



Paphos, Cyprus



YOUTH EXCHANGE



**YOUTH EMPOWERMENT
IN A CONNECTED WORLD**

April 16-25, 2025

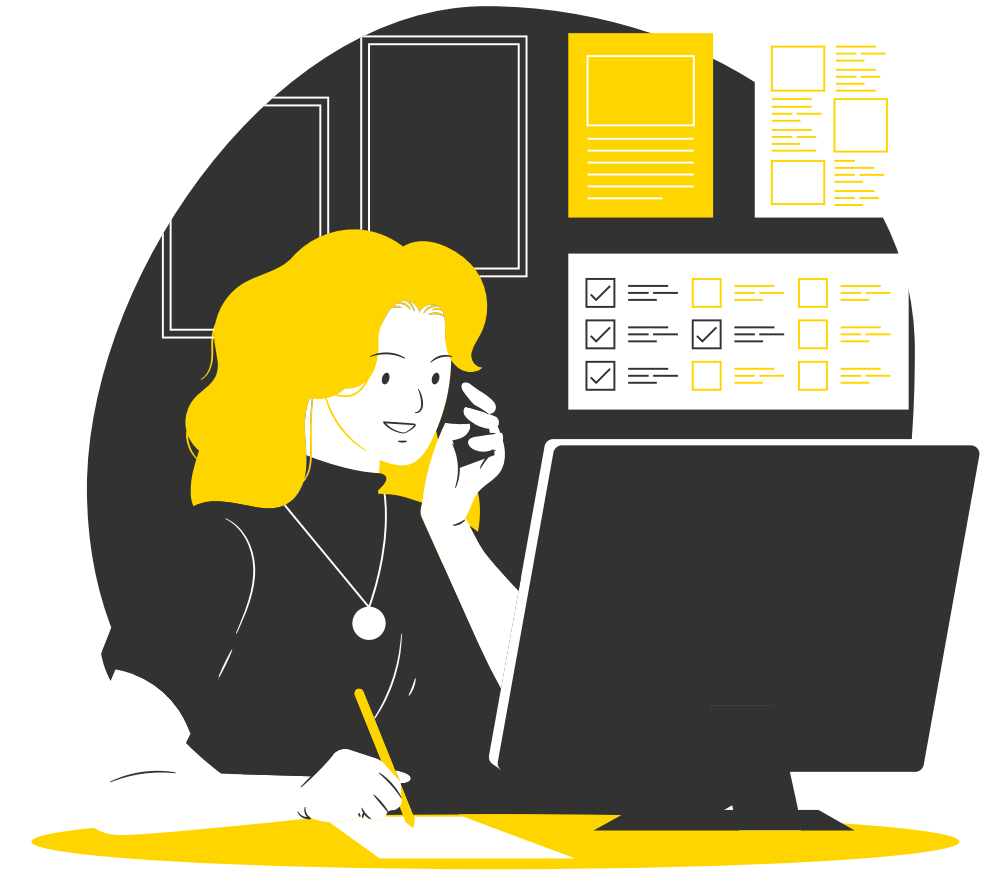
A HUGE WELCOME AND HELLO TO YOU FROM THE PROJECT ORGANIZERS' TEAM!

WE ARE LOOKING FORWARD TO MEETING YOU AND SUPPORTING YOU DURING YOUR STAY HERE IN CYPRUS. WE ARE GOING TO WORK TOGETHER DURING THE NEXT MONTHS, FULL OF NEW EMOTIONS, ACTIVITIES, DISCOVERIES, THOUGHTS AND PEOPLE.

FOR SOME OF YOU IT IS GOING TO BE EVEN A LIFE-CHANGING EXPERIENCE!



