

2024

ACPELIA PROJECTS
IMPLEMENTATION

<https://www.acpelia.org/>



A.C.P.E.L.I.A



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Organization Culture

Discover ACPELIA – Your Community to Cultural Heritage, Environmental Sustainability, and Social Inclusion!

ACPELIA is a non-governmental organization founded in 2019 in Limassol, Cyprus.

Our main mission is to rescue, preserve, and transmit cultural heritage, promote environmental sustainability, and eliminate discrimination. We are a rural organization with members from all over Cyprus, working with community councils in these areas.

We offer a variety of themes and activities to our members, including:

- Cultural and Intercultural Activities
- Gender Equality, Human and Women's Rights against Discrimination
- Mental Health and Personal Development
- Music, Theatre, Drama, and Arts
- Digital, Social, and Environmental Entrepreneurship
- Environmental Research and Science Themes

Through our cultural and sports activities, we aim to promote human rights and limit discrimination among generations. We also organize interactive activities for youth, such as dancing, theatre, and educational games, to educate them on humanity issues through Non-Formal Education. Join us in our mission to build a better future and create a more inclusive and sustainable world!

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Our Partners



- Greece
- Bulgaria
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- Lithuania
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- Poland
- Belarus
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- Portugal
- Latvia
- Croatia
- Georgia
- Ukraine
- Armenia
- Jordan
- Moldova
- Germany
- Lebanon



KA2 PROJECTS

KA2: Erasmus Plus Key Action 2 (KA2) supports cooperation for innovation and exchange of good practices. KA2 aims to support transnational partnerships between organizations from different sectors, promoting innovation and the exchange of best practices in the fields of education, training, and youth. KA2 funding supports the development of strategic partnerships, capacity-building initiatives, and innovative practices in areas such as digital education, entrepreneurship, social inclusion, and environmental sustainability. KA2 projects aim to promote the modernization of education and training systems and to improve the quality and relevance of skills and competences acquired through lifelong learning.

**Empowering
Partnerships,
Inspiring
Innovation,
and Shaping
a Sustainable
Future!**

KA210YOU NFE FOR DIS

Purpose of the project: Promoting inclusive activities for people with disabilities using non-formal education.

Objectives of the project:

1. Construction of a booklet that includes non-formal working methods for the integration in activities of people with visual, mobility, mental or other disabilities according to the definitions in the international and national laws of each country.
2. Training of a minimum of 45 youth workers from at least 18 NGOs from Romania, Cyprus and Croatia in using non-formal education as a method of accessibility and inclusion in youth activities
3. Involvement of 180 young people, 45 of them with disabilities, in inclusive activities in order to realize the importance of involving young people with disabilities in the community.

Outcomes:

- An Accessibility Handbook for non-formal education activities for people with disabilities was developed in English, Romanian, Cypriot, and Croatian languages.
- 45 youth workers were trained to carry out non-formal group activities, engaging participants with and without disabilities.
- 18 NGOs became more inclusive, having youth workers equipped to work effectively with people with disabilities.
- 180 young people participated in non-formal education activities, experiencing inclusive practices in environments designed for both youth with and without disabilities.

- **Project Name:** Non-Formal Educational Activities for the Inclusion of People with Disabilities
- **Duration:** 01.09.2022 – 29.02.2024
- **Agreement Number:** 2022-1-RO01-KA210-YOU-000084372
- **Website:** <https://nfe-for-dis.webnode.page/>



KA220YOU YOUNGO

The project is a partnership that seeks to advance the digital entrepreneurial skills of young women who possess basic craft skills or are already involved in creative businesses. The aim is to achieve this by creating an innovative cross-sectoral educational format that encompasses digital marketing and entrepreneurial skills. This initiative helps women gain the necessary skills and knowledge to succeed in the digital marketplace, thereby expanding their customer base and sales potential.

Additionally, the project empowers craftswomen with a dedicated e-commerce platform, increasing their visibility and market reach. Using digital tools, craftswomen leverage technology for sustainable business models, bridging traditional crafts with modern digital entrepreneurship. The project equips young women with skills and resources to succeed in the digital economy.



