

*INFO*

*PACK*

*European Solidarity Corps*

*Pathways to Inclusion:*

*Empowering Diverse Young Voices*



# What's the programme about?

The **European Solidarity Corps** is a programme promoted by the European Union that gives to the participants the chance to get involved in new realities

Learn more about different cultures, make new friends, give something back, contribute to local communities and help to build a more inclusive society...

## Financial support

The participation to the programme is **free of charge** for the volunteer. You are entitled to a **monthly Pocket Money and food allowance**, ensuring your flexibility and autonomy. **Accommodation** is provided for Volunteers from abroad.

...but also, improve your skills, expand your social network and prepare for the job market



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# Who can participate?

**Young people** that have reached 18 years and not older than 30 at the start date of the activity.

For participants in humanitarian aid related solidarity activities, the upper age at the start of the activity is 35 years old

To express the willingness to participate in the ESC, you have to register on 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



# In which actions we are related?

## Individual Volunteering Activity

offers opportunities for young people to take part in solidarity activities and to contribute to the daily work of the host organization, and the Community.

To participate, you have to register on the ESC Portal at <https://youth.europa.eu/solidarity>

## Volunteering Teams Activity

solidarity activities that allow teams of participants coming from at least two different countries to volunteer together  
you will prepare your activities in an international group!

Volunteering Project Activities:  
2 Individual Volunteering Activities  
1 Volunteering Teams Activity

## Our Activities

(VOLI01 and VOLI02)

**3 in-country volunteers**

**4 international volunteers**

**180 mobility days + 2 travel days**  
(VOLTE01)

**16 number of participants in total**

**6 in-country volunteers**

**10 international volunteers**

**14 travel days + 2 travel days**



# Our Projects

**Our projects** deal with different challenges:

- Social challenges
- Reception and integration of refugees and migrants
- Citizenship and democratic participation
- Environment and natural protection
- Health and wellbeing
- Creativity and culture
- Working against discrimination



Volunteer will be involved in the full cycle of activity planning, delivery, and evaluation, ensuring both personal learning outcomes and community impact.

**The activities focus on:**

- Supporting social inclusion, youth employability, personal development, soft skills, entrepreneurship etc.
- Assisting with language and integration support for refugees and newcomers, facilitate digital literacy and green skills workshops, and contribute to community
- Based initiatives on sustainability, culture, and active citizenship well-being and resilience activities, such as anti-stress workshops and peer-support groups
- Buddy mentoring and support of a mentor providing space to interact with other youth residing in Paphos and the surrounding communities and share EU values and opportunities

[Apply now through the ESC Youth Portal PASS](#)



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# Travel Costs



## Travel costs

contribution to travel costs for participants from their place of origin to the venue of the activity and return

Based on the travel distance per participant, including accompanying persons

The applicant 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



# Provided allowance

## **Pocket money**

contribution to additional personal expenses for participants

Based on the host country and the duration of the activity per participant

**For Cyprus is Eur 210 per month**

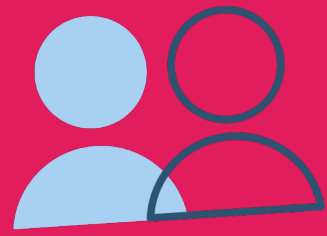
## **Language learning support**

**If need, is offered by the host organisation**

**Subsistence costs**  
volunteers will provide for their own food and they are entitled to a monthly allowance  
**Eur 190 per month**



**Take note!!!**  
the accommodation is provided for volunteers from abroad



# Bodies and contacts

**Lead organisation:** coordinates the programme, applies for grants, manages the granted and ensure the respect of volunteering principles and quality standards

**Support organisation:** from your country of residence  
Will help you prepare for going abroad before departure; stay in touch with you during the activity; after the activity will help you evaluating your participation to the programme

**Host organisation:** from the hosting country  
Will receive you and help you in your destination, guide you and support you in all phases of the activity (before departure and during the activity)



# Support services and training

**Training and evaluation cycle (TEC):** the programme offers you the opportunity to participate at training events and sessions that will give you guidance and support

