

Info pack



European Solidarity Corps

→ *Pathways to Inclusion:
Empowering Diverse Young Voices*



Co-funded by
the European Union





The Power of Volunteering

Discover the European Solidarity Corps

The European Solidarity Corps is an initiative of the European Union that offers young people the opportunity to engage in meaningful projects and discover new environments.

Learn about different cultures, meet new people, contribute to local communities, and help build a more inclusive society while making a positive impact.

Benefits & Personal Growth

Participation in the programme is completely free for volunteers. Participants receive a monthly pocket money allowance, financial support for meals, and accommodation when joining a project abroad.

Beyond the experience itself, the programme helps you develop valuable skills, expand your professional and social network, and gain experience that will support your future career opportunities.

Medicine

What's the programme about ?



Who can participate ?



Young people between 18 and 30 years* who are legally residing in an EU Member State, a third country associated to the Programme or a third country not associated to the Programme and have registered in the European Solidarity Corps Portal.

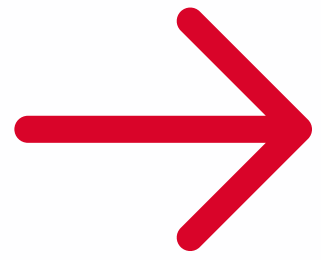
Main outcomes

- Improved skills and competences
- More active participation in democratic life and society in general
- Enhanced employability
- Increased sense of initiative and self-empowerment
- Increased capacity to operate at EU/international level
- Increased ability to address societal challenges
- Skills in curating an event by organising the



*Participants must have reached 18 and must not be older than 30 at the start date of the volunteering activity.





Which actions are we involved in?



Team Volunteering Activity

Take part in solidarity activities and contribute to the daily work of a host organisation, for the benefit of the local community.

A team volunteering activity lasts **from 2 weeks to 2 months**, is **full-time (30–38 hours per week)**, and brings together a group of **at least 5 volunteers from 2 or more countries**. It can take place abroad (cross-border) or in your own country (in-country).

Register on the European Solidarity Corps Portal:
<https://youth.europa.eu/solidarity>

Skill Development

Through your volunteering you develop language, intercultural, teamwork and project-management skills. Your learning outcomes are recognised through Youthpass, supporting your future studies and career.

Our Activities

Volunteering team activity (VOLTE01)

- 16 participants in total (6 in-country + 10 international)
- 14 mobility days + 2 travel days

Our ESC projects



Say YES to something that truly matters Join YOUthWell and become part of a life-changing journey of solidarity, inclusion, sustainability & wellbeing.

What you'll gain

- Grow your skills and personal learning.
- Plan, deliver and evaluate local projects as a team.
- Support local communities.
- Be supported by a mentor.
- Recognition of your skills through Youthpass.
- Insurance (Henner) for your stay.
- Live an international experience in Cyprus.

Hands on activities for volunteers:

Our projects support activities that address common European challenges in priority areas defined each year at EU level such as social inclusion, integration of refugees, digital literacy and green action.

- Promote social inclusion, youth employability and EU values.
- Run language classes and conversation sessions.
- Facilitate digital-literacy sessions and plan green workshops.
- Promote active citizenship and intercultural dialogue among peers and NEETs from local communities.
- Support the integration of refugees, asylum seekers and immigrants.
- Contribute to wellbeing and resilience through anti-stress workshops.
- Help communicate the project and its results, and deliver community events together.



Travel Costs



Travels costs

From their place of origin to the venue of the activity and return.

Based on the Erasmus+ travel distance calculator.

Applicants must indicate the distance of a one-way travel to calculate the amount.

According to the distance, the amount can be

Eur 28 (Eur 56)* for distances between 10 and 99 Km

Eur 211 (Eur 285)* for distances between 100 and 499 Km

Eur 309 (Eur 417)* for distances between 500 and 1.999 Km

Eur 395 (Eur 535)* for distances between 2.000 and 2.999 Km

Eur 580 (Eur 785)* for distances between 3.000 and 3.999 Km

Eur 1.188 (same amount)* for distances between 4.000 and 7.999 Km

Eur 1.735 (same amount)* for distances of 8.000 Km or more

*for green travel



Activities in Paphos

The old town

Also known as Ktima, is a treasure of culture, history, and architecture, making it a must-visit destination.



The blue sea

Awesome and beautiful beaches, warm blue waters, clean air, nice people and a lot of historic places to see around. Go and watch the amazing sunset !



The mosaics

The ancient floor mosaics are considered amongst the finest in the world, serving as a valuable and beautiful record of everyday life of the Greco-Romans.



The castle

The MEDIEVAL FORT was originally a Byzantine fort built to protect the harbour, and was rebuilt by the Lusignans in the 13th century.



Visit Paphos



It has several sites relating to **the cult of Goddess Aphrodite**, whose mythical birthplace was at Old Paphos (Kouklia).

Paphos is located on **the south-west coast of the Mediterranean island of Cyprus**.

Paphos is included in the official **UNESCO** list of cultural and natural treasures of the World Heritage for its ancient ruins and was selected as a **European Capital of Culture for 2017**.



Travel to/from paphos airport

1- By bus 612

Careful ! The bus station is **outside the airport just opposite** the arrivals.

2- Bus tickets

You need to buy them **from the bus driver**. Ask for one ticket.

3- Stop

Then, you get to **Kato, Paphos**.

Find your Bus

<https://www.pafosbuses.com/pafos-airport-bus-routes>

4- Timetable

Departure from **Paphos Airport** to **Kato Paphos**.