- Project Name: Young CraftsWomen Business Go Digital
- Duration: 01.01.2022 – 28.02.2024
- Agreement Number: 2021-1-ES02- KA220-YOU-000028933
- Beneficiary: Egeria Desarrollo Social
- Website: <https://yougoproject.com/about/>



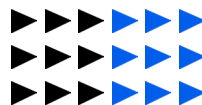
KA210 Erasmus+ Sports INCDISBAS

The vision of this project was to create opportunities for disabled individuals to better integrate into the community through wheelchair basketball. This initiative aimed to enhance the inclusion of disabled individuals in sports, aligning with one of the primary objectives of ERASMUS+ SPORTS projects: promoting equal opportunities and combating discrimination.



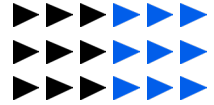
As part of our partner organizations' efforts to promote equality, non-formal education, and the integration of young people into society, we strived to reduce and eliminate social exclusion, marginalization, social discrimination, racism, and inequalities present in European society. Our goal is to enhance social inclusion and autonomy for all Europeans.

In pursuit of these objectives, our organization has applied for the Erasmus+ Sport (Small Scale Partnership) project titled "Inclusion of Disabled People through Basketball." This project focuses on fostering the inclusion of disabled individuals in sports, particularly those participating in wheelchair basketball.



- **Project Name:** Inclusion of Disabled People Through Basketball
- **Duration:** 01.01.2023 – 29.06.2024
- **Agreement Number:** 101089467
- **Beneficiary:** ACTIVE CYPRIOTS AND EUROPEAN LEARNING INTO ACCEPTANCE (ACPELIA)

KA210YOU CREATYOK



The primary goal of the project was to promote practices that enhance the mental health of young people through art. These practices are effective in reducing anxiety, depression, and post-traumatic stress, which have become prevalent among youth due to the COVID-19 pandemic. Additionally, the project equipped participants with essential knowledge and skills and produced a “Video” and a “Handbook” that can be utilized by other stakeholders and the broader community. The intended outcomes included raising awareness among young people about the therapeutic benefits of art, beyond its role as a form of expression. By creating the handbook and video, the project established lasting resources that inspired future projects. Through the activities, the project explored the use of art as a therapeutic tool, disseminated this knowledge, and shared some of our proven methods for enhancing mental health.

- **Project name:** CREative Arts as Therapy tools In YOuth Work
- **Duration:** 01.09.2023 – 31.08.2025
- **Agreement Number:** 2023-I-PL01-KA210-YOU-000152756
- **Beneficiary:** OPEN SOUL
- **Partners:** YOUNG FOLKS, ACPELIA
- **Website:** <https://creatiyok.webnode.page/>





KA210ADU: Theater Activities for the Inclusion of Blind People

Project Focus:

- Inclusive theater for blind and visually impaired adults
- Theater performances within local communities
- Development of non-formal education (NFE) methods for inclusion.

Key Responsibilities: As a youth worker selected for this project, you will be responsible for:

- Participating in the "Training of Trainers for Theater for Inclusion of Blind People" (March 2025). This training will equip you with the skills and methodologies necessary to facilitate inclusive theater sessions.
- Supporting the development of theater plays involving visually impaired adults from local communities, ensuring that performances are engaging and impactful.
- Promoting theater plays within local communities and encouraging participation from the public.
- You will be involved in promoting the events and collecting feedback from both participants and spectators.
- Collaborating with other team members in developing materials and methods to enhance the theater experience for blind participants.
- Engaging in dissemination activities, including promoting the project and its results to a wider audience through social media, local partnerships, and other relevant platforms.



KA1 PROJECTS

KA1: Erasmus Plus Key Action 1 (KA1) supports learning mobility for individuals, including students, staff, and volunteers. The aim of KA1 is to provide opportunities for participants to improve their skills, enhance their employability prospects, and broaden their cultural awareness through transnational learning experiences. KA1 supports mobility for students and staff in the fields of education, training, and youth, and also provides funding for the development of strategic partnerships, digital learning initiatives, and innovation projects.

**ACPELIA AS
CO-BENEFICIARY**



KA153YOU GET OUT

The idea was to use a variety of different methods for thinking outside the box to support self-improvement, personal development, coaching, time management, psychology, and addressing social and cultural discrimination, along with other themes that shape personality. Through the PDA, efforts were made to encourage participants to step out of their comfort zones. The aim was to spread these methods through NGOs to help young people become more balanced and happy in their daily lives while also increasing their employability rates.