STARTING POINT



THE MODERN WORLD IS BECOMING INCREASINGLY DIGITAL, OFFERING YOUNG PEOPLE WITH BOTH MAJOR OPPORTUNITIES AND SIGNIFICANT CHALLENGES. DESPITE THE POTENTIAL FOR PERSONAL AND PROFESSIONAL GROWTH OFFERED BY DIGITAL TOOLS AND TECHNOLOGIES, MANY YOUNGSTERS LACK THE ESSENTIAL SKILLS TO USE THESE OPPORTUNITIES EFFECTIVELY. ACCORDING TO THE EUROPEAN COMMISSION STUDIES (2023), 44% OF EUROPEANS AGED 18-74 LACK BASIC DIGITAL SKILLS, HIGHLIGHTING THE URGENT NEED FOR DIGITAL EDUCATION.

WHAT ARE WE AIMING?



- **To equip participants with essential digital skills.**
- **To promote critical thinking and media literacy.**
- **To raise awareness about online safety, cybersecurity, and responsible use of social media.**
- **To educate participants on the effective and responsible use of social media.**
- **To promote lifelong learning and adaptability in the rapidly changing digital environment, equipping participants with the skills needed for their professional careers and personal lives.**

Partner Organizations

	Be Best Hungary
	Babaduri Idea Hub (BITISI)
	FONDAZIONE ISTITUTO MORCELLIANO
	European Initiative for Youth Empowerment, Mindfulness and Wellbeing "GO Alive"
	United Efforts Network for Progressive Development

**We will host 4 Participants + 1
Group Leader from each
organization**

WHAT WE ARE GOING TO DO?

We would like to invite participants with different backgrounds in an inclusive environment; offer non-formal learning activities that help them get to know themselves better and deliver activities on the topics of digitalization . Our project will create an engaging atmosphere where each participant is respected and their behavior is driven towards a more equal, greener, more participatory, more digital and more sustainable society.



Project Timeline



Selecting Participants

February 2025



Preparation

March 2025



Youth Exchange

April 2025



Follow-up

May 2025

Programme of "Youth Empowerment in a Connected World"



Arrivals

Day I

Introduction to the youth exchange

Day II

Team Building & Introduction to Digitalization

Day III

Digital Competences

Day IV

Media Literacy & Safety

Day V

Social Media

Day VI

Digital Skills into Practice

Day VII

Summing Up & Dissemination

Day VII

Youthpass, Evaluation & Closing

Departures



09:00–10:00

BREAKFAST

10:00–11:30

SESSION I

11:30–12:00

BREAK

12:00–13:30

SESSION II

13:30

LUNCH

15:30–16:30

SESSION III

16:30–17:00

BREAK

17:00–18:30

SESSION IV

18:30–19:00

REFLECTION TIME

19:00

DINNER

21:30

CULTURAL EVENING

Please be aware that the youth exchange will not provide you with the academic knowledge. the project will be based on non-formal education and its success is dependent on the contribution of participants.

DISSEMINATION

Visibility

When you return to your home you are responsible to:

- **Share multimedia (pictures, videos) through your personal and your sending organization's social media pages and promote the visibility of Erasmus +; the project; project outputs.**
- **Organize dissemination workshop for your peers.**
- **Write an article about your experience.**
- **Do other dissemination activities discussed during the mobility.**

PARTICIPANT'S PROFILE

You are welcome to join our our project if you:

- Are aged 18-27 (Group Leaders: 18-30)
- Are students, recent graduates or young professionals
- Have at least intermediate level of English language
- Are officially resident/ citizen of Georgia, Italy, Hungary, Greece or Latvia
- Having interests and providing a broad mix of perspectives on the digital environment, media literacy, and challenges.

***youth with social, economic, geographical obstacles; facing barriers linked to discrimination will have a priority in the selection process.**



WHAT IS FUNDED?



