

“OUR VOICE!”



Dear future EVS Volunteers!

We're glad that you will come to this project. Please read the following information carefully in order to prepare for the coming time in Cyprus.

Three volunteers from three 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. But let's take the things from the beginning...

WHAT?



“Our Voice!” project’s mission is to organise different workshops and meetings as well as educational activities for young people based on structured dialogue (YEU Cyprus will provide the volunteers with all the relevant training concerning Structured Dialogue methodology), in order to help them express themselves, find ways to contribute to the community and participate in the democracy process of Cyprus. At the same time our aim is to help them participate in discussions between young people and policy makers about different themes, to make sure the opinions of young people are taken into account in defining the EU’s youth policies. The themes and topics for discussion are usually decided at European level by EU Youth Ministers but we are also going to organise different other meetings to discuss other topics, such as the opinions of young people for the Cypriot problem and how they think it could be solved in the best possible way, unemployment, youth empowerment and many more issues that affect the youth.

One of our goals will be to help them be more active citizens, by organising different events for the society and promoting volunteerism. A lot of young people in Cyprus are at the moment unemployed and quite frustrated because they do not feel that they are productive in any way. There are also a lot of young people that may be asylum seekers, political refugees or even human trafficking victims. These young people do not have the same opportunities as others, especially because they are not really implemented in the society. A lot of them do not have friends or hobbies and in many cases, not even some creative ways to spend their days or learn something. Our goal is to promote the inclusion of these young people to the society and help them express their opinions and ideas.

Our volunteers will be responsible to collect all the different opinions and write policy papers with the suggestions of young people for different subjects and send them to policy makers. The volunteers will get lots of versatile experience from youth work and will gain lots of knowledge about leading different kinds of youth groups. We will give them the opportunity

to plan activities and be part of developing old ones. They will also learn about youth information and about different kinds of office work like reporting and planning. Volunteers will have the chance to participate in the diffusion of youth mobility programmes, supporting the implementation of workshops, supporting the search for partner projects and the organisation of local and international seminars.

About the **ideal volunteer's profile**, there are no preferences regarding gender, age or study areas. However a relevant background on discovering alternative ways of active citizenship actions will be appreciated.

The countries that are going to be involved are Italy, Czech Republic and Bosnia and Herzegovina. The project will last for 9 months (September 2016 - May 2017).

YEU CYPRUS

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

YEU Cyprus is a full member of the Cyprus Youth Council and is represented in the CYC Board. It is also a member of the Advisory Body of the Cyprus Youth Board, the semi-governmental organization responsible for youth issues in Cyprus. YEU Cyprus is affiliated with the YEU International platform which is under the European Youth Forum umbrella. YEU Cyprus is represented in the CYC Board and the YEU International Board.



YEU CYPRUS ACTIVITIES

YEU Cyprus organizes and participates as a partner in various international and local activities. On international level, YEU Cyprus organizes and delivers training courses or exchanges on different topics, 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. YEU Cyprus also gives its members the opportunity to participate in international activities abroad such as in partner's training courses, youth exchanges, European Voluntary Service (EVS), seminars, SALTO events and the YEU International Youth Convention

On local level, in attempt to bring youngsters together and make them aware of different topics, YEU Cyprus organizes Theatre of the Oppressed, 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

<https://www.facebook.com/pages/YEU-Cyprus/525556094194458> or our webpage

<http://www.yeucyprus.org/>

WHEN

1st September 2016- 31st May 2017

CYPRUS

Floating on the waters of the European Mediterranean, but pointing longingly towards the shores of Syria, Turkey and Lebanon, Cyprus is an odd mixture. 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 mainland Greece and Turkey, this small island has its own definite and beguiling character

YEU Cyprus EVS Program

Our Voice!

Cyprus: September 2016 – May 2017



The project will take place in Nicosia, the capital of Cyprus which lies somewhere in the center of the island. It is a city which blends both history and the modern life while at the same time it is also the last divided capital in Europe. 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. More information about Nicosia can be found here:

http://www.cyprusisland.com/01_Information/nicosia.htm

The accommodation will be at a house close to the city center. Each of you will have their own bedroom and will share the common areas such as the kitchen facilities and living room.

