

Organizer, Applicant: NECI Cyprus



Think Before you Go for it - Prevention on SRB

Youth Exchanges-Programme Countries: 2020-3-CY02-KA105-001952

Partners: Network for European Citizenship and Identity Cyprus, NECI Hellas, Sdruzhenie Walk Together Bulgaria, NECI Poland, Hair Redivivus Romania, EYCB Z. S. Czech Republic, LPF Dinosauras Lithuania, Udruzenje PREVENT Serbia Czech R.,

Paralimni Cyprus, 05/04-14/04/2022

Youth Exchange



THINK BEFORE YOU GO FOR IT

PREVENTION

ON SEXUAL

RISK BEHAVIORS



2020-3-CY02-KA105-001952

Protaras, Cyprus

05 April - 14 April 2022

Youth Exchange



Funded by
the European Union

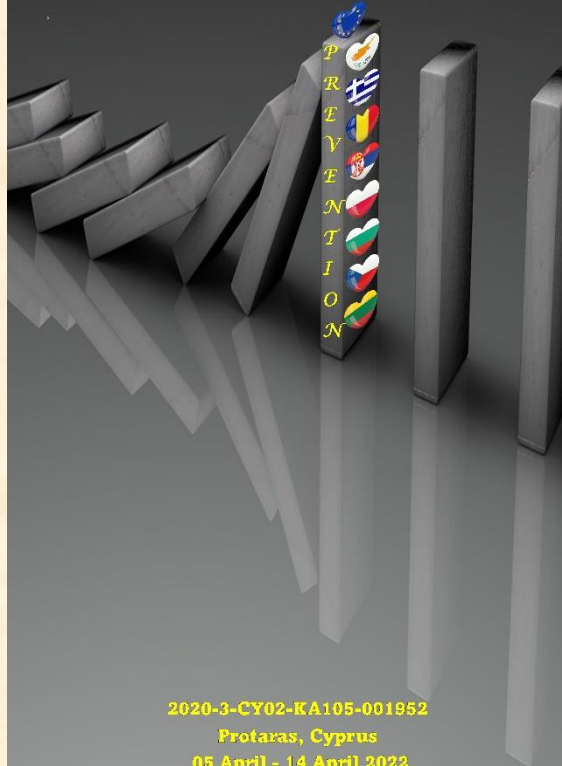


Erasmus+

Promotional Poster

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PREVENTION
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RISK BEHAVIORS



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Promotional Banner

INFORMATIONAL PACKAGE

1. Project Summary

This project is designed to promote Non Formal Learning through which participants will share personal experiences, contribute based on their skills, work collaborative, irrespective background and acquire tools for research (interview method, presentation skills) in order to reach their goal which is Prevention on SRB.

-Through this project youths will also improve the sense of social care, solidarity, creativity and initiative because they will be involved in structured Non formal activities in which they will be encouraged and motivated to meet what interest them more and be develop holistically. Thus, in this project youths will share and develop methods and knowledge that are connected to the background and interest of the participants, and in some cases they will combine the topic with creative time such as Music, sports, dance, in a way to enhance inclusive participation of all.

The project also meets International, EU and E+ objectives because:

-encourages participation of youths, especially the ones with fewer opportunities

-secures safety and pleasant NF learning environment

-the development of:

*learning outcomes and improvement of basic key competences

*practices for intercultural learning, equity and social inclusion

*it's a project from youth for youths and rest of the society

Youths will share experiences and practices, to prepare presentations, role plays, campaigns for increasing awareness and final products preparation. Also they will be involved in daily reflection, evaluation, meet with guests/expert on the topic. Hence they will improve skills and develop attitudes on how to be more competent to protect themselves and others and enhance their own development.

Objectives: To

- 1) provide opportunity to youths to design, implement and exploit a project that comes directly from their interest and is related to current realities.
- 2) increase awareness on dangers and side effects of SRB like Unprotected Sexual Intercourse (USI) and how this influences them, people around them and society in general
- 3) offer safe and educative space for learning by sharing to all participants irrespective skills and background. This will be achieved with NFL based activities but also with structured activities where participants will go through real stories of past patients and experts (like dermatologists, venereologists, etc)
- 4) explore and understand the power intercultural understanding and dialogue for tackling global problems as SRB and promoting healthy lifestyle
- 5) create tangible and intangible results directly from youths for the youths, but for their NGOs too, irrespective their background
- 6) support youths and leaders to develop their competences and be certified with a youthpass

Venue

Arrival: 05 April 2022 /Departure: 14 April 2022

The Youth Exchange will take place to Protaras. The accommodation is located 65 km from the Larnaca International Airport.