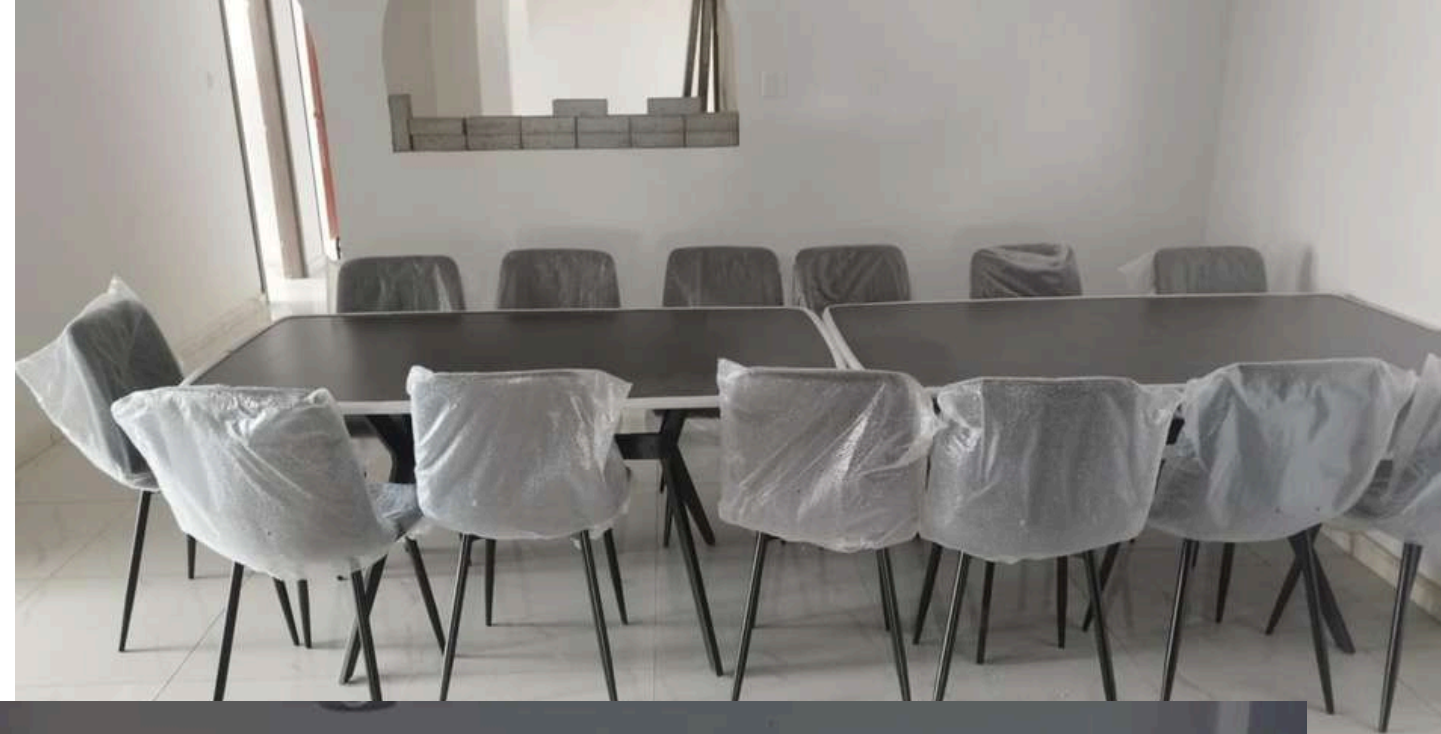
Erasmus+

Enriching lives, opening minds.