The comfort zone is a mental state that hinders personal growth. It may be fine to stay there for a while, but if you want to continue growing and adapting to new situations, it's not a place to remain. Between you and me... what keeps you anchored there? Surely, you want to step up, be brave, and take on the world. But you don't. You might be struggling, yet you don't lift a finger because you're stuck in your comfort zone. Who knows what could happen if you faced the anxiety, let go of your past, and fought for what you've always dreamed of? If you can push through and step out of your comfort zone, you may discover an exciting and entirely new world waiting for you!

- **Project name: Get Out of your Comfort Zone (GET OUT)**
- **Duration: 01.06.2023 – 31.03.2024**
- **Agreement Number: 2023-1-PL01-KA153-YOU-000128857**
- **Beneficiary: OPEN SOUL**
- **Website: <https://get-out48.webnode.page/>**



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KA153YOU BODY ACCEPT

36 youth workers, educators, young people from 9 organizations gathered at a PDA activity in Cyprus to explore the topic of body positivity.

The project specific objectives were:

- Improving the key competencies of 36 young people on body acceptance and positivity.
- Involving 18 participants/youth workers facing fewer opportunities or coming from rural areas.
 - Increasing participants' knowledge about the negative impacts of body shaming and the importance of body acceptance.
 - Raising awareness about self-love and the importance of accepting ourselves.
- Providing participants with tools and strategies to manage negative body thoughts and emotions, including techniques for self-compassion and self-care.
- Empowering participants to advocate for body positivity and challenge harmful societal norms.
 - Testing a minimum of 5 methods on the topic of body positivity
- Developing Spotify Podcast with 3 episodes on the main topics of body acceptance.
 - Involving local community in the local events.

- **Project name:** Embracing Our Bodies: A Journey to Body Acceptance (BODY ACCEPT)
- **Duration:** 01.07.2023 – 31.06.2024
- **Agreement Number:** 2023-1-CY02-KA153-YOU-000121377
- **BENEFICIARY:** ACPELIA
- **Website:** <https://body-accept.webnode.page/>



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KA153YOU DESTEM

Purpose of the project: “Digital EntrepreneurShip Through Empathy (DESTEM)” is an initiative that focuses on digital enterprise, empathy, innovation, and social inclusion.

“Digital EntrepreneurShip Through Empathy (DESTEM)” was an initiative that focused on digital entrepreneurship, empathy, innovation, and social inclusion. According to Ronald Alston (2016), empathy is the most important factor for digital transformation as it is directly related to increasing the user experience. Therefore, we incorporate the element of empathy into all our activities to encourage young adults to be more innovative, empathetic, and critical while working with digital tools. Participants will learn how to put themselves in the shoes of their potential consumers through exercises such as the empathy map, recognizing that digital transformation begins with digital entrepreneurship.

In particular, this project was an attempt to accomplish the following objectives:

- Evaluate the ways by which we understand and empathize with others.
- Examine how empathy is directly linked to confidence and self-understanding.
- Encourage people to base their evaluation of others on empathetic understanding.
- Upskilling Paths in Digital Entrepreneurship
- Develop digital competencies.
- Determine the extent to which empathy plays a role in the consumer experience.

• **Project Name:** Digital Entrepreneurship Through Empathy (DESTEM)

• **Duration:** 01.08.2023 – 31.07.2024

• **Agreement Number:** 2023-1-PL01-KA153-YOU-000115705

• **Website:** <https://destem.webnode.page/>



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KA153YOU SCENE TO SCHEME

In today's rapidly evolving landscape, young people confront an intricate tapestry of challenges and opportunities. This Professional Development Activity (PDA) will unite youths from various countries to arm them with the skills, adaptability, and innovative thinking essential for entrepreneurial success. Our vehicle for this transformation is improvisational education, drawing both from theatre and specialized improvisation techniques.

Our project aims to not only empower young participants but also to instil a proactive entrepreneurial spirit. We do this through an array of non-formal, improvisational educational methods that are engaging and hands-on.

The project specific objectives were:

- Cultivating essential competencies and social skills through applied improvisation.
- Demystifying the concept of improvisation, positioning it as both a tool for personal development and a methodology for youth engagement.
- Offering a foundational understanding and hands-on experience in social entrepreneurship.
 - Creating a collaborative environment where participants can take initiative.