Participants will be accommodated in small houses of 3 rooms. They will sleep 6 persons per house (1 double bed/2 single beds/2 sofa beds). Each participant must bring his/her towels and other necessary shower stuff (shampoo, etc).



1. Participants' Profile

Partners NGOs will send 5 youths (18-30 years old) and a leader (18+ years old).

Total: 6 representatives

- (a) Have interest in the topic and be ready to support visibility during and dissemination after the project Activity of the topic.
- (b) have little or no experience in international trainings
- (c) gender balance required

- (d) Have basic skills on digital and media technology
- (e) MUST be able to communicate and write fluently in English
- (f) will have a laptop or a tablet (either his/hers or from his organization-at least 1 per group)
- (g) Priority to participants with fewer opportunities (social, economic, health, geographical barriers)
- (h) will work as multipliers of experience and results through visibility and dissemination activities, before, during the ye, during the final report and after the project.

For Leader: 18+ years old

- Fluency in english, and if possible another language (it's a plus, not a must)
- previous experience in international projects (at least 3 as leader)
- motivational letter
- great interest on the topic

2. Selection of Participants -Application form

- 1 Project managers and youth leaders need to inform their youths for the objectives and requirements of the Youth Exchange
- 2 Candidates who do not fulfil the 3a-3e (participants' profile) are not eligible, About 3(g) partners NGOs need to include in their delegations at least 4 participants who face fewer opportunities.
- 3 Participants who are interested to join the activity shall complete the application form by clicking on this icon



Deadline to complete this application form: **28/02/2022**

- 4 Each organization shall appoint at least 8 participants as candidates for the youth exchange.
- 5 As soon as we will go through their applications we will discuss with the partners about the final selection of the six youths representatives.
- 6 Afterwards we will provide to the selected participants one more questioner regarding further details (personal, professional)
- 7 Also advise the participants to read carefully this infopack. In case anything is not clear, advise them to contact us.
- 8 Furthermore, the Leader of each partner in accordance to NECI Cyprus must look for flights and the sooner possible to book the flight to Cyprus for the whole group as one (not individually) **ONLY WHEN THEY WILL BE ADVISED BY US** as well.
- 9 Deadline for booking tickets and inform us about it: between 02 February 2022 to 15 March 2022.
- 10 There is not any APV. All preparations will be done in specific online meetings we will organize starting 16 February and on. We plan to organize at least 3 Online preparatory meetings/informational discussions.
- 11 **We WILL NOT ACCEPT flights that DO NOT DEPART OR RETURN TO COUNTRY OF ORIGIN/REGISTRATION OF THEIR NGO, since this practice is not accepted by NA Cyprus. Therefore we will not reimburse their tickets and expenses.**
- 12 **We WILL NOT ACCEPT ANY PARTICIPANT WHO BOOK HIS FLIGHT WITHOUT PREVIOUS COMMUNICATION WITH US.**
- 13 **IMPORTANT NOTICE:** The structure of the Youth Exchange is highly intensive and demanding, plus requires full attendance and participation. It starts at 9:30 am and will end around 8:00 pm. Therefore, youths who will attend as participants need to show responsibility commitment during their participation. The topic of the project is related to many

indoor activities and less outdoor. Any extra hours for touring around besides the free time as they are mentioned in the timetable are not eligible.

3. Transportation:

We will arrange your transportation from Larnaca to Protaras and back with hired bus. There will be two meeting points to pick up the participants. One will be in Larnaca airport and the other one in Phinikoudes Avenue. The transportation will cost 25 euros (for both days). This amount will be part of the maximum allowance of the travel. In case your ticket will cost more than the maximum allowance then you will pay the bus fee in cash.

Maximum allowance in euro for travelling per participant:

Country	TOTAL per person	PAX	Leader	Destination
Cyprus	20	5	1	Larnaca airport or Paphos airport
Greece	275	5	1	
Romania	275	5	1	
Bulgaria	275	5	1	
Serbia	275	5	1	
Poland	360	5	1	
Czech Republic	360	5	1	
Lithuania	360	5	1	
		40	8	

We advise participants to arrive at Larnaca International Airport. Ercan airport is not eligible and not legal airport.

