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BOARD
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ΦΙΛΟΔΑΣΙΚΟΣ ΣΥΝΔΕΣΜΟΣ
ΑΓΡΟΥ 1976
AGROS ENVIRONMENTAL GROUP



**EUROPEAN
SOLIDARITY
CORPS**

Agros Environmental Group

**ERASMUS+
Key Action 1 ESC**

**Project tile:
“Rose Volunteering”**

**2 May – 07 June 2020
Agros- Cyprus**

INFO PACK



Hello dear friends and partners,

We would like to welcome you to our ESC project titled “**Rose Volunteering**” that will be hosted in Cyprus by Agros Environmental Group in cooperation with partner groups from Italy, Latvia, Estonia, Germany and Spain . In this INFO PACK you can read all the details of the project.

Project Summary

“Rose Volunteering ” is an ESC project of Filodasikos Syndesmos Agrou that will organised in Agros between 02/05/19- 07/06/19. In the project will take part 24 volunteers with fewer opportunities from 4 different countries.

This short-term EVS project enables volunteers to participate in our organization’s activities and cooperation with other institutions in order to organize the local "Roze festival 2020".

Topics of the project: ecology, environment protection, culture & creativity

Moving in another country means learning and adjust the new knowledge to develop as a person and help the social and daily life development in your community. Through non formal activities our project will redefine the habits and the needs of youth in Agros underline the need to respect our environment and our health. This ESC project means to adopt a Green life style in the most trendy way that is beneficial for youth as well as the environment they live in. The volunteers will be the example for the whole community as they will create events and implement various activities. The rose festival is the best way to support our aims.

The project will take place in Agros (Cyprus), during its famous Festival of Roses and it will gives an opportunity to the young people from different countries to realize their common values by creating different works of art and embody in them their own cultural identities and backgrounds. Agros the main centre for the production of the Cypriot rose oil is famous worldwide thanks to this traditional activity that is several centuries long. Rose-picking lasts for about a month (from May to June, depending on weather conditions) and it is done every morning from 5 to 10 o’clock. So the Volunteers will support local people in picking up roses and then making rose products like marmalade, liquer, soaps, candles etc.

Moreover the 24 youngsters will work on projects which aim to create a better life for youngsters, especially for those with fewer chances and those who are having luck of nature and exercise in their daily life. This systematic work along with all the other activities of Filodasikos Syndesmos Agrou and the Rose festival programmed activities are able to create a System of unofficial rules that will be adopted by our citizens and change our community to a better way.

In addition through inter-cultural activities the volunteers will present their culture, and through daily life they will be integrated in the Cypriot society. “Rose Volunteering ” has also another meaning as promotes the youth mobility as a tool for the personal development and social change.

The program will offer to the local youth a non formal series of methods for good life, inspired by roses and their use. Methods and activities were adapted to modern life, to promote healthy lifestyles, environmental awareness, direct human contact, sport and finally, the good life itself. Today, more and more often unfortunately we meet young people with serious health disorders based on poor eating habits, such as fast food, and eating food that carry chemicals and have no nutritional value. In combination with a sedentary life-without exercise that today begins even from childhood (the game has been replaced with a video game), the results are alarming! Also

the usage of computers is increasing not only in job places but also in youth spare time, developed a addicted relationship.

All above creates youth profile nowadays. Poor diet, no exercise and face book / play station. All these have been linked with multiple health problems, including tumors, cancer, emotional disorders and behavioral problems.

At the same time, the environmental problems of cities (smog, worsening climatic conditions) and the looming depletion of energy reserves of fossil fuels (coal, gas, oil, fissile materials) in conjunction with the ever increasing demand for energy, and the gradual deterioration environmental problems, has led modern society to turn both technical efficiency and the rational use of energy.

“Rose Volunteering ” will train the 24 volunteers to provide activities to the local youth in order to make common solutions to these problems.

Volunteers working with young people will learn and develop ways to face these challenges that both are beneficial for themselves and the environment.

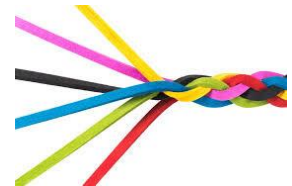
Details of the project

1. We will host total **24 female and male ESC volunteers aged 18-30 years old**
2. Project will last for **37 days (02/05/19- 07/06/19)**
3. Partner countries: Italy, Estonia, Germany and Spain
4. Food and accommodation will cover **100%** by organizers.
5. Venue of the project is Agros village in Cyprus www.agros.org.cy
6. **DEADLINE for partners to select participants: 31 March 2020**

Dates of the project

APV meeting: 13-15 March 2020

EVS project: 02 May – 07 June 2020



Participants

Participants should be *responsible youngsters*, aged between 18 – 30 years. They should have an interest in the topic and be willing to learn and be motivated to share experiences with others. They should also be able to work in English since the working language of this Project will be *English*. Gender balance and group diversity in terms of different social and cultural backgrounds should be taken into consideration. We know that the ESC experience is for the ‘lucky ones’ and our group does his best to make it productive and memorable one, so we’re looking for Motivated Volunteers, who will be working for the organisation productively. The level of English should be very good and the volunteers will have a chance to learn Greek as well.

