



ACTIVE YOUTH IN DIGITAL ERA

Larnaca, Cyprus
01-09 December 2023



Project Summary:

In the digital era, many young people rely heavily on technology, leading to decreased face-to-face interactions. This project, "Active Youth in the Digital Era," gathers 48 participants from 6 countries to engage in learning and socializing activities without technology as much as we can. The aim is to address tech addiction, increase awareness, and promote responsible tech use.

As the first E-Generation, youth today spend much time indoors, affecting their active lifestyles. This project encourages outdoor exploration to counterbalance excessive tech use and promote healthy living. The project's objectives include promoting alternative learning methods without digital tools, and fostering social skills, intercultural dialogue, and cooperation. Participants will exchange traditional street games from their countries, promoting creativity and teamwork while addressing technology addiction.

This project emphasizes the importance of outdoor activities and games as tools to combat internet addiction. Participants will engage in interactive discussions, activities, and cultural events to understand and prevent addiction. Ultimately, the project seeks to break the cycle of technology addiction among young people and promote balanced, active lives.



Project Details:

Hosting organization: Youth Dynamics Cyprus

Venue of the project: Pervolia, Larnaca, Cyprus

Youth Exchange Dates: 01-09 December 2023

Number of participants: 7 participants + 1 group leader

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

Participant countries: Cyprus, Bulgaria, Italy, Spain, Greece, Lithuania

Language: Project will be run in English.

Participants profile:

- Responsible youngsters aged between 18-30
- Have a good or basic level of English
- Be interested in the topic and motivated to learn and share experiences with others
- Committed to participate in ALL phases of the project
- Promote a positive attitude at the group level, active engagement, and teamwork
- Gender balance and group diversity in terms of different social and cultural backgrounds should be taken into consideration

Team leaders will be responsible for their group and their needs, and will help facilitate the whole project by giving advice, and coordinating communication between us, the project organizers, and participants.

Partner Groups

- Youth Dynamics - Cyprus
- ASOCIACIJA AKTYVISTAI - Lithuania
- ASSOCIACIO CULTURAL TABALA - Spain
- ENTREPRENEUR SHIP AND SOCIAL ECONOMY GROUP - Greece
- ASSOCIAZIONE LINK APS - Italy
- Youth Senate - Bulgaria

Travel Costs Reimbursement

The Youth Exchange is funded through the Erasmus+ program. This means that accommodation, food, materials, program activities, and travel costs (up to the amount indicated below) are fully covered.

The reimbursement for travel per country is:

Greece, Bulgaria, Italy: 275 Euro

Lithuania: 360 Euro

Spain: 530 Euro

- In order to receive reimbursement, please keep **ALL original documents** of transportation (invoices, tickets, boarding passes, etc.).
- The money will be reimbursed via bank transfer after submitting all the original documents, upon completion of the Mobility Tool+ by group leaders.

Please note:

- Only the cheapest means of transport/fares are subject to reimbursement
- The following costs will NOT be covered by the project's budget: Taxi, Personal Car, Parking, Personal Costs
- Your trip must start from your home country**
- Please DO NOT buy your tickets without having prior confirmation from the coordinator.
- **There is a participation fee of 20 EUR to cover additional costs and 2-day trips to other cities in Cyprus.**

Note:

If you want you can travel to Cyprus 1 day earlier or leave 1 day after the end of the project.

However, you have to cover the extra cost of accommodation and food on your own.

ALL participants must travel from their home country to Cyprus. This is the new rule we have from National Agency and ERASMUS+. We cannot host participants who travel from a different country and not from their home country. You can fly from a different country, but your trip must start from your home country. As an example, a participant from Bulgaria, can go to Greece by bus or train and take a flight from Greece to Cyprus. However, we need also the bus or train tickets which confirm that the participant started the journey from the (partner) country that comes from.

Venue

Location - Accommodation

- The participants will be accommodated in the Journalist Village in Pervolia (Larnaca City). It is located right next to the beach and the apartments are fully equipped with a private bathroom, kitchen with fridge, air conditioning, and central Wi-Fi.
- The venue consists of small flats with 1 or 2 bedrooms. Each flat can accommodate 3-6 people.
- At the venue, there is a large activity room, where all the workshops will take place, and a restaurant called Enalia, where all the meals of the day will be served, as well as snacks during the coffee break.

Address: Makarios avenue 9, Journalistic Village, Pervolia 7560 Cyprus

Note that: We can provide the accommodation and food only on the indicated in the invitation dates, any additional days the participants need to take care of on their own.



Traveling to Cyprus:

- 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.
- **Note** that: 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. Therefore, we are asking you to book your flights with the cheapest flights from one of the 2 legal airports in Cyprus (Larnaca and Paphos).

Practical Information

Currency in Cyprus: Euro €

Health Insurance:

It is recommended for all participants to provide their own health insurance.

We do encourage to issue at least European Health Insurance Card (EHIC) or an Additional Travel Insurance. Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs.



Intercultural Nights:

For the intercultural evening, please prepare to present your country and culture in an interactive and creative way.

You can show some videos, traditional dances, costumes, games, music, and of course, food and drinks!!!

Creativity is the key requirement. Participants will also have the opportunity to present their organization and its work. You can bring some materials (brochures, posters, PowerPoint presentations, films, photos, etc.)

What to bring:

- All original tickets and boarding passes, passports, etc.
- European Health Insurance Card (EHIC)
- Personal Medication
- Material and National Products for the Intercultural Nights
- Comfortable clothes and shoes
- Personal care products (such as shower gel, shampoo, comb, hair dryer, etc.)
- Mosquito repellent
- Power adaptors (Cyprus has the 240 Volt/50Hz, with 3-pin electricity plus socket)
- Information about your country and your home organization
- And above all bring joy and lots of positive energy !!



SEE YOU IN CYPRUS!

Contacts:

Hosting Group:

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