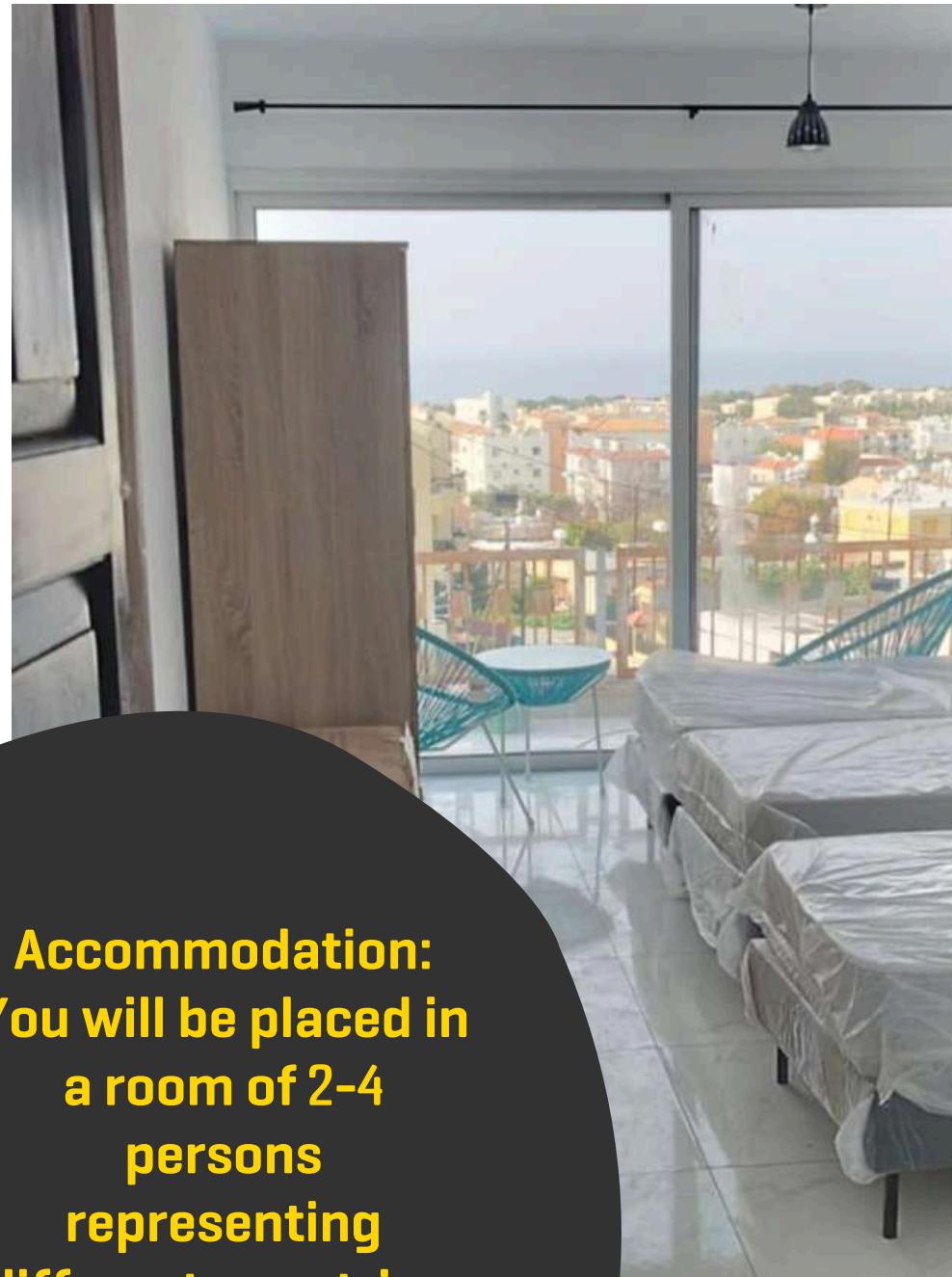


The project is funded by the Erasmus + programme of the European Union and supported by the National Agency of Cyprus. It means that costs related to participants international and local travel, accommodation, food and activities will be covered.

VENUE/ ACCOMMODATION



The project takes place at the residence and at the office of OPEI in the old town.



Accommodation:
You will be placed in a room of 2-4 persons representing different countries.



Address:
Nikodimou Mylona 33



Meals:
You will get 3 meals a day, served at the residence.

Traveling Days

Arrival Day: April 16, 2025

Please arrange tickets in a way to reach the accommodation **no later than 9:00 PM.**

Departure Day: April 25, 2025

You can leave the accommodation **after 6:00 AM.**

To get your tickets reimbursed you have to get our CONFIRMATION before you buy tickets. You have to send the tickets you select to the email address: bitisi.exchange@gmail.com, get confirmation and only after this you can purchase them. You can only buy tickets from the airlines directly or from international agencies that we know and trust.