Reimbursement

Unit costs of your travel expenses (see table above) will be covered by the organizers with the support of ERASMUS+ programme. In order to receive this money for transportation, please keep **ALL** original invoices, tickets, boarding-passes or any other transport document.

Below, there is a list with the budget with the travel costs (1 person) for each country for both APV and ESC:

No	Country	Max amount per person in Euro
1	Italy	275
2	Germany	360
3	Spain	530
4	Estonia	360

Travel costs from home to the venue of the project and return. Please note: only cheapest means of transport/fares are subject to reimbursement. All amounts are expressed in Euros.

Very Important!!!!

ALL ESC volunteers must travel from their home country to Cyprus. This is the new rule we have from National Agency and ESC. We can not host people who come from a different country and not from their home country. Of course you can flight from a different country but your trip must start from your country. As an example a person from Italy can go to Greece by bus or train and take a flight from Greece to Cyprus. But we need also the bus or train tickets which confirm that he start he's journey from he's country.



Partner groups

Role	Name	Country
Hosting organization	Filodasikos Syndesmos Agrou	Cyprus
Sending organization	Seiklejate Vennaskond	Estonia
Sending organization	Jugendwerk der AWO Württemberg	Germany
Sending organization	Associazione TDM 2000	Italy
Sending organization	Building Bridges	Spain

European Health Card

It is the participant's responsibility to have a travel health insurance or a European Health Card. The European Health Card is accepted in every country within the European Union, can be obtained for free and is valid for 1 year.

More info at:

<http://ec.europa.eu/social/main.jsp?catId=559>



Agros village

Participants will be lodged in a hotel, centrally located in Agros, a beautiful village in the heart of Cyprus. Agros is a village in Limassol district, built amphitheatrically among high mountains. Its population is 800 people and it is one of the most interesting villages in Cyprus and Pitsillia area. Historical and cultural sites are kept in a natural environment of extraordinary beauty with the village maintaining the customs and its traditional character. The love for work and the progressiveness characterise its inhabitants. The village's modern roads make it a connection point between the cities of Nicosia and Limassol and the mountain of Troodos. Its main production line consists of grapes, garden products, fruit of excellent quality, soutzoukos, traditional type smoked products (sausages, lountza, choiromeri), traditional sweets and marmalades. Its inhabitants are also into tourism business (hotels, tourist apartments, inns, traditional coffee shops, taverns and bars.). More info at www.agros.org.cy Agros is called the "ROZE village" as you can find a special kind of beautiful and fragrant roses. The locals use them to produce the famous rose water.

Rose water is produced from "rodi damaskini" which is a special cultivation of roses. These roses have a beautiful scent and they are the most adequate for the production of rose water. Every May in Agros we have the "Roze Festival" at the peak of roze blossom. The festival offer a choice of functions, activities, displays and demonstrations that delight anyone appreciating nature's beauty.



Accommodation

Participants will be lodged in youth hostel in Agros, a beautiful village in the heart of Cyprus (www.agros.org.cy). The hotel offers double and, bathrooms and balconies offering views to Troodos Mountain.



Climate

The average daytime temperature in Agros is around 25°C and you are advised to bring sun protection lotion or cream to protect your skin and avoid getting sunburn. At night, the temperature drops down, so please also bring a jacket with you! During May the weather is fresh.

Entry to the island

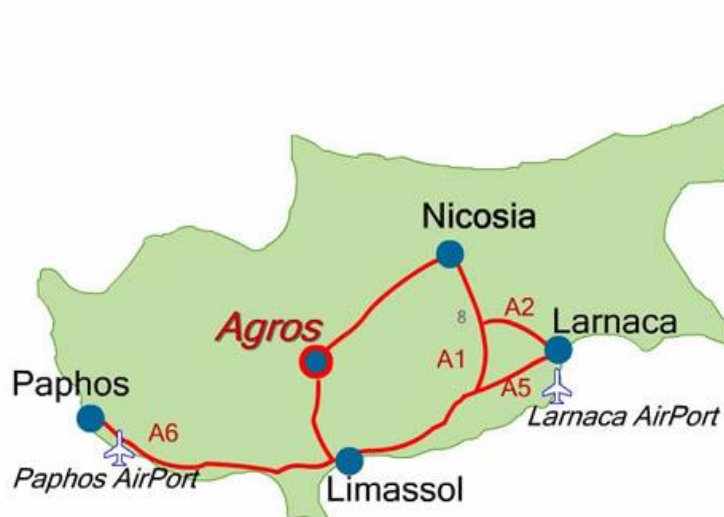
Larnaca airport is the nearest to the venue. Cyprus has a second airport situated in Paphos, however transportation between Paphos and the venue is more difficult.

