

ACT4CHANGE

Youth Civic & Eco Action

Erasmus+ Youth Exchange

📍 Lofou, Cyprus | 21–27 October 2026

Hosted by

YouthNet Cyprus

within its Erasmus+
Accreditation in the field of Youth



Co-funded by
the European Union



**YouthNet
Cyprus**

WELCOME!

Welcome to ACT4CHANGE – Youth Civic & Eco Action to Lofou, Cyprus!

During this Youth Exchange, young people from different European countries will come together to learn, share and take action. Together, we will explore youth participation, inclusion, democracy and environmental responsibility through teamwork, creative activities and non-formal learning.

Participants' profile

- 7 countries
- Up to 7 participants + 1 group leader (8 in total, each country)
- 18 – 30 years old
- Group leaders 18+, no upper limit
- Each partner organisation is expected to include **3 participants with fewer opportunities** among its 7 participants. This is a key requirement of the project and should be considered carefully during the participant selection process. Further details are provided on page 12

“We look forward to welcoming you to Cyprus and sharing this experience together!”



ABOUT YOUTHNET CYPRUS

YouthNet Cyprus is a youth organisation based in Cyprus, working to create opportunities for young people to participate, connect, learn and take action.

Our activities focus on youth participation, active citizenship, volunteering, inclusion, intercultural learning, youth mobility and non-formal education.

Through local and international initiatives, we aim to give young people meaningful opportunities to develop their skills, express their ideas and become more actively involved in their communities.

OUR ERASMUS+ JOURNEY

YouthNet Cyprus is an Erasmus+ accredited organisation in the field of Youth. Through our Accreditation, we are committed to developing high-quality international learning opportunities based on inclusion, participation, sustainability, cooperation and meaningful learning.



PARTICIPATION
Active citizenship



INCLUSION
Equal access



SUSTAINABILITY
Green action

Connecting young people. Creating opportunities. Turning ideas into action.

ABOUT THE PROJECT



ACT4CHANGE – Youth Civic & Eco Action brings together young people from **different European countries** to explore how they can play a more active role in their communities.

Young people today are surrounded by social, democratic and environmental challenges, but they do not always feel that they have the space, confidence or tools to influence what happens around them. ACT4CHANGE creates an opportunity to discuss these challenges, exchange perspectives and discover practical ways to move from ideas to action.



VOICE

Participation & Democracy



BELONGING

Inclusion & Community



ACTION

Sustainability & Civic Engagement



THIS IS NOT A CLASSROOM AND NOT A CONFERENCE.

Learn by doing • Share and listen • Work across cultures •
Turn ideas into practical action

From participation to action. From ideas to change.

OBJECTIVES & WHAT YOU WILL GAIN

OUR AIM

The overall aim of ACT4CHANGE is to empower young people to become more active, inclusive and environmentally responsible citizens, with greater confidence to participate in their communities and turn ideas into meaningful action.



ACTIVE CITIZENSHIP

Understand participation and inclusion



TEAMWORK & DIALOGUE

Communicate, listen and solve problems



PRACTICAL ACTION

Turn ideas into action



SUSTAINABILITY

Explore environmental responsibility



INTERCULTURAL LEARNING

Learn from other countries & perspectives



YOUTHPASS

Reflect on your growth



WHAT WILL YOU TAKE HOME?

New skills • New perspectives • New friendships •
Greater confidence • Motivation to take action

Learn together. Act together. Create change.

WELCOME TO CYPRUS & LOFOU

ACT4CHANGE experience will take place in Lofou, a traditional village in the Limassol district of Cyprus.

Lofou sits 780 metres up in the Troodos foothills, about 26 kilometres from Limassol and roughly 25 minutes by road. The village is built in an Amphitheatre shape, with the streets following the slope of the hill and most of them paved with pebbles. Vineyards and almond trees surround it



A FEW THINGS ABOUT CYPRUS

Cyprus is a Mediterranean island with a rich cultural heritage, diverse landscapes and a strong tradition of hospitality.

