



# **START-UP INCUBATOR**

**ERASMUS + TRAINING ACTIVITY**  
BUILDING A MENTORSHIP PROGRAM FOR  
YOUNG ENTREPRENEURS - SPORTS AND  
TOURISM PERSPECTIVE

**26.11 - 04.12.2023**

**Agros, Cyprus**

# **INFO PACK**



Co-funded by the  
Erasmus+ Programme  
of the European Union



**YOUTH  
BOARD  
OF CYPRUS**



# About us:



Moufflons is a non-profit association registered in Cyprus. Our mission is youth empowerment through sports and non-formal education. Our organization supports young people, including the ones with disadvantaged backgrounds, to become agents of change by using sports and non-formal educational as tools. We assist young people in development of their confidence, general and specific knowledge as well as life skills in order to create a better future for themselves, their families and their communities. Our programmes are about learning, sharing and putting the acquired skills, knowledge and attitudes into action

## Summer Camps:

The idea behind one of our initial project, the inaugural edition of the Moufflons basketball camp in 2012, was to provide young athletes and those who aspire to make a mark professionally with a quality opportunity to improve their game at all levels, both on and off the court. However, the main focus of Moufflons' operations is development of sports and non-formal education based learning programs; therefore major part of the organization are professional coaches, youth workers, trainers and youth leaders who all gained both their knowledge and practice in development of sports, formal and non-formal education programs, while working with different target groups and by using innovative and creative sports techniques, supporting the healthy development of the young people from different cultural groups.

For more information about  
Moufflons and our activities:  
+357 99856673 &  
[info@moufflons.org](mailto:info@moufflons.org)





# Aim of the project:

To enable youth workers coming from countries with high unemployment among youth and young adults to build a mentorship program, by equipping youth workers with competencies necessary for development of entrepreneurship start up ideas and projects. The project is based on an intensive learning process to reach following objectives:

- To enable participants to go through a process of development of entrepreneurship projects and reflect on its different steps
- To gain understanding on how to do entrepreneurship projects and how to make them relevant to the needs of young people struggling with unemployment
- To improve the knowledge on the entrepreneurship's background (theory, concepts, steps, philosophy)
- To raise awareness about the opportunities that the nature itself provides
- To tackle the obstacles of becoming a self-employed entrepreneur and teach the participants to discover market niches and opportunities in their local communities
- To develop practical skills in designing and implementing entrepreneurship projects
- To understand the challenges that young people with fewer opportunities are experiencing
- Introducing tools regarding how enterprises tackle societal problems in relation to unemployment
- To motivate and guide youth workers to undertake and utilize entrepreneurship as a force for eco-change
- To introduce necessary tools to youth workers on how to find innovative ways of tackling social problems in respect of young people with fewer opportunities



# Participants & partners:



We intend to implement training that will take place in Agros, Cyprus, and gather 28 participants from 6 different countries.

In general, Project is designed for youth workers who:

- are dedicated to work with young people with fewer opportunities in their local reality (working with orphans, refugees and migrants young people is desirable, but not exclusively)
- have the basic knowledge of facilitation of sport and outdoor based learning processes
- have a desire to apply their competences in developing new non-formal educational tools that would increase the social inclusion of young people with fewer opportunities (orphans, refugees and migrant young people)
- are supported by their respective organisations in applying their competencies and newly developed tools in work

The main target group of the project are (aspiring) youth workers from the partner countries. They are the ones who will be directly targeted with this projects and be equipped with relevant methods, tools, skills and support in order to be able to engage and directly work with young people and share all gained knowledge with them.

## Partners:

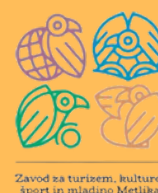
**Youth Opportunities Club, Armenia**

**BREZN e.V., Germany**

**Trieskec, Serbia**

**Zavod za turizem, kulturo, šport in mladino Metlika, Slovenia**

**Chabibeh sporting club, Lebanon**



# Agros



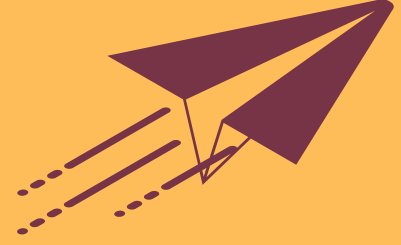
Agros is a picturesque village located in the Troodos Mountains in Pitsilia, southwest Cyprus. It sits at an altitude of 1100 meters and has a population of around 1,000. This village is renowned for its historical and cultural sites, surrounded by stunning natural beauty, and for preserving its customs and traditions. The villagers are known for their love of work and progress.

Agros got its name from the Monastery of Great Agros, which was built on the site where the Church of Panayia of Agros stands today. Legend has it that 40 monks from Kizikos in Asia Minor, during the iconoclasts era, carried the icon of the Holy Mother to Cyprus and settled in the area where Agros is located today.

