

# HEALTHY EMPOWERMENT OF YOUTH (HEY)

## YOUTH EXCHANGE

01-09 JULY 2025  
PERVOLIA - CYPRUS

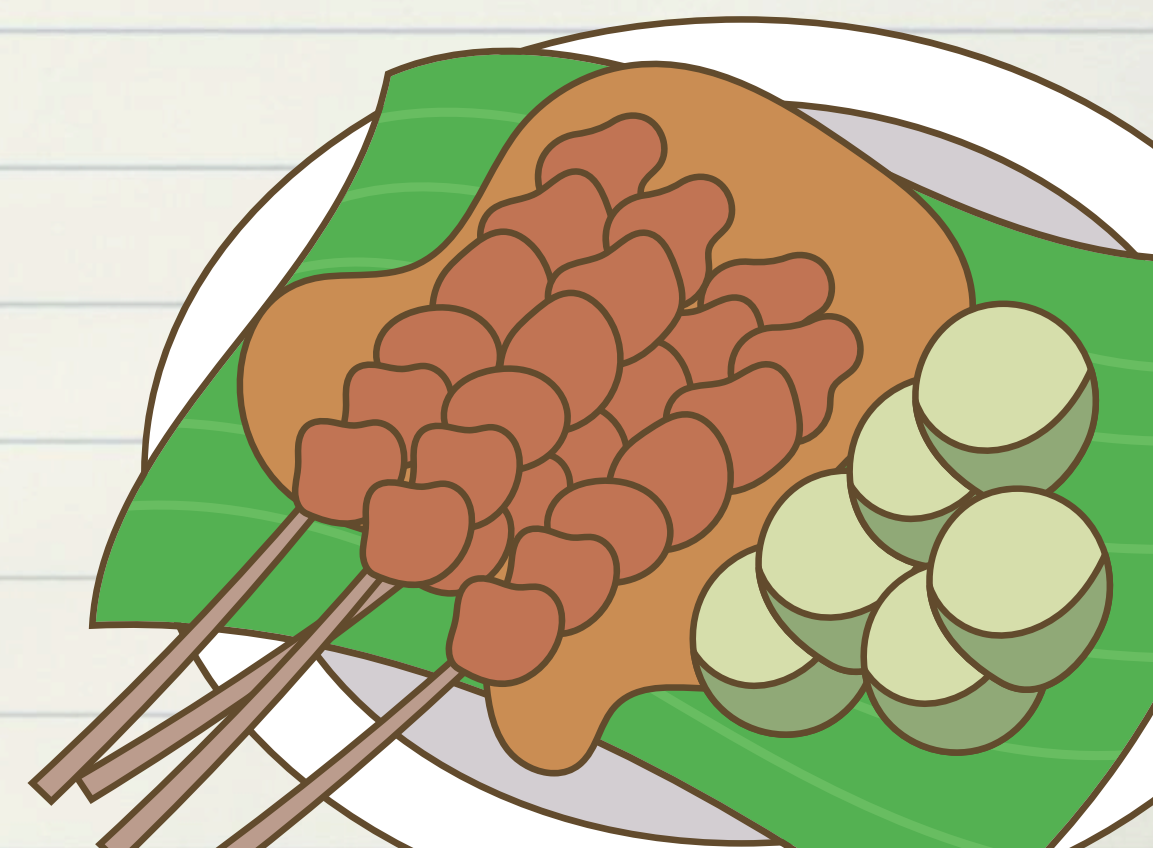


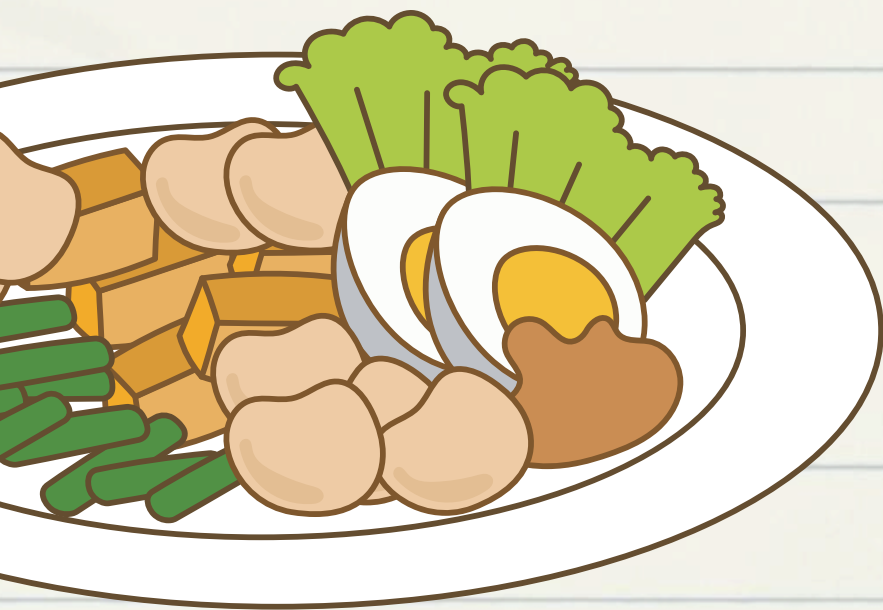


# Project Summary

'Healthy Empowerment of Youth (HEY)" is an initiative of committed 48 young people from 6 EU countries to raise awareness on the importance of healthy and active lifestyle and to encourage young people to take active part in the promotion of these principles in their communities as well.

The project will promote healthy lifestyle through physical activities including sport and at the same time will raise cultural awareness of participants. They'll learn about traditions and cultures of different countries. The participants involved in the youth exchange will learn, see and explore different types of sports and healthy lifestyle.





