

Welcome Pack - 'Volunteering for ALL'

Larnaca-Cyprus, 30 June – 4 July 2025

An international training course on how you can organise volunteering activities for inclusion in the European Solidarity Corps

Read this document carefully, as it contains:

- information about the course
- how to get to the venue
- what to prepare

Get into Volunteering projects for ALL

A little reminder what the course is about:

In 3 training days, we show you the possibilities that volunteering (within the European Solidarity Corps) has to offer for young people from disadvantaged or underprivileged backgrounds. A volunteering project might just be **the life-changing opportunity for the disadvantaged young people you are working with**: e.g. those from minority backgrounds, with access needs, with socio-economic difficulties, discriminated groups, in difficult situations, with limited opportunities, geographical disadvantage, health issues...

Why participate?

Volunteering is a rewarding methodology to **reach your organisation's inclusion aims**.

Come and experience the benefits that **international cooperation** can have for your organisation and young people with fewer opportunities. Explore the **funding possibilities** of the European Solidarity Corps and **specific inclusion support**. Learn to design a volunteering project **step-by-step** (sending or hosting, individual or in group, international or in-country). Discover the various **resources** available for volunteering and inclusion. Get **inspired** by local examples and fellow participants.

At the end of the course, **you will be ready to start organising a volunteering project** with/by/for the young people with fewer opportunities in your organisation.

Let's get started: onboarding meeting – Monday 16 June 2025, 10h-12h CET

To start the process already before the course, there will be a **2-hour introductory meeting online** in Zoom.

That way, we already get to know each other a bit already and you get a sneak preview of the course, the organisers and the team. We will also explain a bit more the preparation tasks for the course, so that we can get the most out of our 3 days together in Cyprus. See you there.

This zoom session will take place on **Monday 16 June 2025, from 10 am to noon CET = Brussels time** (calculate your timezone:

<https://www.timeanddate.com/worldclock/fixedtime.html?msg=Volunteering+for+ALL+%28Cyprus%29+-+Online+Onboarding+pax&iso=20250616T10&p1=48&ah=2>)

Use this link to access the meeting:

<https://us02web.zoom.us/j/81661496442?pwd=bAKfBjTQqjFBW11Bb4D5Xtu3Otoy4.1>

Meeting ID: 816 6149 6442 Passcode: hello

>> **If you really cannot join the online meeting**, please let the trainers know (ayeghoyan@yahoo.com & nagy.gabka@gmail.com) but please do try ;-)

Important - What to bring?

Info about your organisation: we will have a short organisational market, so you get to know the organisations at the course. For your 'organisation poster' you might want to take pictures, leaflets or other material. Note: there will not be time to present your organisation in plenary with a powerpoint in front of everybody, only a market-style interaction.

Intercultural coffee breaks: instead of one intercultural evening when you taste yummy food and drinks from different countries, we decided to have 'intercultural coffee breaks'. Each coffee break a few participants can share sweets/snacks from their country. So please bring something small to share and give a taste to your fellow participants. Preferably things that don't need refrigeration.

Comfortable clothes: there is no formal dress code for our course, so just dress comfortably. The weather will be very warm, and we will be near the sea so you may want to bring a bathing suit and sandals/flip flops in case you find the opportunity to go for a swim in the breaks.

How to get to the venue – Radisson Blu Hotel, Larnaca

We will be working and sleeping at the Radisson Blu Hotel in the centre of Larnaca.

- **Address:** Atlantidon 2, Larnaca 6058, Cyprus
- **Location:** <https://maps.app.goo.gl/3GkpK1UdViURS6pC6>
- **Phone (Reception):** +357 24 505 800
- **Web page:** <https://www.radissonhotels.com/en-us/hotels/radisson-blu-larnaca>

The Cyprus National Agency for Erasmus+ and Solidarity Corps will provide **full board and accommodation** for the duration of the event. The programme starts at 17h on 30 June 2025 (first meal: dinner) and ends after breakfast on 4 July 2025.

All participants will be accommodated in **single rooms**, towels and soap are provided. Bring your own personal toiletries.

Additional days and meals are at your own expense and need to be arranged independently.

- The hotel is accessible to wheelchair users and adapted for visitors with physical disabilities.
- But please contact tony@salto-youth.net to discuss specific accessibility issues.

The closest airport to the venue is **Larnaca Airport** and should be preferred when booking your flights.

From Larnaca Airport to Radisson Blu Hotel, Larnaca:

- **By public transport**
Travel time approx. 30 mins
Bus line 425 - Towards DEKELEIA
Stop at: Tassou Papadopoulou
Walk 2 minutes to Radisson Blu Hotel
Detailed directions here: <https://www.rome2rio.com/map/Larnaca-Airport-LCA/Radisson-Blu-Hotel-Larnaca-Larnaka>
- **By taxi**
Taxis are available outside the airport and can take you to the hotel in approximately 20 minutes. You may also contact the Hotel for help with pre-booking a taxi to pick you up at the airport at the time of your arrival.
Important: your National Agency might not reimburse taxis, only public transport.

From Paphos Airport to Radisson Blu Hotel, Larnaca:

- **By public transport**
Travel time approx. 3.5 hours
Step 1: Kapnos shuttle bus from Paphos Airport to Larnaca Airport
The buses run 2-3 times a day. Check the timetable here:
<https://kapnosairportshuttle.com/routes>
Step 2: Bus line 425 from Larnaca Airport to Radisson Blu Hotel
See details above

Having difficulties in getting to the venue?

