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ERASMUS+ YOUTH EXCHANGE

# SUSTAIN.EU

Youth Action for a Greener Europe



28<sup>TH</sup> OCTOBER • 4<sup>TH</sup> NOVEMBER 2025, LARNACA - CYPRUS



# ABOUT THE PROJECT

“SustainEU” is an **Erasmus+ Youth Exchange** that will take place in **Larnaca, Cyprus**, from **28th October to 4th November 2025** (travel days included).

The project aims to empower young people to tackle climate change by promoting sustainability, environmental awareness, and active citizenship. Participants will explore the effects of climate change in Europe, especially in Cyprus, and develop tools for action in their local communities.

Each group will include **6 young people (18–30 years)** and **1 group leader (over 18)** from Cyprus, Portugal, Italy, Türkiye and Slovakia.



# WORKING METHODS



The activities will be based on **non-formal education** and **learning-by-doing**.

Participants will take part in ice-breakers and teambuilding games, group debates, role plays and simulations, artistic and creative activities, outdoor challenges, daily reflections and peer learning and action plan development

This methodology promotes intercultural dialogue, active participation and critical thinking in a safe, inclusive environment.

# PARTICIPANTS PROFILE

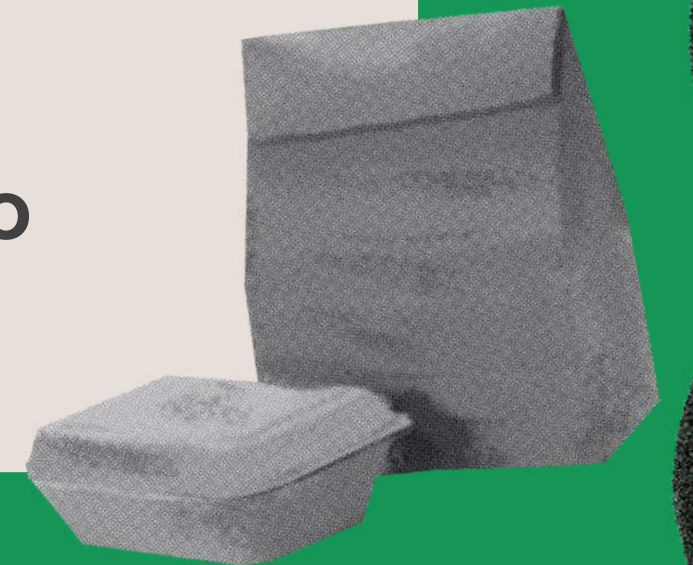
This exchange is open to young people aged **18 to 30**, group leaders can be over 30. We aim for:

Motivated by **environmental topics** and **climate action**

**Actively involved** in their local communities

Priority to participants with **fewer opportunities**

Available to participate in all phases of the project



# TRAVEL BUDGET



**PORTUGAL**

535€

**ITALY**

395€

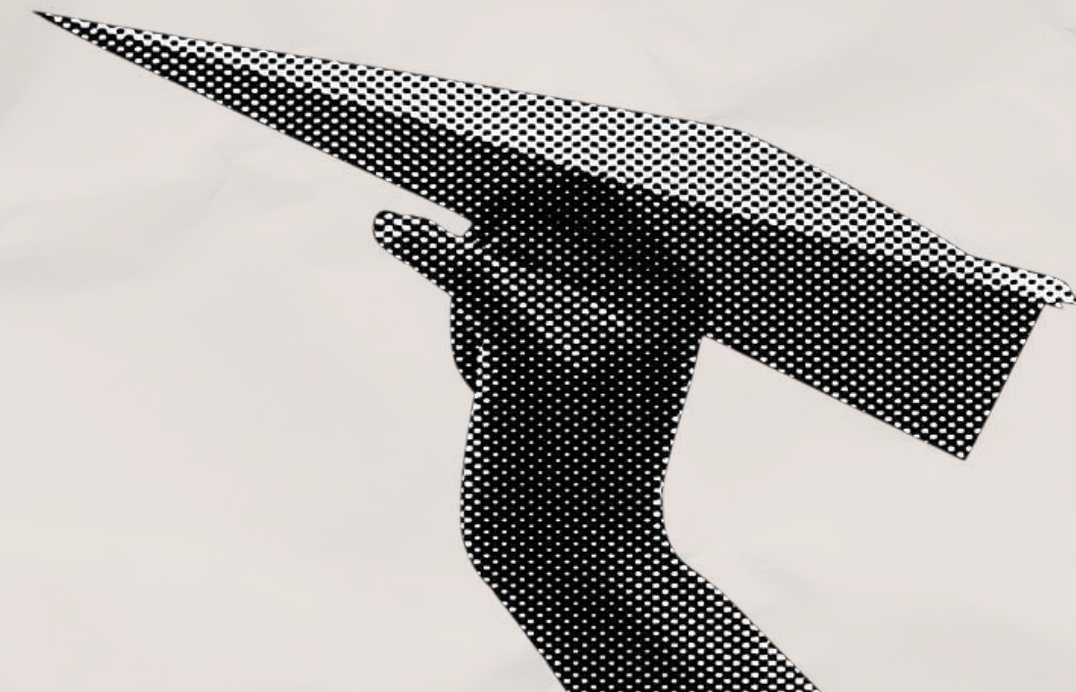


**TÜRKIYE**

309€

**SLOVAKIA**

309€



# TRAVEL REIMBURSEMENT



Each participant will receive **100% of their travel costs** within the limits, after the presentation of all the official original documents (boarding passes and invoices), and after they have concluded the follow-up activities, dissemination of results;

Reimbursement is based on the distance from your home to the venue (round trip) and will be made by bank transfer to your sending organisation.