# Objectives



To foster inter-cultural exchange of traditions, experiences, habits, exploring wellbeing, through outdoor activities and to develop young people's skills to become more active and responsible Europeans citizens

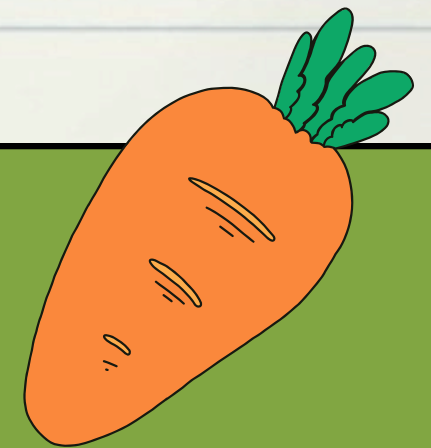
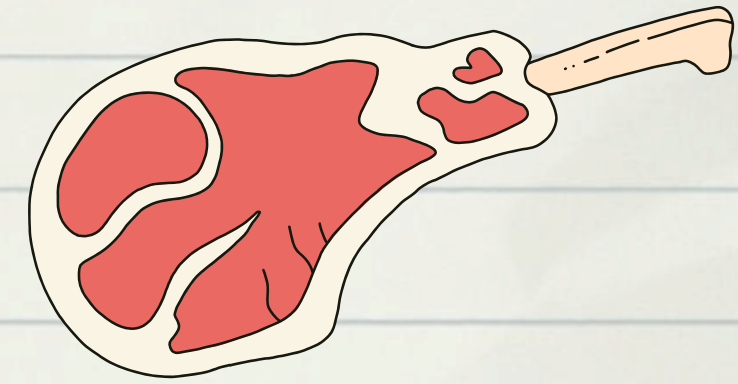
To raise awareness about the importance of healthy and active living among young Europeans and to empower young people to promote healthy and active living in their communities

To provide opportunities for young people with fewer opportunities to develop their skills and competences through sport in intercultural environments