Cyprus is the island for all seasons, the island of good weather, good mood and loads of sunshine! The people of Cyprus are warm – hearted, hospitable and kind, people who love to go out and who appreciate good company and good food. In fact, most of the social outings and relationships revolve around food! And that's food that is coming in a lot of 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, and some restaurant serve nothing but. Meze are available in a meat variety or fish variety but quite often come as a mixed batch, which is rather pleasing.
- *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 fine chopped onions and parsley and seasoned with salt and pepper. Instead of sausage casing it uses caulk 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. Hard and salty when raw, it mellows and softens when cooked and is hence often served grilled.
- *Taramosalata* is traditionally made out of *taramas*, the salted roe of the cod or carp. The roe is either mixed with bread crumbs or mashed potatoes. Parsley, onion, lemon juice, olive oil and vinegar are added and it is seasoned with salt and pepper.



And of course this is just a short list. There are plenty more tastes and dishes to try! Another important thing about Cyprus is the social life of Cypriots who normally spend their free time (mornings, afternoons, evenings, we simply don't mind) going for coffee in several coffee shops around the city, that 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 *frappe*, 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 hours of the morning, when again they try to get rid of the hangover with more food at local fast food restaurants.

For more information visit: <http://www.visitcyprus.com/>



AND SOME HISTORICAL FACTS

Cyprus, a former British Colony (1878-1959) became independent in 1960. Cyprus today is a divided island. Originally, Cyprus was inhabited mainly by Greek Cypriots constituting 83% of the population and Turkish Cypriots numbering to around 17%. However, problems arising between the two communities led to intercommunal conflicts and violence, with Turkey invading Cyprus in 1974 and occupying 37% of the island and claiming the north as their illegal own state, Turkish Republic of Northern Cyprus (TRNC) (recognized only by Turkey). The results of the Turkish invasion of 1974 were disastrous for Cyprus, with thousands of people being killed, hundreds of thousand becoming refugees in their own country, and with serious issues of human rights violation. Since then, Cyprus and its capital city Nicosia have been divided by force between the island's Greek Cypriot and Turkish Cypriot communities in the south and north respectively. On the 23rd of April 2003, as part of efforts to reunify the island, several checkpoints were opened so that people from the two communities could move freely from one part of the island to the other. Nicosia retains the distinction of being the world's last divided capital.

For more information visit: http://www.aboutcyprus.com/cyprus_problem.htm

MONEY AND CURRENCY

The currency of the Republic of Cyprus is the Euro. There are seven denominations in Euro banknotes: 5, 10, 20, 50, 100, 200 and 500 euro. They all have different colour and size, the higher the denomination, the bigger the size. One euro is divided into 100 cent. There are eight euro coins:

FINANCES

Each of you will receive 130 Euros for Food allowance and 110 Euros for pocket money each month. Your accommodation will be provided by YEU Cyprus. You are requested to be very

careful on your electricity and water bills. A maximum allowance of 75 Euros will be provided for Electricity and Waters bills per month. In case you exceed that amount, you will be requested to provide the extra costs by yourself.

Additionally, below you will find the approved travel expenses per country

Italy	360.00
Czech Republic	360.00
Bosnia and Herzegovina	275.00

COMMUNICATIONS: MAKING PHONE CALLS

In order to make a phone call to Cyprus from abroad, dial 00357 and then the eight-digit phone number. If you wish to make a phone call abroad while in Cyprus, dial 00, followed by the country code and the telephone number.

LANGUAGES AND RELIGIONS

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. French and German 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, other denominations are 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 hot dry summers starting in mid-May and lasting until mid-September and rainy, quite mild winters from November to mid-March.

March-May are the months when weather in Cyprus changes from spring to summer. The summer months are quite warm so you will need comfortable and light clothing. Don't forget to bring your swimming suit. Recommended clothes are comfortable medium-weight and summer apparel with light jumpers or long sleeved clothes for the evenings.

WHAT TO BRING?

- Comfortable clothing
- Your own bed sheets
- Personal things you might need
- Medication if you need
- Laptop
- Alarm clock (to avoid oversleeping!)
- Motivation and good mood 😊

YEU CYPRUS CONTACT NUMBERS

YEU Cyprus EVS Program

Our Voice!

Cyprus: September 2016 – May 2017



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TRAVELLING TO CYPRUS AND TRANSPORTATION

In Cyprus there are two airports: Larnaca and Paphos airport. The airport located at the northern part of the island is not recognized by any other country except of Turkey so you are strictly advised not to use it. For transportation you can travel around within the city or between cities by bus. Check the following websites for more information:

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

We look forward to meeting you!!! **If you have any questions please don't hesitate to contact us at:**

Contact:

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The YEU Cyprus

