



IS IT MINE
Youth Exchange – Cyprus
2014-3-CY02-KA105-000334
15/04/15 - 23/04/15



Info pack

Dear Participants,

As time grows closer to our youth exchange we are sending you an info pack with vital information for the project. Please read this carefully.



Arrivals:



Please send us your flight information and also the team planner so that we can arrange airport transfers for you. The Cyprus public transport system is not that great so if we don't receive your arrival and departure information on time, we will not be able to book your transfers for you. Your only choice will be to take a taxi and this is not refundable.

Once you arrive at the airport collect your bags and pass from the customs area. Once you pass customs you will pass some doors then turn right to exit the customs area. Once you pass the next set of doors you will see a man with a sign with our BANNER (as above). The minibus will take you directly to the VENUE (we are staying at a Mountain Youth Hostel). Once you arrive at the Venue someone will be there to welcome you and take you to your room.



The Venue:





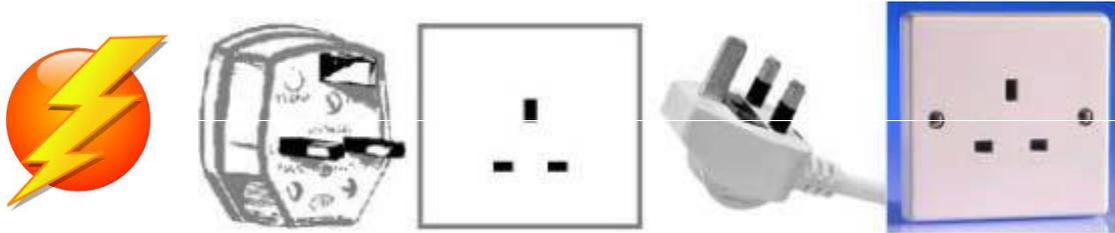
Things to bring and not to bring:

The venue for our project is at a private mountain Youth Hostel in Vavatsinia. You will need to bring bath towels and sheets and pillow cases or a sleeping bag. We have pillows and blankets so no need to bring them. **Please note if you do not bring your own sheets or sleeping bag you will need to buy some here.** You will need to bring your own shampoo, soap, tooth brush and tooth paste and any other personal

hygiene items you need. You will also need to bring your own beach / pool towel and swimsuit if you decide you want to go for a swim in the sea on the day of the excursion.

Since it is the rain season shoes are not allowed in the bedrooms or the activity rooms, so bring some slippers or sandals for indoor use and other shoes for outdoor use. We will be doing some hiking or mountain trips so bring appropriate shoes for this.

Electricity:



The supply in Cyprus is 240 volts, a.c. 50Hz. Sockets are usually 13 amp, square-pin in most buildings. More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.). The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

Currency:



Cyprus uses the Euro but we can find places and banks everywhere for exchange. If you want to change at the airport you can but generally it is not the best rate and you will be charged a fee. Most establishments accept credit cards. We suggest you bring spending money though as we might not have access to banks during the project times.



Local weather:

It will be moderate to cool but most of you will find it pleasant. The hottest will be about 30°C and the coolest about 11°C. The nights will be colder so we suggest you bring a jacket or jersey for the evenings. There is a chance of rain so please dress accordingly.

Dress code will be casual but we will go out one night.



Health Insurance:

Remember health insurance is your responsibility so make sure you have E111 or private insurance. Also you are required to have travel insurance; your sending organisation should have informed you of this so please ask them about it. If you purchased your tickets with a VISA card then you should have insurance automatically.



Medication:

If you take any medication please remember to bring it with you, we have pharmacies here but if you need prescription medication you cannot buy them over the counter without a prescription. **If participants have any allergies especially to food this needs to be expressed in the team planners, changes to the menu will not be possible once the project starts.**



Cultural Nights:

We will have a cultural night for each country, so feel free to bring food and drinks or traditional clothing that you want to share with the other participants. We will be 48 people in total. We will have a large TV for the presentations so please bring what you need. We have a fully functioning kitchen so you will be able to cook as well if you need too but please remember to bring all items needed as they might not be available here.



We will also need all invoices for travel costs and remember to keep all receipts and **boarding passes and if possible email all boarding passes and invoices to us beforehand.**



Contact information of Trainers and Staff:

Name	Telephone	Email
Marios	+357 96862290	mario@otinternational.org
Theo	+357 99777116	theo@otinternational.org

See you very soon



Erasmus+