You are allowed to come to Cyprus maximum 2 days before the event and leave maximum 2 days after the event. During these periods you're not subsidized by the project - so, you will be responsible to cover your accommodation and food expenses for the extra days.

Travel Grands

Georgia - 309 EUR

Hungary - 309 Eur

Greece - 309 Eur

Italy - 395 Eur

Latvia - 395 Eur

How to get to the Residence

There is an airport in **Paphos** and also in **Larnaca**. You can choose which is the best for you. Then you take a bus.

If you fly to Larnaca - You need to go to Finikoudes beach and then you take a bus to Paphos that costs 7-8 Euros.

Info about Paphos public transportation is [on this link](#).

Address of the Residence: Nikodimou Mylona 33 | [On the Map](#)



REIMBURSEMENT!

Pre-requisites: All expenses have to be discussed and approved by us in advance. You need to collect all documents related to your traveling from your place of living to the project venue. You can use only the following means of transport and provide the following documents:

Airplane - Booking confirmation/ e-Ticket (that you receive on your email), Invoice (you ask the Airlines/ agency you used and get it from them) and Boarding Passes (you have to have boarding passes of all flights you take | Screenshots and pictures are not accepted | Either you send us digital Boarding Passes (PDF.. not a screenshot of it) or if you have a physical one, you bring it in hand or send it to us by post).

Bus - tickets and receipts/ invoices

Train - tickets and receipts/ invoices

Tram/ Metro - receipts and tickets.

***You are only allowed to have Economy class tickets... with no extra services (such as seats, insurance, flexible options, etc.)**

****TAXIs will not be reimbursed.**

*****Traveling by car/ carpooling will not be reimbursed.**

Reimbursement Form: You will need fill in digital reimbursement form before (or during) the project mobility where you indicate all your travel/ visa expenses. When you arrive at the project, you have to introduce relevant proofs of expenses in case they already happened, or send the document after the project, in case you will make that expenses while departing. For the currency conversion Erasmus + currency converter will be used.

***You can not add expenses to the form which cannot be proved by relevant documents.**

Reimbursement Date: Reimbursement will be done after all phases of the project is finished. It will take several months and will be executed **in June - August 2025** after providing all relevant reimbursement documents and dissemination/ visibility proofs.

Reimbursement Method: Reimbursement will be made via a bank transfer to the account of the Sending organization or the Group Leader (one transfer per national team). In case there is a bank commission fee, it will be covered by participants.




USEFUL INFORMATION



Visa
Citizens of none of the participating countries need visa to enter Cyprus.



Currency in Cyprus is Euro. You can pay by card almost everywhere, but it's always a good idea to have some cash with you.



Weather in April will still be WARM in paphos. you will need to carry **SUMMER CLOTHES**, but also A **JACKET, RAINCOAT** and some warmer ones.

CULTURAL EVENINGS

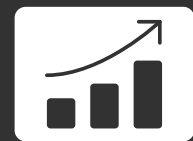


During the project you will present your own cultures – national, regional, personal or any kind of culture you feel you belong to. Feel free to share your country by bringing the flag, local food, drinks, songs, dances, souvenirs, etc. Each country will have a cultural evening on a separate day and it will last 1.5-2 hours. We will really appreciate if you come prepared on the project.

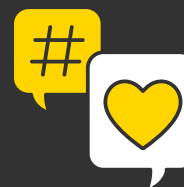
WE ARE EXPECTING FROM YOU:



To be tolerant



To be proactive



To be empathic



**Not to come here for
tourism purposes**



**To respect project
principles, agenda,
organizers and each
other**

WHAT TO PACK

- **Passport**
- **European Health Insurance card or any other insurance**
- **Comfortable clothes, your fav towel if you have one, sneakers**
- **Basic hygiene cosmetics**
- **Cultural food, drinks, flag, souvenirs, etc. Be Creative!**
- **Board games (if you have some)**
- **Laptop (at least one per national team)**

After successfully participating in our Youth Exchange project, your non-formal and informal learning experiences will be recognized by the Youthpass certificate.

Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes.

Youthpass





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