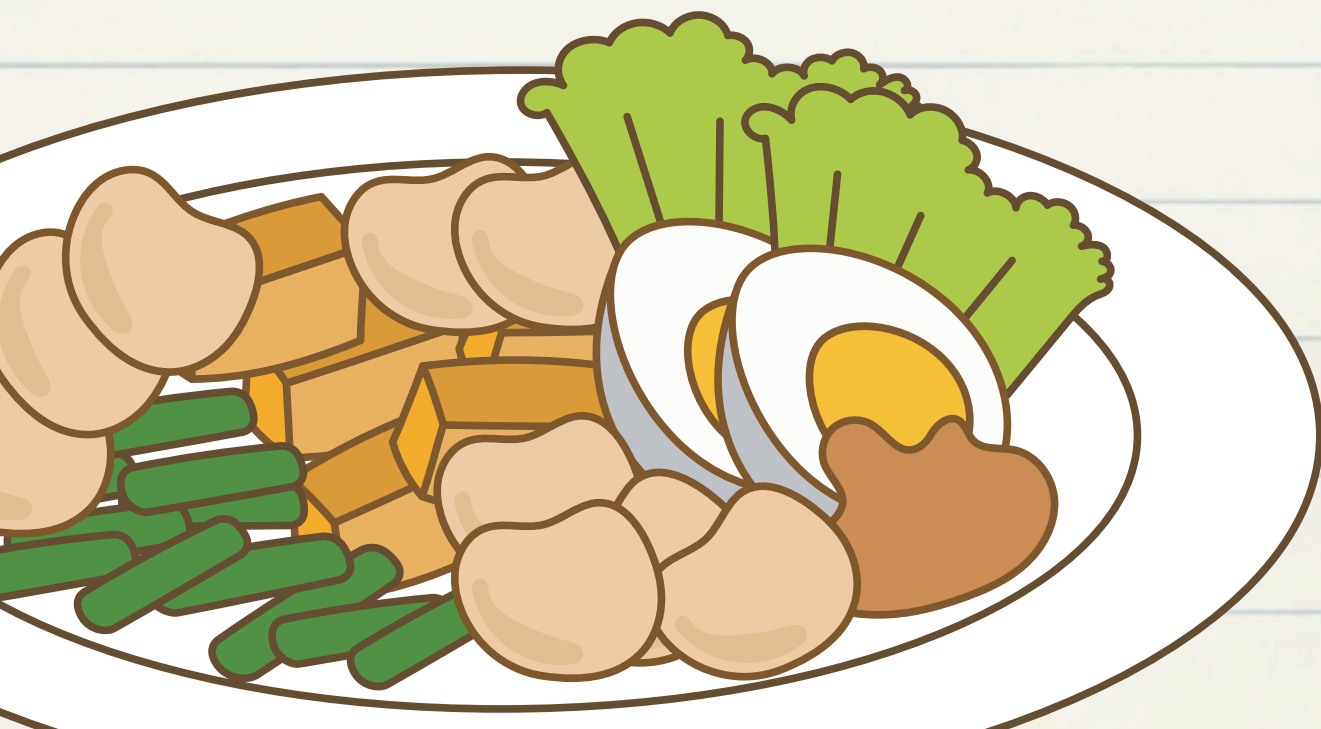
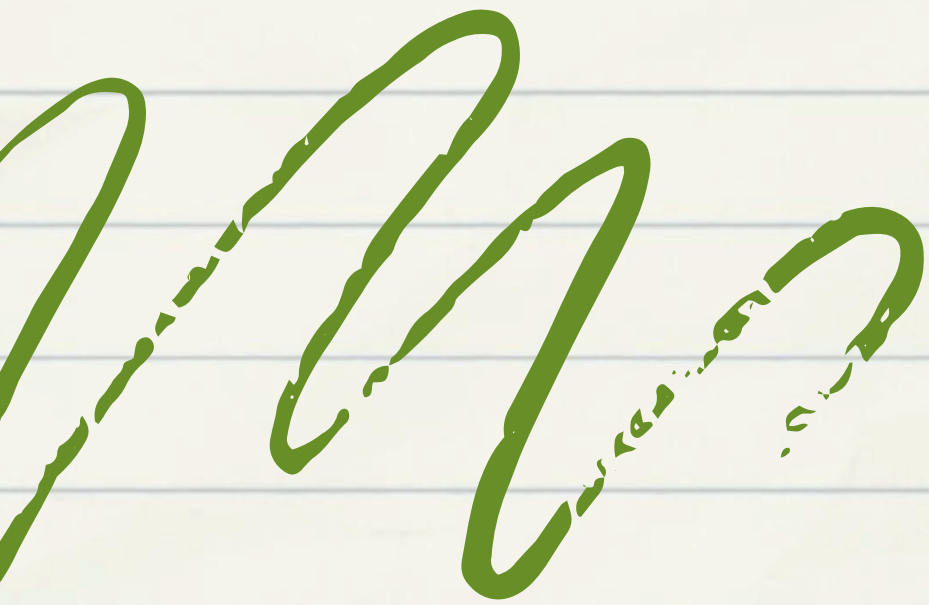