In 1692, a virus swept across Cyprus and resulted in the death of 67% of the population. The survivors abandoned their homes and settled near the monastery, leading to the creation of the village of Agros. Sadly, the monastery was destroyed by a fire in 1894 and only a memory remains. Agros is known for its abundance of crops, including rose water, grapes, and various fruits and vegetables, as well as traditional products like soutzoukos, cold cuts, and sweets. These crops contribute to a healthy way of life for the local residents.



# Rodon



## Hotel and Resort:

Rodon Hotel and Resort is a traditionally built hotel in the picturesque mountain village of Agros. It is located on a mountain peak dominating the area and offering a panoramic and unhindered view. The hotel was built by local people and it derives its' name from the scented roses (Rodon in Greek) that grow in abundance in the region and from which the famous Agros rosewater is distilled.

[Link to Hotel website](#)

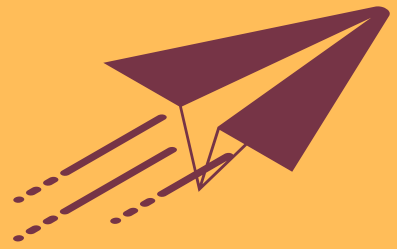
The hotel is equipped with central heating and air conditioning system. Rodon Hotel and resort has unique and spacious lobby and entertainment areas, such as lounge, cafeterias, restaurants, piano bar, game rooms for children and infants and a village tavern. The hotel also has weights gym, two open swimming pools at different levels as well as open courts for football, tennis and basketball. In the hotel's mini market, you will find all necessities, souvenirs and local products. Wi-Fi Internet Access is available free of charge.

Entry points to Cyprus:

Larnaca International Airport (LCA) or Paphos International Airport (PFO)



# Budget:



There is no participation fee. Food, accommodation and local travel costs (only during the activity program) will be covered by the grant from the National Agency of Cyprus of the Erasmus+ Programme.

## Reimbursement

According to the rules of the National Agency of Cyprus, travel reimbursements can only be made by bank transfer to the Partner Organization and based on real costs. The bank transfer will be executed after receiving all of the original documents (receipts, invoices, boarding passes and reimbursement claim) by post, filling the form generated by the National Agency online evaluation through the Mobility Tool by all the participants, dissemination of results, up to the budget limit set by the Erasmus+ Programme.



# Reimbursement rules:



1. Only the cheapest means of transportation will be accepted between the Partner Organization country and the actual venue. Before purchasing any ticket please send your proposed travelling itinerary including the itemized cost to [info@moufflons.org](mailto:info@moufflons.org) for confirmation. Participants will be reimbursed based on the least expensive route, real costs (we can only reimburse tickets which are accompanied by the receipts and flight fares accompanied with boarding passes). Please keep in mind that we do not accept invoices from taxis and travel agencies.
2. Only participants who take part in all activities organized during the training course and who respect the rules of the hosting organization are entitled to be reimbursed.
3. Only the interrupted travel expenses incurred within the activity start and end dates can be accepted for reimbursement. If you wish to stay in Cyprus or at the venue itself longer than the activity end date and you obtain tickets for the same or lower value as the one on the actual travel dates, then you can travel one day prior, or two days after the training course as well; however, if participants decide to arrive earlier or stay longer, all costs related to that will be paid by the participants themselves.
4. In order to avoid any unnecessary issues (e.g. loss of documents by the post) please send us scanned copies of all documents by email to [info@moufflons.org](mailto:info@moufflons.org) before mailing them via regular post. Please note that no flight tickets will be reimbursed if the original or electronic invoice is not provided as well.
5. All expenses must be converted to euros by using the official exchange rate of the European Central Bank (ECB) on the date when the expense was paid.
6. Link to ECB: <http://www.ecb.europa.eu/stats/exchange/eurofxref/html/index.en.html>
7. In case if a participant(s) fail to engage in the activity's daily program due to late arrival or early departure and therefore does not attend 100% of the sessions, the amount granted per participant per day will be deducted from the travel reimbursement. The maximum to be reimbursed per participant is highlighted in the table above and it was calculated by the distance calculator of the European Commission.
8. Insurance costs do not fall within the scope of reimbursement eligibility. This means that each participant must support his/her own insurance that covers: travel (including damage to or loss of luggage) wherever relevant; accident and serious illness (including permanent or temporary incapacity) as defined in the Erasmus + Programme Guide.





## **PASSPORT AND VISAS:**

Please make sure that your travel documents (passport or ID) are valid for at least 6 months and take care that you have a proper insurance (travel health/accident insurance)! In case you need VISA to enter Cyprus please let us know so we can assist. Foreign citizens may enter Cyprus with valid passports. Visas are not required for all EU, and Schengen citizens. If you need more information on the visas and custom regulations visit the website of the Ministry of Foreign Affairs of Cyprus.

## **WEATHER:**

November is the third rainiest month after December and January. On average maximum temperature gets up to 22°C on the west coast and inland and 23°C-24°C on the eastern-south coast. On the mountains it already gets noticeably cold with temperatures not going higher than 13°C.

## **THINGS TO BRING:**

- Some traditional snacks, food, music and drinks. (intercultural evening will be organized).
- Representative materials about your sending organization (brochures, CD's, etc.)





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