

YOUTH POWER BANK

VOLUNTEERS,

WELCOME TO

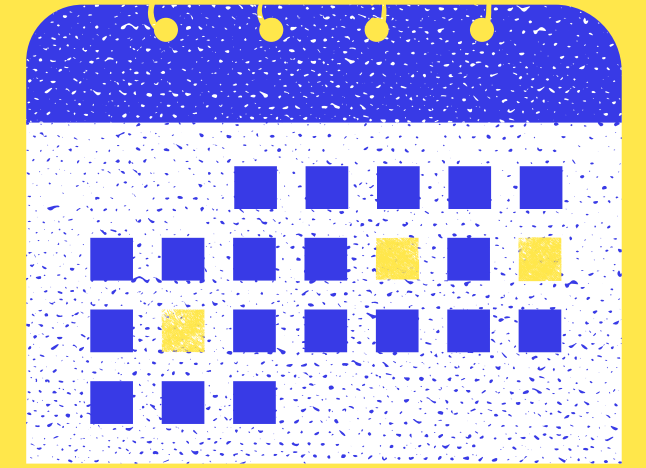
PLANBE!



A 1 MONTH ESC IN
JULY AND AUGUST
2021 AND 2022



INFOPACK COMPONENTS



- Youth Power Bank
- PlanBe, Plan it Be it information
- ESC Requirements
- Weekly scheduling and logistics
- Personal Project
- Physical Settings
- Your Team

YOUTH POWER BANK!

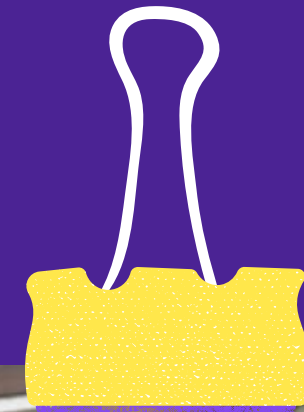
Youth Power Bank as an ESC project aims both on long and short-term effects for all the actors involved. The volunteer will be given the opportunity to participate in a project that will enhance their skills, make them more confident with higher self-esteem, and that will give them the chance to be creative and innovative, bring-in new ideas and brainstorm, and finally learn how an NGO functions, as well as learn how to be environmentally sustainable!

OBJECTIVES

- give the opportunity to young people to enhance their CV and acquire employability skills
- promote volunteering as a new way of living, a new way of thinking, development and management of volunteering events/projects
- increase the knowledge of European Solidarity Corps projects, their management and implementation and inspire more volunteers to participate in an ESC project
- increase self-confidence and self-esteem
- increase creativity and contribute to the personal and professional development of participants
- provide theoretical and practical knowledge of "Volunteering" and European Solidarity Corps projects
- learn how to communicate in a foreign language and how to adapt to a new culture
- learn about Cultural Heritage through living it and understanding its importance
- design and implement workshops, seminars on upcycling especially addressed for youngsters living in rural areas

PLANBE

PLAN IT, BE IT




PlanBe, Plan it Be it, is a non-governmental, non-profit organization established on March 2014, aiming at the personal and professional development of young people. The organisation is based in Nicosia, Cyprus, and acts at a national and European level. PlanBe provides the grounds for communication promoting the exchange of ideas and the productive cooperation of young people in a variety of subjects of interest. It explores youth's development through means of formal and non-formal education, while at the same time, it promotes European and International opportunities for active citizenship and cultural understanding, through intercultural dialogue.






What we expect from you

- the willingness to learn
- teamwork spirit
- willing to collaborate
- ready for taking initiatives
- be openminded
- respect others and the environment
- flexibility



Keep in mind that from the beginning of your participation in this project you will be representing yourself, your sending organization and PlanBe.



Antisociable, negative and inappropriate behaviours will NOT be accepted!

WEEKLY SCHEDULING AND LOGISTICS

Working hours and days off:

Up to 35 hours. 2 days off per week and 2 days holidays per month for the duration of the whole project (dates will be defined by the hosting organization in agreement with the group of volunteers)