• **Project name:** Scene to Scheme
• **Duration:** 01.01.2024 – 30.11.2024
• **Agreement Number:** 2023-3-PL01-KA153-YOU-000178514
• **Beneficiary:** Open Soul
• **Website:** <https://scene-to-scheme.webnode.page/>



ACPELIA AS
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KA152YOU GREEN WARDROBE

The impact of fast fashion on young people is particularly concerning. The fast fashion industry targets young people through social media, advertising, and influencer marketing, promoting a culture of consumerism and disposability. As a result, many young people feel pressure to constantly update their wardrobes and keep up with the latest trends, leading to overconsumption and a lack of consideration for the environmental and social impacts of their purchases.

The main aim of the youth exchange project focused on sustainable fashion, repairing clothes, and learning practical skills that can help reduce textile waste was to promote sustainable practices in the fashion industry and empower young people to make more responsible consumption choices. The project sought to raise awareness about the environmental and social impacts of fast fashion and to promote a culture of repair, reuse, and upcycling rather than disposing of them and contributing to the growing problem of textile waste. Additionally, the project provided an opportunity for cross-cultural learning and collaboration, promoting creativity and self-expression through various textile-based practical skills such as sewing, knitting, and embroidery.

- Project name: From Waste to Wear: Building Skills for a Greener Wardrobe!™ GREEN WARDROBE
- Duration: 01.07.2023 – 30.06.2024
- Agreement Number: 2023-1-CY02-KA152-YOU-000129779
- Beneficiary: ACPELIA
- Website: <https://green-wardrobe1.webnode.page/>





The specific objectives of this Erasmus+ youth exchange project on the topic of sustainable fashion, repairing clothes, and learning practical skills are aligned with the broader objectives of the Erasmus+ program, which aims to promote cross-cultural learning, personal development, and social inclusion among young people, environmental protection and awareness.

- Raise awareness about the environmental and social impacts of fast fashion and promote a culture of repair, reuse, and upcycling in the fashion industry.
- Develop practical skills related to sustainable fashion practices, such as sewing, knitting, and embroidery, while promoting creativity and self-expression.
- Foster cross-cultural learning and exchange, promoting mutual understanding and intercultural awareness among participants.
- Encourage active citizenship and social engagement among participants, promoting their ability to become agents of positive change in their own communities.
- Promote social inclusion and equal opportunities for all participants, including those with fewer opportunities or from underrepresented groups.
- Foster a sense of community and connection among participants, promoting social and emotional well-being.
- Provide opportunities for personal and professional development, including skills related to leadership, teamwork, communication, and intercultural competence.



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KA152YOU SUPYFEL

56 youngsters (ages 16 – 20) from 8 organizations (7 participants each organisation and one leader) and 16 leaders with 2 stakeholders gathered in a Youth Exchange project and with their own ideas learned how to express their own feelings through different ways so they can feel more confident. During the process of the Youth Exchange, they were in the situation to find out more ways to help other young people with how to handle their feelings and to feel confident to express them.

Project specific objectives were to:

- Boost their feelings through theatre activities to express with their body.
- Compare some real-life experiences to feel that they are not alone.
- Photography emotional activity.
- Create a space for youngsters with fewer opportunities to express themselves.
- Make young people speak up their feelings through art and music.
- Open-up their feelings so, they can help each other.

• **Project Name:** Speak UP Your FEeLings
• **Agreement Number:** 2023-1-CY02-KA152-
YOU-000113838
• **Beneficiary:** ACPELIA
• **WEBSITE:** <https://supyfel.webnode.page/>





KA152YOU GREPLA-PLA

Forty-eight youngsters (ages 15 to 22) from six organizations and twelve leaders gathered at a YE event to learn how to think outside the box and develop their own sustainable methods for a greener environment. The project's theme was climate change and global warming, with the main objective of enabling young people and their leaders to work together to strengthen their European citizenship. The specific objectives of the project were:

- Empowering participants' European identity and raising awareness of the need for social participation to reduce climate change among European citizens.
- Encouraging participants to think outside the box and share ideas in green entrepreneurship.
- Gaining sustainable practices relevant to their local realities, such as planting trees and practicing sustainable cooking, while encouraging the direct participation of young people from six countries and promoting a responsible attitude towards reducing energy consumption and waste.
- Understanding the differences between nations and fostering unity through meetings between different cultures.
- Promoting the reduction of environmental pollution and highlighting the importance of a healthy environment.
- Encouraging sustainable food and energy practices while maintaining a responsible attitude toward reducing energy consumption and waste.