At the end of the programme a **certificate of participation** will be issued and the **European Youth Portal and YOUTHPASS**.  
**keep in mind:** first you have to fill a participant report

Language learning support: with **Online Language Support (OLS)** you can improve your knowledge by accessing via EU Academy with your EU login

The European Solidarity Corps provides a range of support services for participants

Will also be given a training, offered by the National Agency in Cyprus



# Support services and training

## Pre-departure training

this training is only mandatory for participants in cross-border volunteering activities. This preparation should take place at least one month before departure

## On-arrival training

the main objective is to introduce the participants to the host country, to their day-to-day activities, also allowing the participants to get to know each other

The **insurance** covers  
medical and dental care, pregnancy and childbirth, accident and hospitalisation  
life insurance  
permanent disability  
third party liability  
travel insurance

The European Solidarity Corps provides a range of support services for participants

Participants must be in possession of the **European Health Insurance Card** before arriving.

## Mid-term evaluation

allows participants to assess their experience. It allows to learn from everybody's experience



# INSURANCE

European volunteers must have a valid European Health Insurance Card (EHIC) when arriving in PAPHOS (more information on how to obtain the card <https://ec.europa.eu/social/main.jsp?catId=563&langId=en>)

As soon as the organisation registers you on the insurance platform you will receive a welcome e-mail with your Henner ID and explanations on how to connect on the Henner member portal. Make sure you also check the spam folder on your mailbox.

On your Henner member portal (website or my Henner mobile app), you have access to a guide which contains the contact details, general information on coverage, table of benefits, procedures for reimbursement, indication to access the network, and hospitalisation procedures.

For certain treatments or Assistance services, you must ask prior approvals from Henner or Axa Assistance: planned hospitalisations, dental care, or travel costs (family visit, or earlier return for emergency etc).





# Before, during and after the activity

## Before

- Read the related info kit
- Apply for visa and/or residence permit if required by your host country
- Obtain EHIC (if applicable)
- Sign the **Volunteering agreement**
- Take part in Pre-departure training (if applicable)
- Start the Online Language Support
- Explore the General Online Training

## During

- Take part in On-arrival training and Mid-term evaluation (if applicable)
- Meet your mentor
- Learn Greek language
- Enjoy discounts with your European Solidarity Corps Yourh Card

## After

- Fill the report and receive your **Certificate of participation**
- Take part in the Annual event for the European Solidarity Corps participants

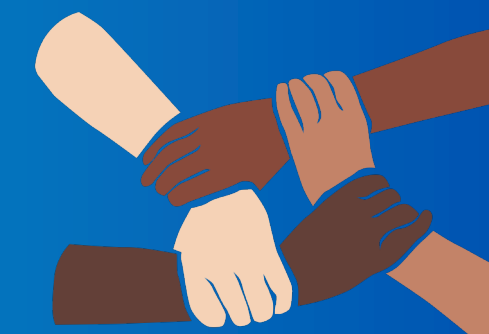


# Objectives of the project

Enhance the **engagement** of young people and organizations in accessible and high-quality of activities

**Inclusion and diversity**  
**Environmental protection, sustainable development and climate action**  
**Digital transformation**  
Participation in **democratic life**

Build a strong **sense of belonging** in a multicultural community who encourage youth to take action to build a better world





# Who are

Let us present ourselves  
**we?**

We are **CCIF Cyprus**, an NGO that strongly believes in people true potential. If you want to commit in a volunteering project and want to prove yourself, consider us as your best friend

For more than 9 years, we promote active citizenship & social inclusion for all citizens through volunteering and international activities, especially among youth. Since 2016, we have hosted hundreds of international youth students and workers through Erasmus+ and ESC projects.

Katerina

Marina



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# Who we are looking for?

This is an opportunity for young people to travel and dive into new realities. You will have the opportunity to know international young people

Self-initiative, flexibility, communication skills, team working, and positive attitude are convenient and very encouraged

Our projects will particularly welcome: youth with fewer opportunities, including those who face social, economic, cultural, geographical, or educational barriers, NEETs, migrants, refugees, and asylum seekers.



