

**THE  
MEANING  
OF LIFE  
IS \_\_\_\_\_.**

**Erasmus+ Key Action 1. Mobility of Young People**

**European Voluntary Service, Cyprus**

**EVS: "Life with meaning"**



**Project Title:** "Life with Meaning"

**Host Organisation:** Cyprus Youth Clubs Organisation/KOKEN

**Main theme of the project:** Young people can always be a valuable part of an organization; especially when it comes to new ideas and practices. Through this program volunteers will have the chance to be involved with young people from urban and rural areas as well as learning more about our organization and its actions. They are going to be able to offer their knowledge and experience making a difference in our world and at the same time they will improve their personal and professional skills.

**Background of the project:** According to a psychologist of Positive Psychology, Martin Seligman, happiness has three dimensions that can be cultivated: the Pleasant Life, the Good Life, and the Meaningful Life.

The Pleasant Life is realised if we learn to savor and appreciate such basic pleasures as companionship, the natural environment and our bodily needs.

The Good Life, is achieved through discovering our unique virtues and strengths, and employing them creatively to enhance our lives.

Finally, the Meaningful Life, helps people to find a deep sense of fulfilment by employing our unique strengths for a purpose greater than ourselves.

The title of this project 'Life with meaning', is inspired from this theory as through volunteerism we do find a deeper meaning in our life and a greater purpose placing other people's wants and needs above ourselves.

**Profile of the participants:** We are looking for creative, multitasking young people who love youth work and volunteerism.

**Group age:** 17- 30

**Number of participants:** 3 people

**Place:** Cyprus

**Dates and duration:** 6 months from early July until early December 2016

**Contact person:** Theognosia Petrou

**Address:** Athalassas Avenue 169, office. 102, 2025 Stovolos, Nicosia, Cyprus.

**E-mail:** [projects@cyprusyouth.org](mailto:projects@cyprusyouth.org)

**Tel.:** +357 22323260 **Fax:** +357 22321979

**Financial Aspects:** Food and accommodation is FREE. A monthly allowance of **110 euros** will be given to the volunteers.

**Travel cost:** We will cover the travel cost according to the rules of the programme.

You will need to keep the receipts and the boarding passes.

**Safety & Insurance:** This will also be covered by the organization.

**How to participate:** Organisations have to send us the Partner ID form of their organisation and the signed Mandate along with the CV of the Volunteer(s) at [projects@cyprusyouth.org](mailto:projects@cyprusyouth.org) with the subject: 'EVS in Cyprus'.

**Duties:** "Life with meaning" is going to be an educational project that focuses on an important objective of the European Union which is to foster solidarity and tolerance among young people, and to especially promote social cohesion in the European Union.

The volunteers will help and support the European Projects & International Relations Coordinator in planning and implementing a variety of events, educational programmes and seminars. Also, they will help in certain tasks as database update and communication. In a more specific note, the volunteers will gather European documentation, update or/and produce informational material in order to inform other young people about EVS and European Programmes in general and help the youth clubs in partners' search and in the facilitation of their local events. In addition, a blog will be created where the volunteers will describe their experiences and which they will be able to present and share to the local volunteers along with some information about their country and culture in the 'thematic month' that each volunteer from all partner countries will participate in. Finally, they will promote Erasmus+, the European values and the key priorities of Europe 2020 to spread awareness and knowledge in the local communities.