- **Project Name:** GREEN PLAN TO PLANT
- **Agreement Number:** 2023-1-EL02-KA152-YOU- 000114969
- **Beneficiary:** INPLANET
- **WEBSITE:** <https://grepla-pla.webnode.page/>

ACPELIA
AS BENEFICIARY

KA152YOU SPORTY MENTAL

The main goal of the Youth Exchange Project “Sport and Mental Health: Don’t bury your emotions let it flow” focused on young people’s mental health through sport and created a supportive environment where participants could engage in physical activity while dealing with mental health issues.

The main aim of the youth exchange project was to promote young people’s mental health through sports, a supportive environment and physical activities that help them express and build stronger connections with themselves and improve their overall well-being. The project aimed to raise awareness of mental health issues, demonstrate the impact of active work on young people, and inspire compassion for the mental health issues of others.



In addition, the project provided opportunities for diverse learning and collaboration and encouraged creativity and self-expression through a variety of exercises, including practical skills such as meditation, yoga, golf, journal writing and group activities.

The Youth Exchange Project aimed to equip participants with the skills and information they need to create positive change in their own networks, promote healthy lifestyles and motivate others to do the same. By working together and benefiting from each other’s encounters and perspectives, participants developed a deeper understanding of the issues surrounding mental health awareness and physical activity.

The project's specific objectives were:

- Raise awareness of young people's mental health and its impact on their lives. Promote sports as a healthier way of life.
- Develop practical skills related to various breathing techniques and sports that can help reduce stress and anxiety.
- Promote intercultural learning and social engagement among participants, fostering their ability to reduce stress and lead an active lifestyle.
- Promote active citizenship and social engagement among participants, fostering their ability to reduce stress and lead an active lifestyle.
- Promote social inclusion and equal opportunities for all participants.
- Foster a sense of community and connection among participants, promoting social and emotional well-being.
- Provide opportunities for personal and professional development, including improving mental health, team communication and cross-cultural competence.
- Create a safe space for each participant that promotes learning and personal development.
- Make art exhibition/ fashion event done totally from reused clothes to promote sustainable fashion and encourage young people to use their creativity.
- Create an environment where young people can learn to cope with stressful situations and activities that alleviate mental illness.



• **Project Name:** Sport and Mental Health: Don't bury your emotions; let it flow.

• **Implementation:** October 2024

• **Agreement Number:** 2023-3-CY02-KA152-YOU-000172949

• **Beneficiary:** ACPELIA

• **Website:** <https://sporty-mental.webnode.page/>





KA152YOU SOUL ON CANVAS

The constant rush of today's fast-paced world often leads individuals to overlook the significance of nurturing their mental well-being. The demands of modern life, with its ceaseless deadlines, perpetual connectivity, and ever-expanding to-do lists, can create an environment where self-care takes a back seat. The pursuit of success, while admirable, often comes at the cost of neglecting mental health.

Additionally, there exists a societal pressure to keep up and excel in all aspects, be it career, relationships, or personal endeavors. As a result, individuals often find themselves entangled in a cycle of motion, where the importance of introspection and self-reflection is forgotten. The stigma surrounding mental health also contributes to this predicament, discouraging open conversations about emotions and struggles. Moreover, individuals facing social barriers and lacking privileges often bear a burden of mental health challenges, which they find hard to handle and express.

56 young people from 7 organizations gathered in a YE in Cyprus to explore the topic of art therapy and its importance for mental health and wellbeing, to get familiar with different tools and methods on the topic, while learning from experienced trainers and from each other, testing diverse methods and dive deeper in specific topics, sharing experiences as well as creating final products that were presented among local communities, creating digital content to be promoted online, so that it can reach more young people and spread the awareness on the topic.