IMPORTANT:

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. This is not our personal opinion, but a policy of Cyprus Republic that we have to respect. Therefore, we are asking you to book your flights with the cheapest flights from one of the 2 legal airports of Cyprus.

Coming to the venue of the project (Agros village)

When you arrive in Larnaca or in Paphos airport, we will arrange a bus to pick you up from there and bring you to Agros village. The trip from airport to the venue of the project will take about 1.5 hour.



The Tasks of the volunteer will be:

- Work in the preparation and implementation of Roze Festival 2020
- involvement in administrative and secretarial works of the organisation
- Making promotional materials for the organisation and the Roze Festival
- involvement in all event organisational and realization activities
- Participation in Youth activities
- The volunteers should organize their own Events
- Participation in meetings of the Agros Youth Club council
- Participation in European projects hosted in Agros and abroad
- Participation in European projects hosted
- The volunteers should organise an ERASMUS+ project
- Collection of material and information on the following subjects:
 - i. Environment of Agros: Organise walks in nature trails, create a record for local flora and fauna, organise photo contest about Agros landscape
 - ii. History of Agros: List all important historical places of the village, create thematic trails inside the village
 - iii. Culture of Agros: meet the cultural inheritance of the village, live and record traditional local customs and habits
 - iv. Meet Cyprus: Take part in field trips organized by the Youth Club, organise visits in different places in Cyprus during free time
- Creation of a digital “travel guide” for Agros Village. Ideally, this should be in different languages (e.g. English, Romanian, Latvian, Lithuanian, Italian Spanish, Greek)
- Print version of the travel guide (short version)
- Creation of a webpage about the ESC project and Agros environmental group.
- The volunteers should organise presentation of their country and their association.
- Common events and meetings with volunteers from other organizations in Cyprus, meetings with Erasmus students, meetings with members of the Youth Club that are outside of Agros.
- Basic Greek lessons.



What to bring:

In order to everybody have a really good time, we would like you to bring some things which we believe are important for the participation of all participants and for the success of the Youth Exchange.

- Necessary documents such as passports, travel documents, etc.
- Comfortable clothes and shoes
- Personal care products, such as shower gel, shampoo, comb, etc.
- cameras, laptops and other equipment making life and work easier;
- Medicine, if you regularly take any
- Money
- And above all bring joy and lots of positive energy !!
- Endless amounts of good mood and motivation for work and leisure!
- Positive attitude, desire to learn and meet cool new people! :)

COSTS:

- The project is funded within the frames of ESC project. So all costs are covered:
- Travel cost up to the travel limit according the distance calculator of EU
- Insurance will be covered by CIGNA

EVS On-Arrival Training

The training activity will take place in Agros between **04-06 May 2020** and is organised by the hosting group

The aim of the training is to provide the new ESC volunteers information on their rights and duties, the ERASMUS+ programme and ECS. The volunteers are also will give a chance to reflect on the importance of communication, their role in their projects and the project in general. Also, to introduce the hosting country and the projects' environment to incoming volunteers and to empower them so that they cope with the challenges that will occur during their stay and activation.

Objectives

- To get to know each other but also to get acquainted with other actors related to the ESC programme in Cyprus.
- To bring volunteers in a primary contact with Cypriot cultural characteristics.
- To create an “informal” volunteers’ network that will constitute a means for mutual support and exchange of experience during their project.
- To exchange “first” experiences with regards to the volunteers’ hosting projects.

It is not required any certification or special skills, just bring your enthusiasm and live the event in its proper and cheerful mood!

We encourage participants to be an active part of this project, embracing responsibility and enjoy the cultural side of this experience! And now, pack your bags, fill your heads with ideas and come meet us in Agros. Together we can make a change!

We hope that you find the Project worth participating in and we look forward to meeting you on May 2020!

Please do not hesitate to contact us on email vasilis@cing.ac.cy or by phone at **00357-99473782** if you have any more questions!

See you in Cyprus!

Agros Environmental Group

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Useful information about Cyprus



- ✓ **Weather:** check it out e.g. on <http://weather.yahoo.com/>
- ✓ **Electricity:** Cyprus has the 240 Volt/ 50 Hz 3 pin electricity plus – so you will definitely need adaptors. Make sure you bring at least one with you. 
- ✓ **Cyprus Time Zone:** UTC (or GMT) +2
- ✓ **Cyprus currency:** the Euro. You can use your credit card (VISA, Mastercard etc.) almost everywhere.
- ✓ **Cyprus International Dialing Code:** +357