

FELLOW RURBANIANIANS,

WELCOME TO PLANBE!



A UNIQUE ESC
EXPERIENCE SPLIT
INTO A VIRTUAL
AND PHYSICAL
VERSION WITH A
DURATION OF 6
OR 12 MONTHS



RURBANIANIS!

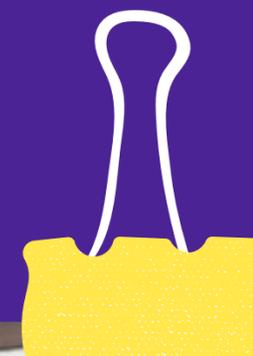
“Rurbanians” – Exploring Rural and Urban areas in Cyprus as an ESC project aims both on long and short-term effects for all the actors involved. The volunteer will be given the opportunity to participate in a project that will enhance their skills, make them more confident with higher self-esteem, and that will give them the chance to be creative and innovative, bring-in new ideas and brainstorm, and finally learn how an NGO functions.

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
- support the communities in rural areas on how to become more sustainable through upcycling
- 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



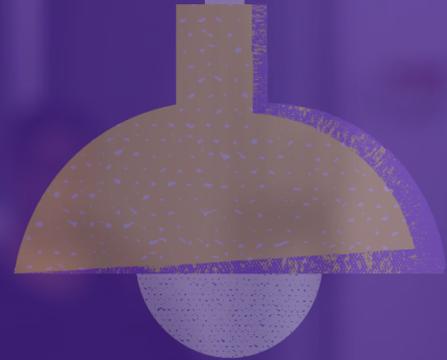
Keep in mind that from the beginning of your participation in this project you will be representing yourself, your sending organization and PlanBe.



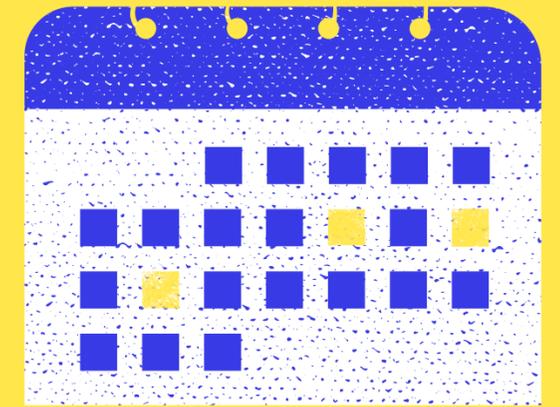
Antisociable, negative and inappropriate behaviours will NOT be accepted!

- This ESC project will start Virtually with the corresponding Tutorials to provide necessary skills for Virtual communication and tasks.
- Tasks will be renewed on a weekly basis and some tasks will be required on a daily basis.
- Volunteers will be working on daily Vlogs to record their daily tasks, reflect on their progress, improve and stay motivated.
- Environmental practices will be discussed early on and are required to be applied on a daily basis.
- Volunteers may communicate with their coordinator for assistance, clarifications and any issues that may come up.

Virtual Settings



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!



 **PLANBE, PLAN IT BE IT**

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