# Activities



The exchange will be based on non-formal education methods, such as :

- creative sessions,
- discussions,
- debriefing,
- interactive workshops,
- simulation games,
- video-shooting, r
- eflection groups,
- evaluation sessions, etc.



## ► Let's know our participants...



### **PARTICIPANTS' PROFILE:**

Responsible youngsters aged between 18-30 Have a good or basic level of English Eager to accumulate knowledge and develop new skills and competencies that they will then share 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 the participants.

## Hosting organization

- Youth Dynamics, Cyprus

## Youth Exchange Dates

- 01-09 /07/2025 (incl. travel dates)

## Venue of the project

- Pervolia village, Larnaca, Cyprus.

## Number of participants:

- 7 participants 18-30 years old and 1 group leader = Total 8 people.

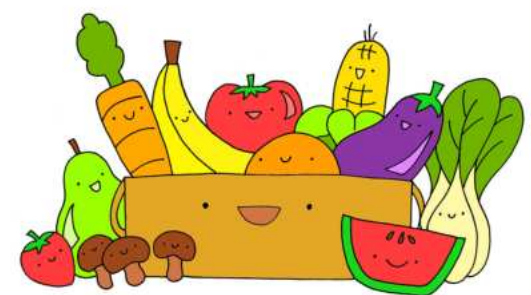
## APV meeting

- 09-11 May., 2025 (incl. travel dates)

## Participant countries:

- Cyprus, Romania, Slovenia, Hungary, Greece, Italy

# DETAILS





# VENUE OF THE PROJECT



## Venue

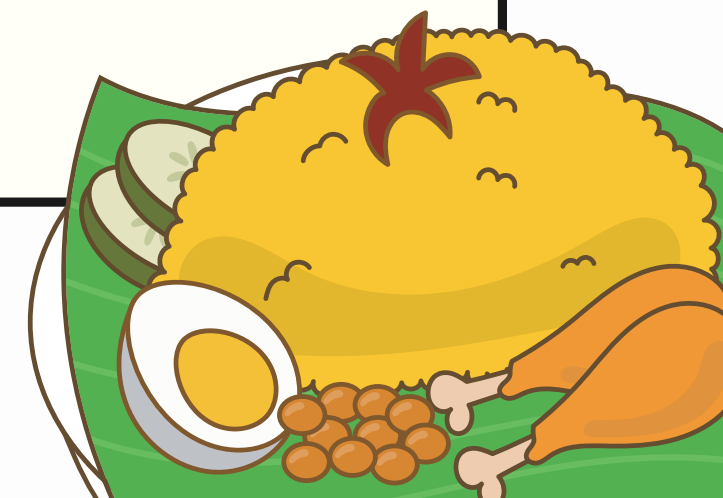
The youth exchange will take place at Journalistic Village, in Pervolia.

This accommodation is situated near the beach, and the apartments are furnished with a private bathroom, a kitchen equipped with a fridge, air conditioning, and central Wi-Fi.

The venue consists of small flats with 1 or 2 bedrooms. Each flat can accommodate 4-6 people.

The location has a spacious activity room designated for the workshops, as well as a restaurant named Enalia which will provide all the meals throughout the day and snacks during snack breaks.

📍 Journalistic village in Pervolia, Larnaka, Cyprus  
<https://maps.app.goo.gl/Np8Cd8wNDvs6WMKH7>



# Travel costs

The youth exchange is funded through the Erasmus+ programme. This means that accommodation, food, materials, project activities, and travel costs (up to the amount indicated below) are fully covered. \*\* Accommodation and meals will only be provided during the project dates. Participants are responsible for arranging their own accommodations and meals for any additional days beyond those specified.