We are looking for motivated volunteers who want to join our team, and are eager to engage in solidarity, learning, and community work, regardless of their educational or professional background. Your own abilities and skills are important for us, as you can prove yourself and your self-worth.



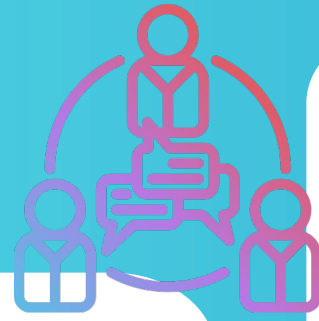
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# ROLE OF THE VOLUNTEER



Participants will be engaged 35–38 hours per week in different areas of our work within the three pillars of our organization. Their specific roles and tasks will be determined in consultation with them during the interview and volunteering stages. Volunteers will take on to assist our organization's staff.

- Coordinating and implementing projects;
- Delivering empowerment and integration services;
- Planning, designing, and implementing training courses and events;
- Communicating, disseminating, campaigning, conducting outreach and prepare materials;
- Designing projects and events;
- Conducting research, analysing data, and writing reports.

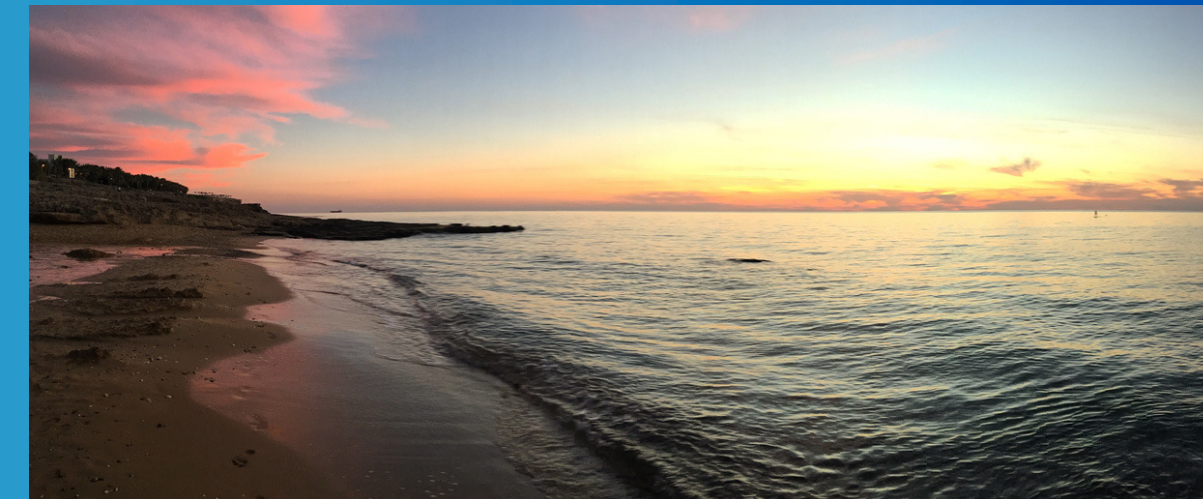


# Visit Paphos

**Paphos** is located on the southwest coast of the Mediterranean island of Cyprus

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

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 an **European Capital of Culture for 2017**



# Don't miss out

Visit the **Archaeological Park** in Kato Paphos, included in the UNESCO World Heritage Site in 1980

The Park includes sites and monuments from the 4th century BC to the Middle Ages, the Mosaic floors and also other wonders

Discover the Roman villas as the houses of **Dionysos, Theseus, Aion** and **Orpheus**



**Tombs of the Kings** is also part of the Archaeological park. Visit the monumental underground tombs dating back to the Hellenistic and Roman periods



To go to the Archaeological park and Tombs of the Kings, you have to take the **Bus n° 618** at Karavella Bus station



# Beach Time

You want to run away from the heat of the city, well ... Paphos is full of beautiful beaches

**Several Beaches:**  
popular for its clear waters and sandy shores



**Coral Bay:** the most popular beach in Paphos

**Aphrodite's Beach:**  
famous for its mythological significance and stunning views



or...you can just side walks the sea and enjoy a beautiful sunset near the **Paphos Castle**

# Want to visit other cities in the weekend?

taking intercity buses you can visit...