This project aimed to:

- Help young people coming from challenging backgrounds develop practices of nurturing their mental wellbeing.
- Help participants understand the importance of mental health and the benefits of using art therapy for self-exploration and improvement of self-expression.
- Boost self-esteem and self-confidence among young participants



- by creating art and seeing their creative work appreciated, participants developed a positive self-image.
- Enhanced communication skills, by improving their ability to communicate their thoughts, feelings, and experiences with others.
- Introduce the participants with different artistic methods that individuals can use to

communicate their feelings, thoughts, and experiences without relying solely on words, especially useful for individuals who find it hard to express their emotions.

- Engage the participants in creative activities which will allow them to explore their imagination, experiment with different materials and and personal growth.- Introduce the participants with the benefits of art therapy and the healing properties of nature which can offer a holistic approach to well-being, addressing both mental and emotional needs
- Promote teamwork, since all the activities can be conducted in group settings, encouraging participants to share their artwork and experiences. - Promoting tolerance and diversity through sharing and accepting values of different cultures between participants.
- Sharing the European values and promoting the Erasmus+ program.
- Creating a digital handbook that can be further useful to partner organizations in their daily work with young people work with young people.

- **Project Name:** Soul on Canvas
- **Implementation:** October 2024
- **Agreement Number:** 2023-3-CY02-KA152-YOU-000174378
- **Beneficiary:** ACPELIA
- **Website:** <https://soul-on-canvas.webnode.page/>

ACPELIA AS BENEFICIARY



KA152YOU E=MC2

The central theme of this project revolved around communication and critical thinking as general theme, and the importance of understanding different perspectives in order to analyze the challenges with proactive actions and to reach effective communication. Its primary goal was to empower young individuals and their leaders to collaborate, reinforcing their sense of European identity while concurrently advocating for their thoughts and beliefs. The project placed a strong emphasis on two pivotal societal concerns: daily communication and international dialogue.

The Project specific objectives were:

- Clear Expression: Articulating thoughts clearly and succinctly, structuring messages logically to avoid ambiguity.
- Active Listening: Encouraging attentive listening, understanding speakers' messages, asking questions, and showing empathy.
- Nonverbal Communication: Recognizing the significance of body language, facial expressions, gestures, and tone in conveying accurate messages.
- Verbal Communication: Improving speaking skills, adjusting tone, pace, and volume appropriately, mastering public speaking and presentations.
- Building Relationships: Emphasizing positive relationships through effective communication, strategies for rapport, respect, and trust.



- Conflict Resolution: Equipping participants with techniques for resolving conflicts, addressing misunderstandings, and finding common ground.
 - Feedback and Critique: Developing constructive feedback skills, crucial for growth and performance improvement in professional settings.
 - Cultural Sensitivity: Navigating cross-cultural communication with respect and openness, considering diverse cultural norms and values.
 - Audience Adaptation: Tailoring communication style to suit diverse audience needs and preferences in different contexts.
 - Confidence Boost: Enhancing self-confidence, enabling assertive and persuasive expression.
- Leadership and Influence: Developing leadership skills through effective communication, motivating and guiding others.
- Networking: Providing guidance on initiating and maintaining professional relationships, crucial for career advancement.



- Project Name: eMpowering + participation of youth in double (E=MC2)
- Implementation: November 2024
- Agreement Number: 2023-3-CY02-KA152-YOU-000175003
- Beneficiary: Active Cypriot Programs and European Learning Into Acceptance, ACPEDIA
- Website: <https://emc25.webnode.page/>

ACPELIA
AS BENEFICIARY



KA154YOU JOURNALISM

The project “Journalism: The Fourth Estate in the Hands of the Youth” is an Erasmus+ initiative aimed at enhancing young people’s knowledge of various forms of journalism. The ultimate goal is to cultivate foundational knowledge and skills among young



individuals so they can begin writing articles in their areas of interest, bringing to light issues that concern them. Another objective is the development of critical analysis skills for evaluating articles, based on the ethics and principles that govern the profession of journalism.

- Project Name: *Journalism: The Fourth Estate in the Hands of the Youth*
- Agreement Number: 2023-3-CY02-KA154-YOU- 000171966
- Beneficiary: Active Cypriot Programs and European Learning Into Acceptance, ACPELIA
- Website: <https://sites.google.com/view/journalism-the-fourth-estate/>



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@ACPELIA



Instagram
@acpelia_cyprus



Website
www.acpelia.org



Email Address
acpelia@gmail.com