- 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 **to the sending organisation**, after submitting all the original documents, and upon completion of the Mobility Tool+. Only the cheapest means of transport/ economy fares are subject to reimbursement. The project's budget will **NOT** cover the following costs: Taxi, Personal Car, Parking, Personal Costs. Your trip must start from your home country.

- If you want to arrive 1 day earlier or leave 1 day after the project, you will have to cover the extra cost of accommodation and food by yourself.
- **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.**



309 euro

Greece, Slovenia,  
Italy, Hungary and  
Romania

**Travel budgets:**





# Travel guide

2

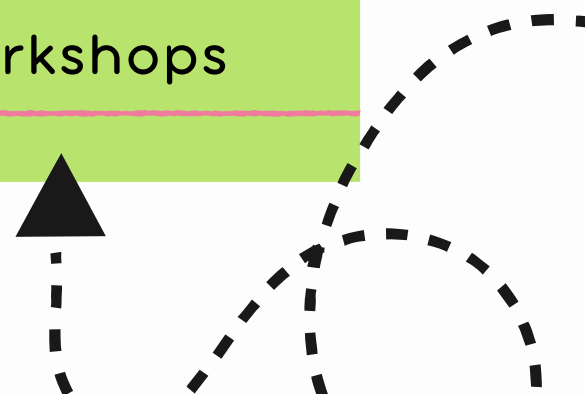
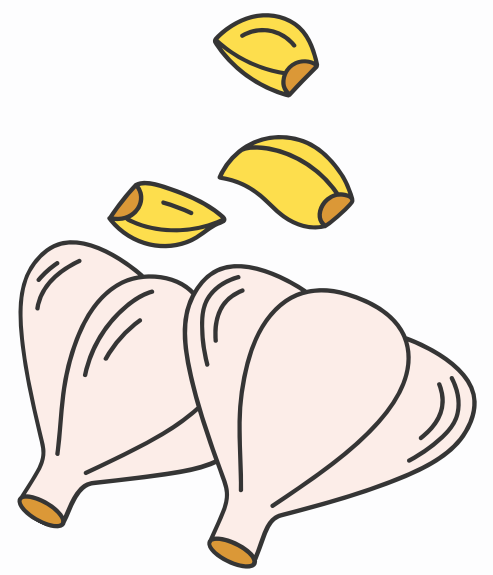
The venue is closest to Larnaca airport, while Paphos airport is also available but transportation to the venue is more difficult.

Note that Ercan Airport in the Northern part of Cyprus is not covered by the European Union for travel expenses. Therefore, we request that you book flights to either Larnaca or Paphos, as these are the only two legal airports in Cyprus that are eligible for reimbursement.

