-formal education workshops on political participation and equal representation.
- Educational and informative seminars, social interventions on the topics of practicing politics and policy drafting.
- Awareness raising campaigns on youth goal #9 and SDGs 5, 9 and 16, the situation in Cyprus and Europe, as well as solutions and creative ideas for embedding ideas of equality in all levels of society and public discourse.
- Structured dialogues and informal conversations with young people for policy making, advocacy and activism.
- Events to raise strong female voices and to give motivation to young women to discuss politics.
- Online and Physical events that are publicized to bring forth young leaders of marginalized groups.
- Building national, transnational and European partnerships (contributing to SDG 17: Partnerships for the goals) for equality and participation.

VOLUNTEER'S PROFILE

- The volunteers must have the necessary competencies and motivation to work with people coming from different backgrounds and with different interests.
- The volunteers should have the willingness and openness to learn new things, such as working with ICT tools and non-formal methodology.
- In regards to the focus of the program it would be preferable for the volunteers to have a relevant background, knowledge or passion concerning the subject.
- The volunteers should be over 18 years old, open-minded towards multiple working methods, to people from different cultures and be open to new experiences in a transcultural environment.
- The volunteers should be able 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.
- A good level of English is also preferable.

COUNTRIES

- Our aim is to form a diverse group of volunteers coming from 7 different countries.
- Participants from any European Solidarity Corps partner-countries are welcome to apply!

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.
- Reflection 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.

Working experience

- Experience in decision making and problem solving.
- Participation in a variety of learning experiences and normal work environments.
- 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 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 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 a person. I've worked as a volunteer in several local festivals; travelled along the Island to discover its 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 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 adapted myself very easily and the 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 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 grows up as an individual.

PERIOD OF THE PROJECT

As soon as possible for a duration of one year.

WORKING



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 on 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

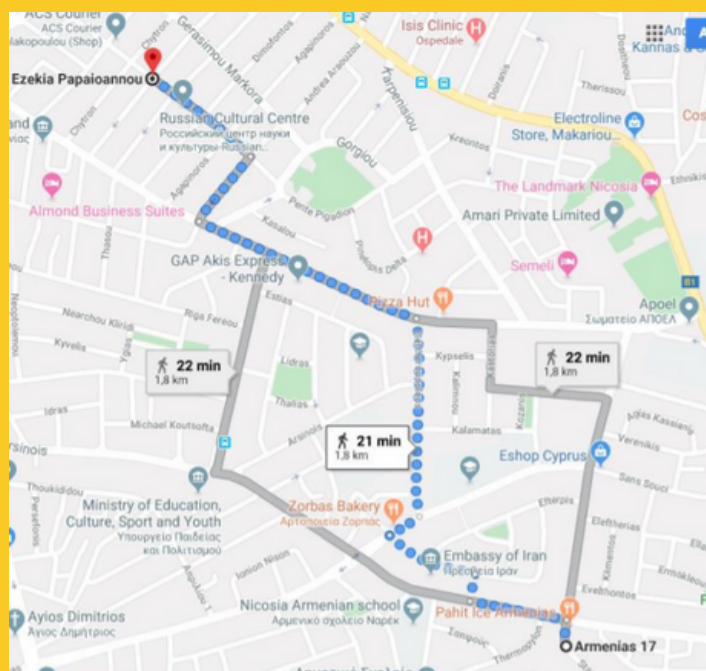
Every volunteer will receive 140 Euros for food allowance and 5 Euros a day for pocket money. The accommodation will be provided by YEU Cyprus. The volunteers are requested to be very careful on electricity and water bills. A maximum allowance of 75 Euros will be provided for Electricity and Water bills per month for each house. In case that amount is exceeded, the volunteers will be requested to provide the extra costs.

HEALTH INSURANCE

YEU Cyprus is responsible to register the volunteers to the CIGNA INSURANCE before their 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 Health Card Insurance card with them given by their national provider.

ACCOMMODATION

The accommodation will be provided by YEU Cyprus at a house in the city of Nicosia, keeping in mind the needs of the volunteer and good accessibility to the office and the services the volunteer might need.



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. Moreover the checkpoints are currently closed hence access from Ercan Airport is restricted.

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/>

YEU Cyprus team will provide all volunteers with bicycles which they can use in their daily life.

TRAVEL ALLOWANCE

The volunteer has the right to an allowance for the travel expenses (return flight) based on the ESC guide on the kilometers distance reference. Each country has a different maximum reimbursement amount.

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.

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, 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, In-Cyprus to which we have attached the links below.

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

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

WHAT DO YOU NEED TO KNOW?



CURRENCY: EURO



LANGUAGES:

- GREEK
- TURKISH

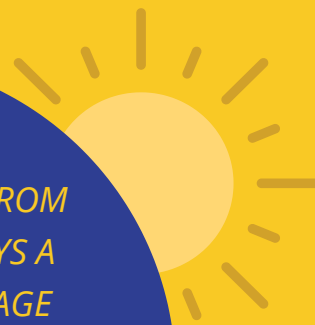


RELIGIONS:

- GREEK-ORTHODOX
- MUSLIM
- ARMENIANS, MARONITES
AND ROMAN CATHOLICS

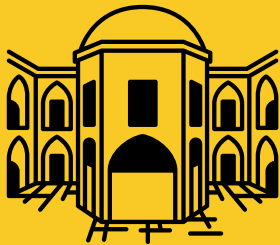
WEATHER

*IN CYPRUS THERE ARE FROM
300 TO 340 SUNNY DAYS A
YEAR. IN WINTER 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.*



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.



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). 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 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.

HOW TO APPLY FOR ESC

SEND:

- A MOTIVATION LETTER
- CV



(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 all documents via email to YEU
Cyprus at info@yeucyprus.org and evs@yeu-cyprus.org.***