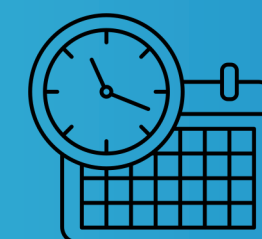
## Nicosia



## Limassol



## Larnaca



go to [intercity-buses.com](https://intercity-buses.com)  
and download the app **Cyprus Bus** in the  
app store

if you are wondering, yes the  
Capital is divided in two part,  
greek and turkish, since 1974

# Practical informations

## Travel to/from Paphos

Airport      few steps to keep in mind



1

At the Paphos Airport  
take **Bus n° 612**  
Careful! The bus station is  
outside the airport, just  
opposite the arrivals



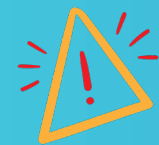
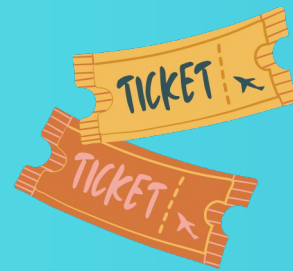
3

Stop  
Then, you get to Kato  
Paphos



5

You've  
arrived



Or

you can always book a co-  
sharing car

4

Change bus  
take **bus n° 618** to Old  
Town



Buy tickets

ask to the bus driver, you  
can buy them directly  
from him

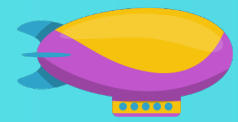
2



# Practical informations

## Travel to/from Larnaca

you have 4 options



1

Travel from **Larnaca** Airport to **Limassol** and then Limassol to **Paphos** (more frequent but slower)



3

For those participants who can drive in the english way (left side of the road) they can rent a **car**\*

Travel from **Larnaca** Airport to **Paphos** Airport and then from Paphos Airport to Paphos (less frequent but faster)



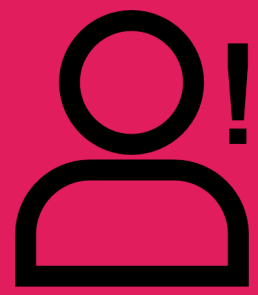
2

**taxi**, only if other options are not convenient but it is not covered



4

\*you can drive if you have a license from a European Union State member otherwise make sure if you can drive here before renting a car!



# Don't forget



## Emergency numbers

**Ambulance, Fire Service and Police:**  
199 or 112

**Find an open pharmacy at night: 192**  
**Narcotics & Poisoning: 90 90 14 01**  
**General Hospital: + 357 26 80 3260**

In Cyprus the power plug and sockets are of **type G**. This type is of British origin  
Don't forget your power plug travel adapter!




## Contact persons

MARINA ARISTODIMIOU +357 99 64 7987  
KATERINA VLADIMIROU +357 99 42  
9683



# Accommodation ONLY FOR CROSS

 [2, Kisavou street, 8021, Paphos](#)