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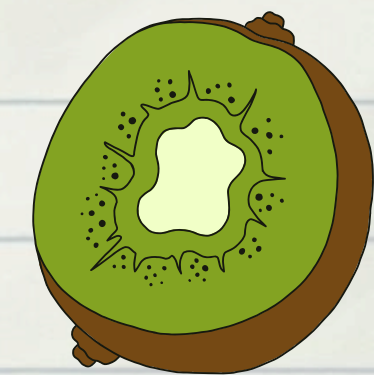
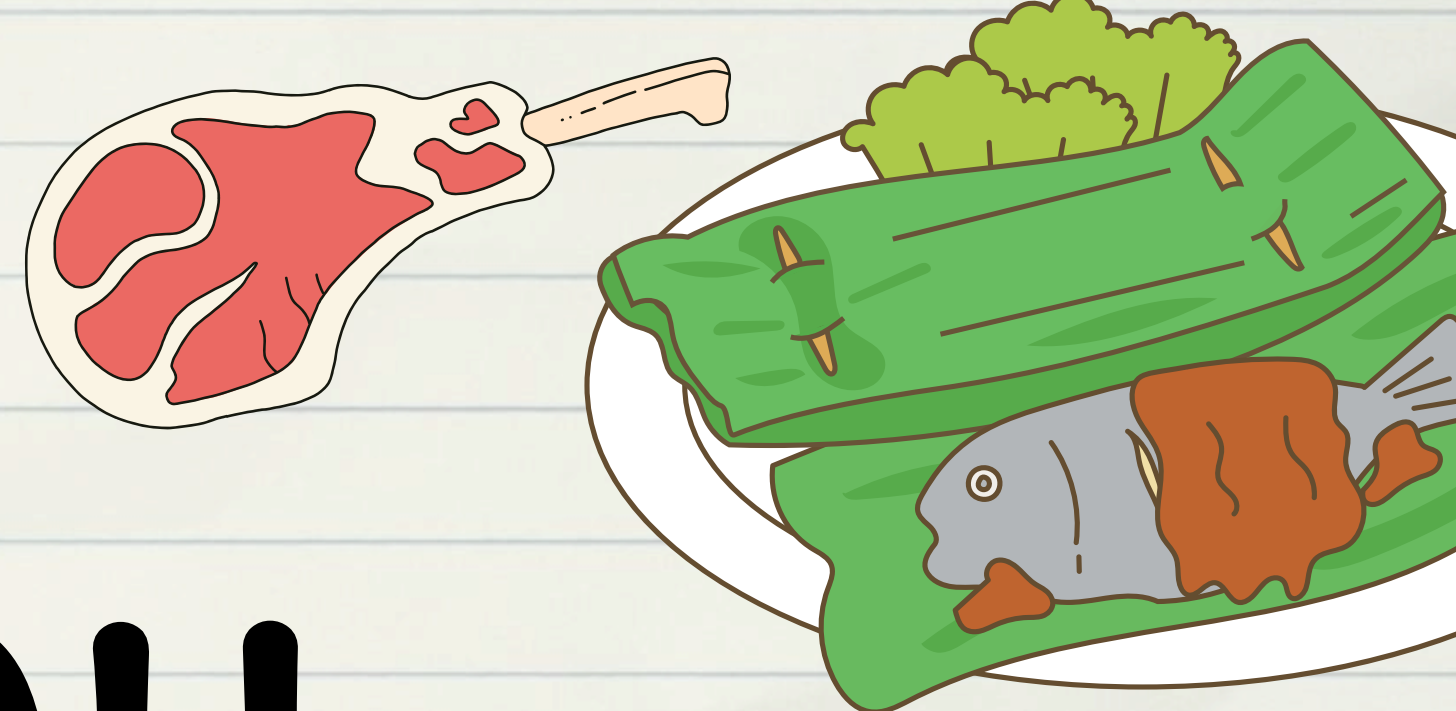
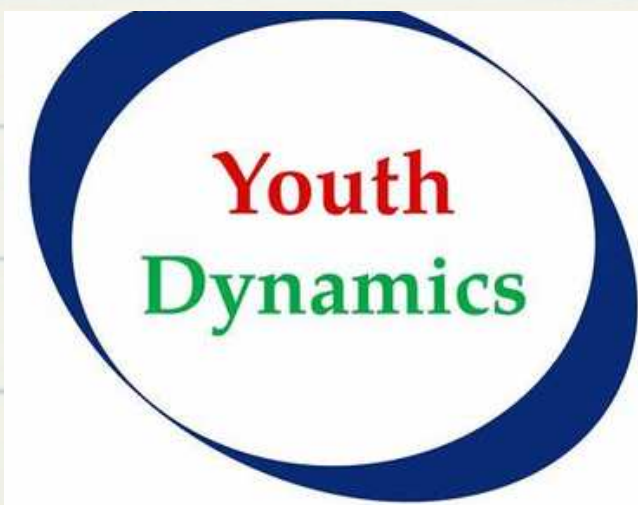
## What to bring

- Original tickets, boarding passes, passports European Health Insurance Card (EHIC)
- Personal medication
- Power adaptors suitable for Cyprus' 240 Volt/50Hz, with 3-pin electricity plus socket
- National products for the Intercultural Nights and other materials
- Comfortable clothing and shoes
- Personal care products (shampoo, comb, hairdryer)
- A laptop per country (for workshops and intercultural nights)





Erasmus+



SEE YOU  
SOON!

**Contacts:**

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