Check it on maps.google.com or call the venue (+357 24 505 800). The staff will be ready to provide you with information.

Dinner in town – To Aithrion Restaurant

On Wednesday 2 July, we will be heading out for dinner in town accompanied by some live Greek music at To Aithrion Restaurant. Transfer from the Hotel to the restaurant will be available, giving time for a quick walk along the beachfront before dinner.

About Larnaca – A brief introduction

Larnaca (also spelled Larnaka) is a charming port city located on the southern coast of Cyprus. As the island's third-largest city after Nicosia and Limassol, it plays an important role both culturally and economically, housing Cyprus's second-largest commercial port.

Rich in history and character, Larnaca is built on the ancient city of Kition, believed to have been founded by Khittim, a grandson of Noah, over 6,000 years ago. The modern name "Larnaca" comes from the Greek word *Larnax*, meaning "coffin," referencing the many ancient tombs discovered in the area.

Today, Larnaca is a vibrant blend of the old and the new. You'll find a wealth of historical landmarks such as the medieval Larnaca Castle, the Church of Saint Lazarus, and the serene Hala Sultan Tekke. Alongside these are palm-lined promenades, scenic vistas, and beautiful beaches offering a variety of leisure and water sports.

Find a virtual cultural guide of the city here: <https://virtuallarnakaregion.com/cwalk/>

Practical information about Cyprus

- **Time Zone:** Cyprus is in Eastern European Time (EET) – one hour ahead of Paris.
- **Weather expectations:** June and July are peak summer months in Cyprus, bringing long, sunny days and hot temperatures. Average daytime temperatures range from **30°C to 35°C**, especially in inland and coastal areas, with **nighttime lows around 22–25°C**. Rain is extremely rare during this period, so pack light summer clothing, a hat, sunscreen and stay hydrated. You can check the latest forecast here: www.cyprus-weather.org
- **Currency:** Cyprus uses the **Euro (EUR)** as its official currency. If you need cash (e.g., for local transport or small purchases), ATMs are widely available at the airport and throughout cities. It's generally more cost-effective to withdraw money directly from ATMs than to use exchange offices, which may offer less favourable rates.
- **Electricity sockets:** Cyprus uses **Type G plugs** (the same as the UK), with **240V / 50Hz** electricity. If you're coming from a country that uses a different plug type (like the European 2-pin), **be sure to bring an adapter**, along with chargers for your phone, camera, etc.

- **Insurance:** You are required to have your own health insurance. You might want to think about taking out travel insurance, for specific risks linked to travelling (damage to luggage, cancellations etc). Please contact your health insurance provider or travel agency for more details. And please get in touch with your National Agency to find out if they can cover your insurance costs.
- **Emergency number in Cyprus is 112.**

Short introduction to your team

- **Anna Yeghoyan** (she/her) - trainer

Anna has been involved in the field of youth work, training, and youth policy at the European level for over 15 years. She is an advocate of youth participation at all levels: community development to policy-making. She has significant experience in grassroots youth work, capacity development, volunteering promotion, and accessibility of non-formal education. Anna is actively involved in the promotion of EU Youth Programmes, mainstreaming inclusive and participatory approaches and practices.

- **Gabriella Nagy** (she/her) - trainer

Gabi is a freelance trainer and consultant, active in international youth work and training for more than 20 years. She was an EVS volunteer at Xena Association, Italy in 2001. After the voluntary service abroad, she started to work in Artemisszió Foundation, Hungary coordinating international youth mobility projects and realising related training activities. In 2010-2011 she lived in Torri Superiore ecovillage, Italy. Since 2010 she has been freelancing, realising training activities on EU funding opportunities, project management, volunteer management, mentoring, intercultural learning, inclusion, global education and sustainability.

- **Semeli Panagidou** (she/her) – IDEP, Cyprus National Agency


Semeli works at the Foundation for the Management of European Lifelong Learning Programmes – the National Agency for Erasmus+ and the European Solidarity Corps in Cyprus. She is TCA/NET officer for youth projects and also takes care of KA1 projects in the sports sector. Contact Semeli for all questions regarding logistics and the venue.

- **Tony Geudens** (he/him) – www.SALTO-YOUTH.net/inclusion

Tony has been working for SALTO-YOUTH Inclusion and Diversity since it was founded in 2000. Over the years he has organised different training courses about working with a wide variety of target groups. He has also coordinated several inclusion and diversity publications, some of which you will see at the course. Contact Tony for any questions regarding the course and participant management. Looking forward to seeing you in Budapest.

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Provisional programme

	day 0	day 1	day 2	day 3	day 4
	ARRIVAL	OPENING	EXPERIENCE	HARVESTING	DEPARTURE
9.30 – 11.00	arrivals	Official opening Introduction	Intro to the Q-LAB experience	Learned, learnt, will learn Unpacking learning needs	departures
11.00 – 11.30		coffee break			
11.30 – 13.00		Team experience with a twist	Q-LAB Group work on Quality Label	Parallel workshops	
13.00 – 14.30		Lunch			
14.30 – 16.00		Facts & Figures Basics of ESC	Q-LAB & Feedback	Back to your reality How to step forward?	
16.00 – 16.30		coffee break			
16.30 – 18.00	Welcome and connecting	Connecting to your reality	Glimpse at the local reality	Evaluation & Closing	
19.00 – 20.30	dinner				
20.30 -	Organisation fair	Movie night	Dinner in town	Goodbye party	