During your stay, you will have the opportunity to experience not only an international Youth Exchange, but also a small part of Cypriot culture, local life and hospitality.



VILLAGE LIFE

Local community



NATURE

Mountain setting



HOSPITALITY

Cypriot culture

LOFOU • CYPRUS

A traditional village. An international group. One shared experience.

WHERE YOU WILL STAY

The **ACT4CHANGE** group will stay at the **Lofou Community Guesthouse**, located in the heart of the traditional village of Lofou.

- Participants will stay in **shared rooms**, with a bathroom in each room.
- Room arrangements will be organised in advance by the host team, taking into consideration the composition of the participating groups, privacy, safeguarding, and any specific support needs communicated before arrival.
- The Guesthouse also offers a **well-equipped common kitchen**, a **shared lounge/rest area**, and a **beautiful traditional courtyard**, where participants can relax and spend time together.

The **Lofou Community Guesthouse** is also experienced in hosting young people. During the summer period over the last two years, groups of young people aged approximately **12–15 years old**, from different schools across Cyprus, have stayed at the Guesthouse for one-week residential programmes, as the venue is also used for youth camp activities.



Entrance



Rooms



Courtyard



Common Area



SHARED ROOMS

Rooming arranged by the host team



COMMUNITY SPACE

Time to connect and relax together



LOFOU

Village setting

FOOD & INTERCULTURAL EVENING

Meals: 3 meals (breakfast, lunch and dinner) and 2 coffee breaks are provided each day. Please inform the organizers about any allergies or dietary requirements in advance.

Coffee breaks: Two daily coffee breaks per day (morning and afternoon) with light snacks, warm drinks and refreshments are included.



DIETARY NEEDS

If you have any food allergies, vegetarian/vegan preferences, please inform YouthNet Cyprus before the exchange.

We will do our best to make suitable arrangements when needs are communicated in advance.

INTERCULTURAL EVENING

One of the most enjoyable parts of an Erasmus+ Youth Exchange is discovering each other's cultures.

During the intercultural evening, each national group will have the opportunity to share something from their country or local community.



Food / snacks



Music / dance



Games / traditions

You may bring:

- traditional snacks or sweets
- music or dances
- games
- tradition
- tradition costumes
- short stories or fun facts



You do not need to prepare a formal presentation.
Keep it simple, creative and interactive.

Please remember to consider food allergies and dietary restrictions when bringing food to share.

SHARE YOUR CULTURE • DISCOVER OTHERS • ENJOY TOGETHER

GETTING TO CYPRUS & LOFOU

Participants will travel to Cyprus by air and continue to Lofou according to the transport arrangements confirmed by YouthNet Cyprus.



**LARNACA
INTERNATIONAL
AIRPORT**



**PAPHOS
INTERNATIONAL
AIRPORT**



IMPORTANT TRAVEL RULE

Flights via Ercan Airport in the northern part of Cyprus are not eligible for Erasmus+ travel reimbursement. Please book your flights to Larnaca or Paphos International Airport.

ROUTE OVERVIEW

1



Larnaca International Airport

by Bus – Limassol Airport Express
For Larnaca & Paphos Airport

<https://limassolairportexpress.eu/>

Tickets €10



**Agios Georgios
Havouzas**



68 km • 45 min

2



Paphos International Airport

by Bus – Limassol Airport Express
For Larnaca & Paphos Airport

<https://limassolairportexpress.eu/>

Tickets €10



**Agios Georgios
Havouzas**



57 km • 40 min

3



Agios Georgios Havouzas

by Bus



Lofou Village



25 km • 30 min

9

Travel, board and lodging expenses are covered by the European fund. Regarding travel, the expenses will be reimbursed within the limits of the ceilings as follows by the User's Guide of the program Erasmus+ ([distance calculator](#)).



BEFORE YOU BOOK

DO NOT buy any travel tickets without receiving prior confirmation from the project coordinator (Elias VASILIOU – youthnetcy@gmail.com).



