



**Erasmus+ Key Action 1. Mobility of Young People
Youth Exchange in Cyprus**



A European project with the support of the EU Programme Erasmus+

Project Title: Eco-Health

Host Organization: Cyprus Youth Clubs Organisation

Project type: Erasmus+ Key Action 1. Mobility of Young People. Youth Exchanges.

Place: Cyprus

Main theme for the project: Environmental Sustainability and Healthy Youth Lifestyles.

Background of the project: According to the European Strategy Europe 2020 - which has Smart, Sustainable and inclusive growth in its core- Europe needs to address its own structural weaknesses as the world is moving fast. The expansion of the world population from 6 to 9 billion will intensify global competition for natural resources, and put pressure on the environment. Climate and resource challenges require drastic action. Strong dependence on fossil fuels and inefficient use of raw materials expose European consumers and businesses to harmful and costly practices contributing to the climate change. Sustainable growth, a priority on the heart of Europe 2020 requires the promotion a more resource efficient and, greener Europe.

Project summary:

The main objective of this project is to promote one of the strongest European values: our respect for the environment.

With the use of non-formal education, youth organisations can help our environment, contribute to fighting climate change and create new business and employment for young people.

During this Youth Exchange, young people will be informed about the value of the environment and how sustainable life can contribute to healthy youth lifestyles.

Terms such as environment, health, sustainability and nutrition will be combined so

that young people can understand that everything is interrelated. A series of interactive sessions and outdoor activities and visits will be included so that the participants can obtain a theoretical and practical background on this topic at the same time. During this project we will foster cooperation between youth and environmental organizations in order to create awareness about the importance of Youth Work in environmental sustainability and healthy lifestyles.

Profile of the participants: Youth workers, Volunteers.

Number of participants: We encourage organizations to participate with 5 people each (18- 25 years old) and one leader per group (no age limit).

Dates and duration: 6 full days plus 2 days for travelling from middle of April till late May 2016 (to be confirmed).

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Financial Aspects: Food and accommodation is FREE. Participants will be reimbursed for the travel cost on display of their boarding passes.

Travel cost: we will cover **the exact amount of your travel cost according to the receipts you will provide** as long as it is **not more** than the amount foreseen by the European Commission. You will need to keep the receipts and the boarding passes. Transportation fees by car and/or taxi are not covered.

Safety & Insurance: A responsibility of the participants.

How to participate: Send us the mandate (signed and scanned) and the Applicant ID form at theognosia.petrou@cyprusyouth.org with the subject: *'Eco-Health' Youth Exchange*.