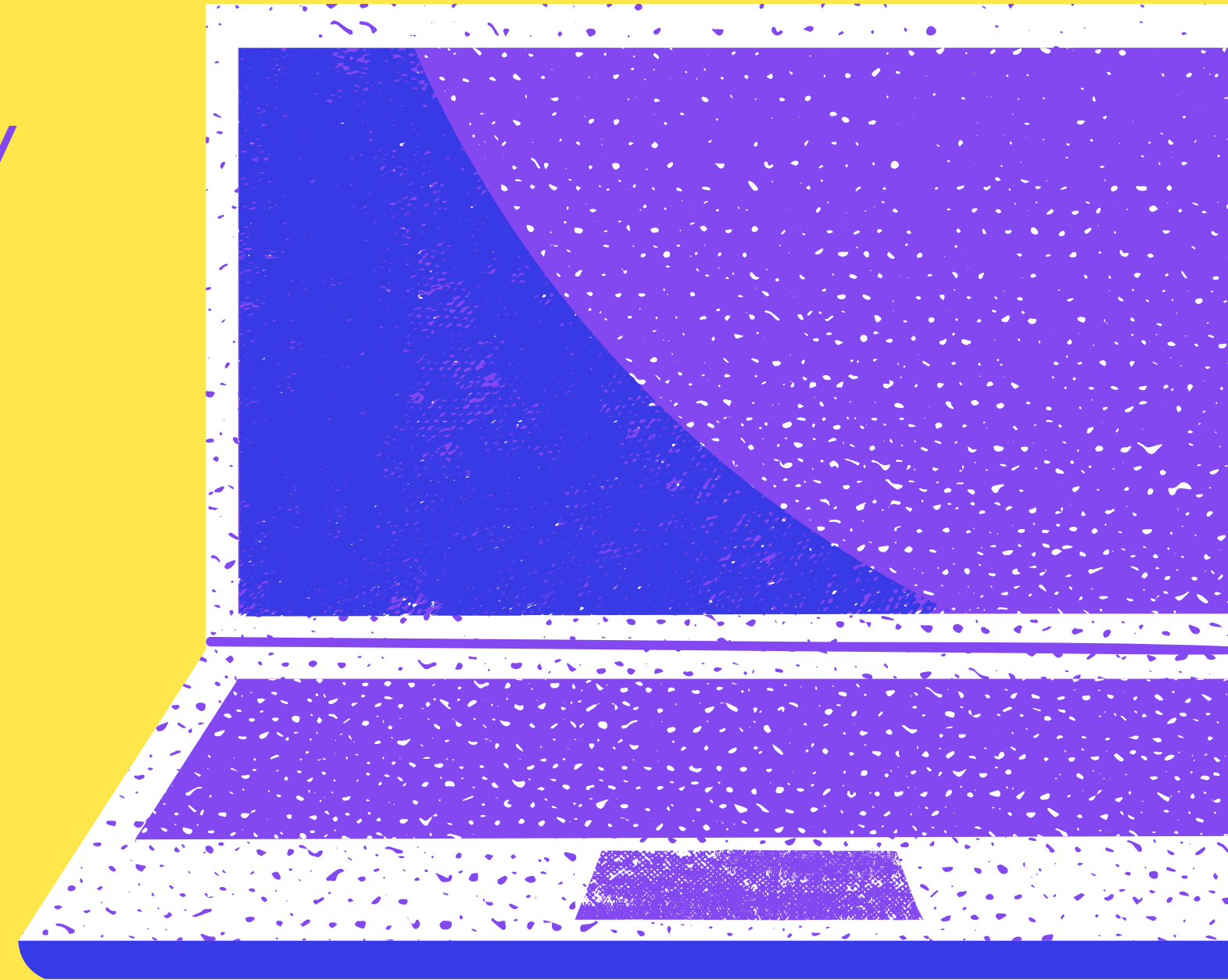
Personal Project

All volunteers are suggested to pursue an innovative and creative project where they will apply their newly found knowledge and skills.

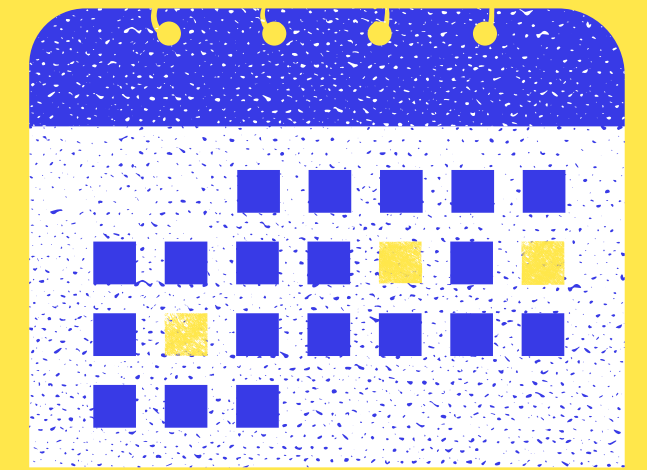
This personal project may be anything within the hosting organization's aims (Cultural Heritage, Environmental Practices, Non-formal and informal education, Arts etc) and can be in any form.

It could be anything from a workshop, a local event, an environmental action, an artistic creation, to an invention!

Participants may request additional help from their coordinator to work on their personal project!



PHYSICAL SETTINGS



PlanBe, Plan it Be it will be offering physical accommodation in Nicosia with access to public transport and guidelines on accessibility to supermarkets, restaurants, key activity locations and working locations. The accommodation site will have specific rules on cleanliness, sustainability, waste management and safety.

All information needed will be provided during the Virtual version of the project, including logistics, financial matters, maps, travelling schedules, public transport schedules etc.

It's crucial, that as an environmentally alerted organization that we keep all areas used clean while creating the least amount of waste possible!

Information about traffic system, technological modifications, climate, culture and sociopolitical standards will also be provided during the Virtual version!

Insurance and Safety.



Please make sure that you have the European Health Insurance Card and the registration to CIGNA insurance. Please make sure you're well informed on how to receive the aforementioned insurances if you don't have them.

Also, it is strongly advised to acquire the European Youth Card so that you'll have reduced public transportation expenses., which will be reimbursed.



Main Contact person (Coordinator):
Antonios Pavlides

Contact person:
Eliza Kozakou

YOUR TEAM

MARIA DRAKOU – PRESIDENT

Maria will be in charge of all your paperwork and logistics. She will also be mostly involved with the general management of the organization, but you'll be seeing her around!. She'll be your last line of defence and will be in immediate contact with your project manager and coordinator!



YOUR TEAM

ELIZA KOZAKOU – PROJECT MANAGER

Eliza will be in charge of most workshops and project application, thus you will be working closely with her for plenty of tasks regarding project management and application! She will always be available to help you if you need anything so don't hesitate to ask her.



YOUR TEAM

ANTONIOS PAVLIDES – COORDINATOR

Antonios will be your main contact person and will be in charge of your whole experience, including training, task assignment, financial coverage, general assistance and will also be your main source of support for any issues that come up.

He will be your Big Brother for this experience so please feel free to contact him at all times for basically anything!!!





**READY TO BUILD YOUR
YOUTH POWER BANK?!**

LET'S GO!!!



 **PLANBE, PLAN IT BE IT**

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