***Health insurance and private transportation (Taxi, Uber, etc) are not refundable.***

To have more information concerning the reimbursement rules go directly to the official guide of Erasmus+ or mail us for any doubt.

# ABOUT TICKETS

**Do NOT buy any ticket without our confirmation or permission!**

Before buying the tickets you should always send us your travel plan via email to [articya@outlook.com](mailto:articya@outlook.com) and **ONLY after our authorization you can proceed.**

Tickets must be in **Economy Class**, and **private transport** is not reimbursed. Only arrivals at **Larnaca (LCA)** or **Paphos (PFO)** airports are accepted. **Ercan Airport (ECN)** is strictly forbidden and any tickets from this airport will not be reimbursed.

The reimbursement will be made **2 to 3 months** after the project, once all travel documents are submitted and dissemination tasks are completed.

# THE VENUE



The venue of the project is Δημοσιολογραφικό Χωριό in Pervolia, Larnaca and is approximately 100 metres far from the sea.

Participants will stay in apartments of 5-6 people divided by gender and mixed nationalities. Some rooms have singles beds, some have double beds to be shared.





# HOW TO REACH THE VENUE


The best way to reach the venue is by taking the **bus 430** from **Larnaca Airport (LCA)**. There is a stop right outside of the venue.

It is also wise to let the bus driver know in advance where you want to get off, so that you do not miss your stop.

Please find all the relevant information (Route Details, Timetable, Fares etc) to the following link: <https://www.publictransport.com.cy/routes/page/routes-and-timetables>



# WHAT TO BRING WITH YOU?

- 
- ▶ Valid ID/Passport (Cyprus is not yet part of the Schengen area)
  - ▶ Towel, swimsuit, slippers, personal cosmetics (such as sunscreen, toothbrush), medicines you might need and comfortable clothing considering the weather
  - ▶ European Health Card
  - ▶ Traditional food and drinks from your country
  - ▶ Laptop – 2 per country
  - ▶ Positive energy & good vibes!

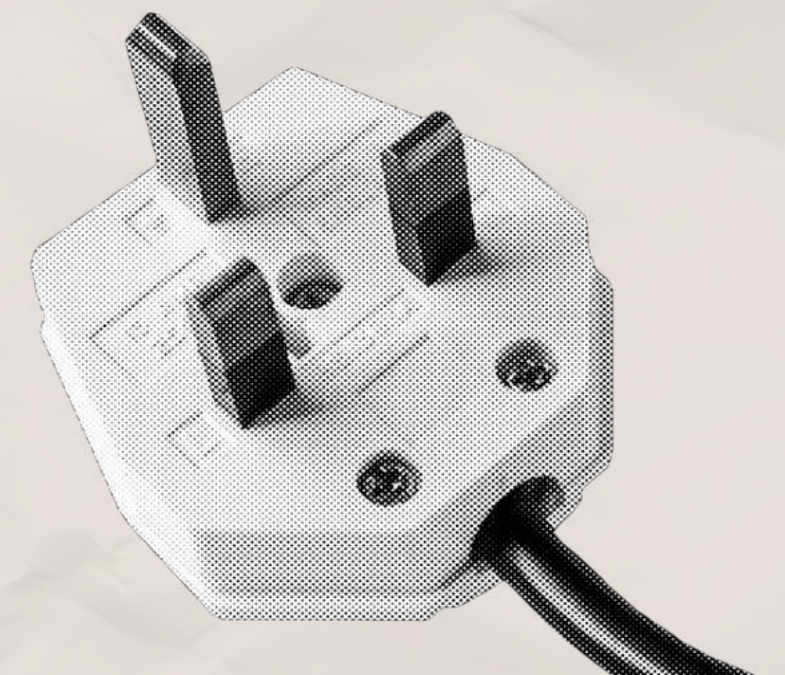
# OTHER INFORMATIONS

**Currency:** Cyprus is part of the Euro Zone, so you can pay using **Euro** either in cash or by credit card. However, please note that public transport and small shops may only accept cash, so it's advisable to carry some with you at all times.

**Electricity:** Cyprus uses the **3-pin Type G plug** (same as the UK), with a voltage of 240V/50Hz. You will need an adapter — make sure to bring at least one with you or purchase one at the airport.

**Time Zone:** Eastern European Summer Time (GMT+3).

**International Dialing Code:** +357



# DISSEMINATION TASKS



**Each participant and partner will have to help on dissemination of results and follow the visual identity rules for the overall project.**

In order to share pictures, video and other materials please follow our guidance and rules to give proper visibility and dissemination of the project.

**In short** - Every participant will be sharing their experience in social media and each group will have to do a local workshop in their countries replicating one of the activities done in the project and promoting Erasmus+ programme.

A WhatsApp group will be created closer to the activity for communication.



# CONTACT US

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**SEE YOU SOON IN  
CYPRUS!**