4. Reimbursement

4.1 Reimbursement will be completed in EURO through Bank Transfer to their Sending Organisation Account between April 30th 2022 and June 15th 2022.

We will first expect from them to fulfil **all the requirements and implement and apply every obligation of theirs as it is included in "Agreement with Participants"**. We will not reimburse in cash, neither individually.

4.2 Agreement with participants:

(a) Will attend all sessions and activities during the Activity week

(b) Will be punctual on their arrival at each session everyday

(c) Will not arrive later than 05th April 2022.

(d) Will not depart earlier than 14th April.

(e) Will promote visibility of the project during the YE week

(f) Will work on the production of dissemination products during the YE week

(g) Will be active on dissemination of the results as a multiplier of new experiences, info and knowledge when back to his/her country by organizing a small scale workshop or presentation within their organizations (between 20th April 2022 and 10th June 2022). Photos of the event are required.

(h) Will prepare a reflection diary (1-2 pages) with photos of the youth exchange and share it in the Lifelong learning community, as well send a copy to the organizer before April 20th 2022.

(i) Leaders will take part in the Mobility Tool+ assignment (a questioner that will be sent through email by EU Platform after the youth exchange)

(j) Will provide all necessary documents (invoices, visa expenses, travel reservations, ID copies, boarding passes, etc)

(K) Will be reimbursed as described at 4.1 of the infopack of this Youth Exchange

(l) Agree and understand that the Hosting Organization (NECI Cyprus) is the responsible and coordinator for this project and will not challenge or create any issues that will influence the flow of the programme.

5. Personal Insurance

1) Insurance cover for personal effects is the responsibility of the individual participant. You are strongly recommended to insure your personal effects for the whole period of your absence from home. Neither NECI nor any venue used during the event can entertain claims against loss of or damage to personal property. You are recommended to ensure that you have adequate medical insurance to cover the period of your stay in Cyprus. Contact your health insurance or travel agency for more details. You are also advised to issue the European Health Insurance card.

2) We will follow all protocols in regard to safety and security for participants and guests (especially for covid19). We will expect and demand also from participants to respect the rules and measures and not challenge any unfortunate situations. They will be provided with one-use face mask also (2 per day) and antiseptic will be available to the area.

3) PCR or antigen rapid tests are not covered by the budget of the program. There is not any funded amount which excuses the coverage of covid tests. Participants who need to perform any PCR or antigen test from their country to enter the island need to cover the expense on their own. Also for the participants who will need Antigen test every 48h during the activity week, this cost is not eligible by the Erasmus+ programme too.

4)The following applies up to the moment of Infopack announcement (24/01/2022). Participants who received full vaccination program and have an official card-certificate of vaccination from their country (and eu covid pass) can enter Cyprus without any Tests except a pcr test on arrival at airport of Larnaca which costs 15 euros. This amount will be considered as travel cost and we will cover it (if the total amount of travel expenses doesn't exceed the travel allowance). Rules and measures change quite often due to mutations of the virus

Helpful links:

[Eu covid link](#)

[Cyprus covid info](#)

6. What to bring with you:

Laptop where you can work on forms and applications

Sports/comfortable clothes: Make sure to bring comfortable clothes for activities, trainers for the sessions but also maybe your free time you may wish to explore the area.

Towels: Hand towel and bath towels, you need to bring. We will not have any extra to provide you. There is a possibility by the time of Exchange to be washing machine in common areas of the Accommodation. This will be with a cost on the user.

Swimsuit: There is a pool in the accommodation. Seaside is approximately 30 minutes on foot

Personal medication in case of health issues (allergies, diabetes etc). You can not buy medicine from pharmacy stores without prescription.

Hat/cap for our super warm sun but also warm clothes. April has around 28 celsiou to 32 celsiou during day and 15 celsiou to 26 celsiou during nights. Rain can be expected too, SNOW no 😊

Extra masks, personal antiseptic gel

And most important: Ideas and cultural aspects from your country and many recreational activities. We will have many activities presenting and using these and creating others.