5- You're arrived

Let's go for a new adventure !





Guideline from Larnaca airport



There are 4 options :

Option 1

Travel from **Larnaca Airport to Limassol** and then **Limassol to Paphos**
(More frequent, Slower).

Option 3

For those participants/adventurers who can drive in the **English way**
(left side of the road !) they can **rent a car**.

Option 2

Travel from **Larnaca Airport to Paphos airport** and then **from Paphos Airport to Paphos** (Less frequent, Faster).

Option 4

By **taxi** only if other options are not convenient.

→ You arrival in Cyprus - Guideline from airport to paphos



If you go for Option 1



Careful! The two parts of the route are done by two different bus operators, so you need to change bus at Limassol.

Total trip duration: **3 hours** is an average estimate **Total cost: 13€ (9€ from the Airport to Limassol and 4€ from Limassol to Paphos).**

Directions: First, you get your tickets from the bus stand at the Arrival's Area near the designated bus exit. The receptionist there will give you all the necessary information for the trip. It is also necessary to pre book. **Call Kapnos Airport Shuttle at 77771477** or email info@kapnosairportshuttle.com.

Approximately **15 minutes** before the departure time, the bus driver will announce that you can get on the bus and he will help you with your language. The trip from Larnaca Airport to Limassol takes about **50-60 minutes**.

You arrive at **Agios Georgios Havouzas Church in Limassol** where you will get the bus to Pafos.

There will be some waiting time at Agios Georgios Havouzas depending on the departure time.

The trip for Limassol to Pafos takes about **50 minutes**.



You arrival in Cyprus - Guidline from airport to paphos

More important



In Cyprus the power plugs and sockets are of **Type G**.
This type is of **British origin**.

So don't forget your **power plug travel adapter** !





Emergency numbers



Ambulance, Fire services and Police

199 or 112

Find an open pharmacy at night in Cyprus

192

Narcotics & Poisoning

90 90 14 01

Paphos Hospital

+357 26 80 3260



Reimbursement

Contact persons

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KATERINA VLADIMIROU +35799429683

Participants can look the table above, or the [travel distance band](#) to find the amount to be reimbursed.

GREEN TRAVEL option is only available if more than **60% of the journey** is made by bus and/or train.

For reimbursement of travel expenses, **PLEASE PRESENT** all original tickets, receipts, boarding passes and travel documents, it is mandatory.

The absence of these documents in their original form will make **reimbursement impossible**. The travel refund will be made according to the presented real expenses; in case your travel costs **exceed the official limits**, the reimbursement will be **limited to the maximum budget**.

We will only reimburse the travel expenses of participants who **are present throughout the entire project**.



Participants will be responsible to choose their own transport and will have to pay for it in advance.

Arrival at the Accommodation place **before 23h00**.

Departure from the Accommodation **before 12h00 am**.

In case participants arrive earlier or depart after the activity dates, they will be responsible for the accommodation, food, transfers as there is no extra funding.

To avoid problems, we suggest that the participants send us the itinerary of the flight before they buy the tickets.



Important



Reimbursement: will be effected after sending **all documents requested** (tickets and boarding passes).

Accommodation: Participants will stay in triple and quartile **shared rooms according to EU comfort regulations**, and that is why we will ensure that accommodation will meet all sanitary conditions.

The meeting room and each space in which we will carry out the project activities will also meet the optimal conditions of safety, hygiene and comfort.

Food: If you have **allergies** or **other intolerances** regarding your alimentation, let us know and we'll take care of everything. If participants are **vegetarian**, **follow a special diet** or **have allergies to certain food**, we will take care to respect their diet.

Currency: Euro

Health: Don't forget your **EU Health Insurance Card!** Special attention will be given to the safety of the participants.

Certification

Youthpass Certificate of participation



For the participant with fewer opportunities

- **Social obstacles:** young people facing **discrimination** (because of gender, ethnicity, religion, sexual orientation, disability, etc.), young people with **limited social skills** or **anti-social** or **risky sexual behaviours**, young people in a **precarious situation**, **(ex) offenders**, **(ex) drug addicts**, **young and/or single parents**, **orphans**, young people from broken **families**, etc.
- **Economic obstacles:** young people with a low standard of living, **low income**, **dependence on social welfare system**, **long-term unemployed youth**, **homeless young people**, **young people** in debt or in financial problems, etc.
- **Disability:** young people with **mental (intellectual, cognitive, learning)**, **physical**, **sensory** or **other disabilities**.
- **Educational difficulties:** young people with **learning difficulties**, **early school-leavers and school dropouts**, **lowly or non-qualified** persons, young people that **didn't find their way in the school system**, **young people with poor school performance** because of a **different cultural/linguistic background**, etc.



For the participant with fewer opportunities

- **Cultural differences:** young immigrants or refugees or descendants from immigrant or refugee families, young people belonging to a national or ethnic minority, young people with linguistic adaptation and cultural inclusion problems, etc.
- **Health problems:** young people with chronic health problems, severe illnesses or psychiatric conditions, young people with mental health problems, etc.
- **Geographical obstacles:** young people from remote, rural or hilly areas, young people living on small islands or peripheral regions, young people from urban problem zones, young people from less serviced areas (limited public transport, poor facilities, abandoned villages...), etc.

Daily program will be provided soon.
Please note that we might have **some changes**.

We have a general tip as to what to bring with you to attend this event:
Good will and your **SWIMMING SUIT**



See you soon !



<https://www.ccifcyprus.com/>



ccifcyprus@outlook.com



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