TRAVEL BUDGET

- Start point of the travel route is the **place of origin** where the sending organisation is located, to the venue of the activity and return.
- Participants can arrive 1 day before and leaving 1 day after the project dates (21 October – 27 October 2026). The accommodation for the extra days is **not covered** by the project budget.
- Travel expenses will be reimbursed within the limits of the ceilings as follows by the User's Guide of the program Erasmus+ ([distance calculator](#)) <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>. After you get the given distance (Km), see the table below:

Travel distance	Non-Green travel
10 – 99 km	28 EUR
100 – 499 km	211 EUR
500 – 1999 km	309 EUR
2000 – 2999 km	395 EUR
3000 – 3999 km	580 EUR
4000 – 7999 km	1188 EUR
8000 km or more	1735 EUR



REIMBURSEMENT

- 100% participation in all project activities is required in order to receive reimbursement.
- Only the most economical means of transport like economy-class flights, bus, train, ferry (only public transport), are eligible for reimbursement. Taxis and private transport are **NOT** reimbursable.
- Completion of a dissemination requirements in your local community.
- The travel reimbursement will be done via Bank transfer **ONLY** through your sending organization's bank account, after you return home and send us the **ORIGINAL** travel documents (Invoices, Tickets, Boarding passes, etc.) and after:
 - Complete/submit the Participant Report (Participants).
 - Complete/submit the Mobility Tool+ (Group Leaders).

WEATHER & WHAT TO BRING

Lofou is a mountain village, so the weather can feel very different from the coastal areas of Cyprus.

In late October, days may still be mild and pleasant, but mornings and evenings can be cool, especially in the village. Weather conditions may also change during the week, so it is important to come prepared.

LOFOU IN LATE OCTOBER



MILD DAYS

Pleasant
daytime weather



COOL EVENINGS

Bring a jacket / hoodie



BE PREPARED

Light rain may
be possible



COMFORTABLE SHOES

Useful for village walks
and outdoor activities

WHAT TO BRING



- ☐ ID / PASSPORT
Valid travel ID



- ☐ WARM LAYER
Jacket / hoodie



- ☐ WALKING SHOES
Comfortable



- ☐ RAIN JACKET
Light & practical



- ☐ MEDICATION
Personal items



- ☐ European Health
Insurance Card (EHIC)
Where applicable



- ☐ WATER BOTTLE
Reusable



- ☐ POWER adaptors
suitable for Cyprus



- ☐ SUN CREAM, HAT
& MOSQUITO SPRAY



- ☐ PERSONAL TOWELS
& HYGIENE ITEMS



BRING ALSO:

- Swimsuit and beach towel
(you may get the chance to swim 😊)
- One of our Youth Exchange days may take us to [Limassol](#) — for project activities, a visit to the beach and some time to explore the city!

Erasmus+ encourages the active participation of young people who may face barriers to accessing international opportunities.

For this Youth Exchange, each partner organization should include **at least 3 young people** with fewer opportunities among its 7 participants.



A REMINDER FOR PARTNER ORGANISATIONS

- Each national group = 7 participants
- At least 3 out of 7 participants should be young people with fewer opportunities
- Please take this into account during your selection process

3 of 7
participants

COMMON TYPES OF BARRIERS



Economic



Social



Educational



Geographical



Health-related



Disability



Migrant / refugee
background



Discrimination

Different barriers may apply depending on the participant and national context.



SUPPORTING EVIDENCE

- Please be able to confirm and appropriately document the fewer-opportunities situation of each participant.
- National systems and acceptable evidence may differ across countries.
- We do not ask partners to use the Cyprus documentation examples.
- Please keep relevant supporting evidence available for project verification or audit purposes.
- Handle personal data carefully and in line with applicable data-protection rules.



Thank you for helping us make this Youth Exchange
inclusive, diverse and accessible.

CONTACTS:

*For any further information,
please, don't hesitate to contact us:*



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