7. Some more information

1. You must be at the meeting points (airport of Larnaca) at 18:45 or at Phoinikoudes (by the fountain, next to Sun Hall Hotel) at 19:00. At 05/04/2022. We will be at the accommodation around 20:30. We will have a dinner and then Official programme starts at 21:30 of the same day.
2. The hosting organization covers accommodation, 2 meals and a breakfast and 2 coffee breaks.
 - Dinner on arrival: 05/04/22
 - Full board: 06/04-13/04/22
 - Breakfast on departure: 14/04/22
3. The accommodation is not available for extra nights booking. If you arrive earlier or depart later you can book through web platforms.
4. We do not cover anything else that is not at the official agenda/timetable of the Project.
5. All travel documents shall be provided before departure, (if after departure then through mail with tracking number/registered mail)
6. Travel days: 05 April for Arrival and 14 April for Departure. Book/reserve your tickets to these dates.

7. In a few days we will make public the project website. Anything related to the project you are invited to send it to us and we will upload it: <http://necicyprus.wixsite.com/PreventionSRB>
8. We have facebook group also which is working since the part 1 of the project, so you are suggested that you need to follow it for information related to the project:



8. Other important information

Weather - March is considered to be warm and windy month. Hoodies might be also a good idea.

Electricity: Cyprus has the 240 Volt/ 50 Hz 3 pin electricity plugs - so you will definitely need adaptors make sure you bring at least one with you (and your chargers for mobile phones, cameras etc ;-)



Cyprus Time Zone: UTC (or GMT) +2

Cyprus International Dialing Code: +357

Local currency of Cyprus: euro

9. Contacts:

neci.eu@gmail.com, +35799465221

renosge@gmail.com -Renos Georgiou

***TIMETABLE: 05/04/22 - 14/04/22**

05/04	06/04	07/04	08/04	09/04	10/04	11/04	12/04	13/04	14/04
	08:30 - 9:15 Breakfast There will be 2 coffee breaks per day, lunch of 90 minutes, and dinner at 8:00 pm								
Arrivals Bus for group from Larnaca airport at 18:45 and Sun Hall Square Larnaca (19:00) 20:30 Dinner 21:15 Welcoming Ice breaking	Activity: 05/04/22: arrival of pax Dinner Meeting, icebreakers, programme of next day 06/04/22 Icebreaking, teambuilding, Presentation of agenda Youthpass Project objectives Learning agreement, expectations, fears, contributions Reflection time Talents group Sharing Games 07/04/22 First Aid class from youths 10:00-13:30 Our NGOs and Our communities 12:00 -15:30 Introducing the topic: Sexual Risk Behaviors 17:00 Understanding the problem in international level 19:15 What is the reflection about 19:45: Reflection with leaders and organizers 20:30 Dinner 9:00 Talents' group Sharing time								

08/04/22

9:30 First Aid-basics from leaders

10:30-13:00 Sexual Risk Behavior and side effects (to discuss and learn the consequences and challenges that come after the SRB to our life, with topics like STD, HIV, pregnancies, social exclusion, isolation, etc and as well psychological and social side effects, economic problems as results etc).

15:00 -17:30 Sexual Risk Behavior and side effects part 2

17:30 Talents group

19:00 Reflection

21:30 Intercultural evening with games and language presentation from 3 countries

09/04/22

Morning exercises

10:00-12:00 Prevention on SRB and its consequences (research and presentations)

12:00-16:30:Prevention on SRB and its consequences Organising presentations

16:30-18:30 Prevention on SRB and its consequences - presentations

Talents' Groups

Common products time

19:30 Reflection time

21:00 Intercultural evening

10/04/22

10:00-13:00 From the field with experts (pt1)

14:30-15:15 pt2

15:15-17:30 Starting organizing the campaign (pt).

17:30 Talents' group

Reflection

21:00 Intercultural evening

11/04/22

09:00-14:00 Exploring the area (cultural visit)

16:30 Organizing the campaign (pt2)

18:30 Talents group
19:30 Whole group reflection
21:30 Talents group

12/04/22

morning sports

10:00-14:00 Prevention in SRB: Structured campaign in the field

16:00 Erasmus+Opportunities

15:30-18:50 Prevention on SRB: Next steps

18:50 Talents group

19:40 Common products time

20:10 Refection

13/04/22

9:30 Working on final video and common products in four teams

11:30 Project ideas bazaar: increase networking and promote youth initiatives for new project

15:30 Evaluation

Fairwell dinner, youthpass ceremony

14/04: Departures

WHATEVER YOU NEED TO ASK MORE, IF THERE IS ANYTHING NOT CLEAR, IF YOU HAVE ANYTHING THAT YOU WANT US TO INFORM YOU ABOUT, PLS DO ASK US