## COUNTRY VOLUNTEERS




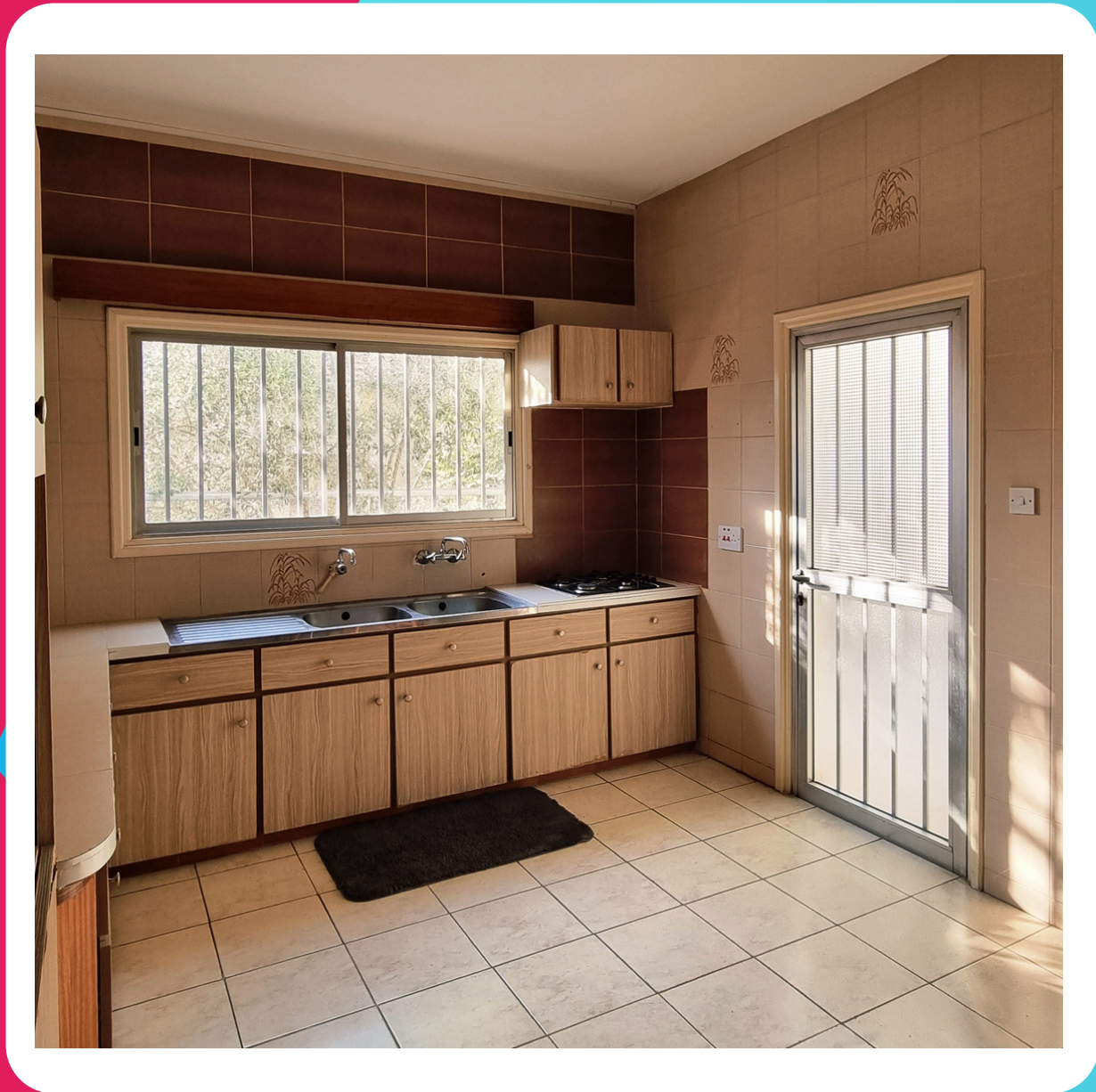
 Living Room





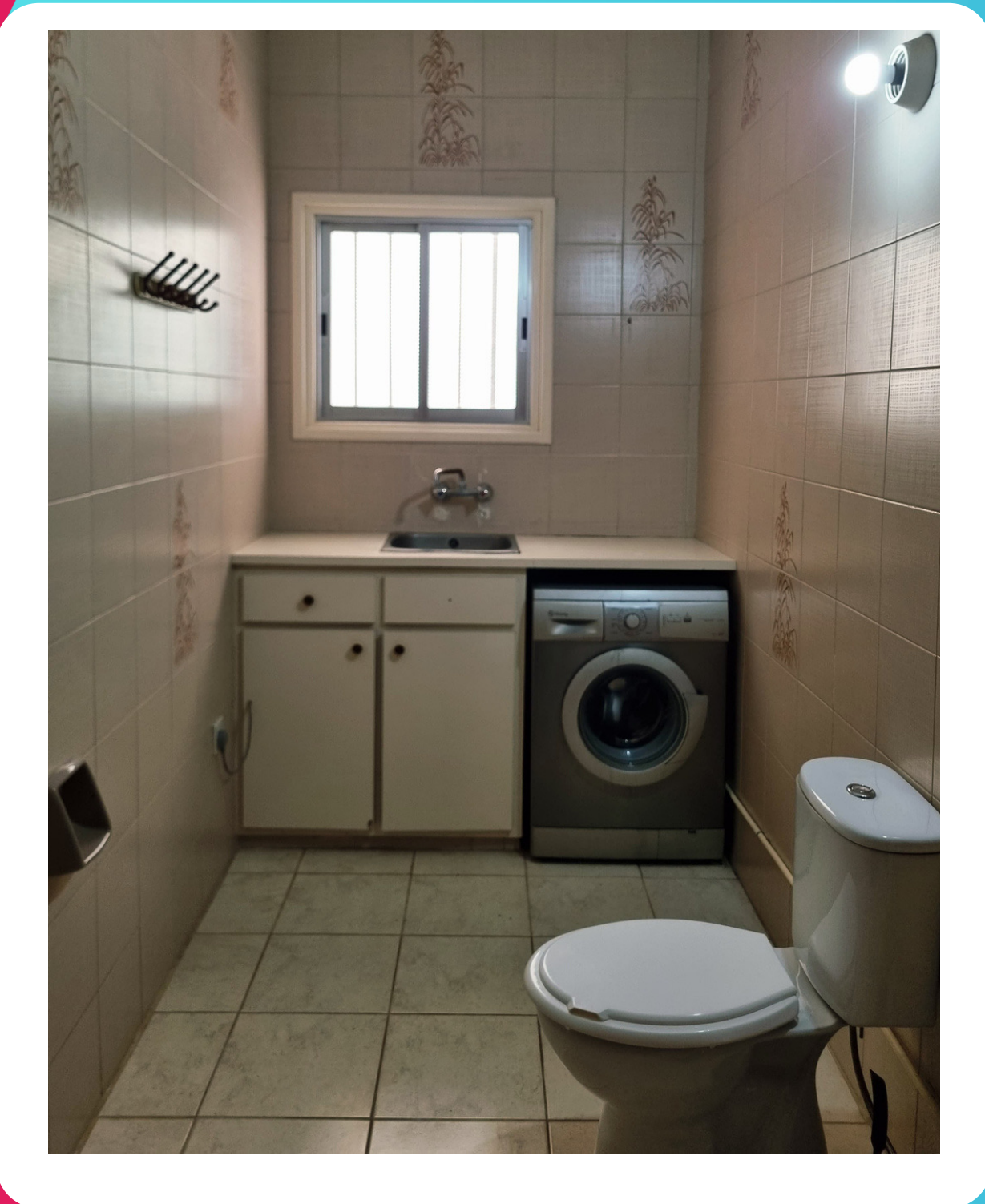
# Kitchen

 [2, Kisavou street, 8021, Paphos](#)






# Laundr



# Bathroo

 [2, Kisavou street, 8021, Paphos](#)





## 1st Room

Participants will have the opportunity to reside in this fully furnished rented flat, sharing accommodations with fellow volunteering participants. Each participant will stay in a shared double bedroom with a shared kitchen and bathroom access.



[2, Kisavou street, 8021, Paphos](#)






2nd  
Room

2, Kisavou street, 8021,  
Paphos





 [2, Kisavou street, 8021, Paphos](#)










Outside space 





# Best practices and recommendations

 [2, Kisavou street, 8021, Paphos](#)

-  keep it clean: living in a clean place is the basis for a wonderful experience
-  respect the environment that host you
-  best way to live together is respect and mutual help
-  create relations with people coming from all over the world
-  pizza tonight?
-  if you have problems of any sort, contact us



## Practical informations



[2, Kisavou street, 8021,  
Paphos](#)

the keeping of the house is very important and regular checks will be made

be careful not to break furniture and electronics

utilities should be used with moderation

the CCIF Cy office is just next to the accomodation

the accomodation is in a strategic place near supermarkets, pharmacies,

restaurants, the old town and Karavella bus station

# Thank You

*see you in Paphos*



[go in our website to see more](#)



[follow us on Instagram](#)



[we are also on Facebook](#)



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