



Exploring Cyprus: A Journey Through Culture and Heritage

by Nicholas Moudouros

Course details

- 🕒 One-Week course
- 💶 Starting from 480€* (cultural activities included)
- 📄 Certificate of attendance included (80% of attendance required)
- 📍 Available in Nicosia

* a 60 € late registration fee will be applied if you register less than 8 weeks before the course start date. All prices are VAT included or not due.

Course description

Educators and young individuals often face the challenge of understanding and **promoting cultural understanding** and peace.

Culture has a unique capacity to bring communities together, fostering a **sense of belonging and identity**.

This course will introduce participants to **Cyprus' rich cultural heritage** and promote understanding and appreciation of **European values**, fostering a sense of mutual respect and unity.

During the course, participants will learn about Cyprus' history, traditions, and customs, engage in the art of winemaking, explore the island's landscapes, discover local 'kafenio' (coffee shops) culture, experience an introduction to the Greek language, and learn to promote the essentials of **responsible citizenship and cultural respect**.



By the end of the course, participants will have gained a profound understanding of Cyprus' culture, fostering an appreciation for diversity and respect for **different cultural perspectives**.

They will be equipped with the tools to promote **mutual understanding and unity** within their educational environments, ultimately contributing to a more harmonious and inclusive community.

Learning outcomes

The course will help the participants to:

- Gain insights into the cultural and historical richness of a European nation;
- Understand and promote European cultural values;
- Foster civic understanding and competence;
- Enhance language and cultural appreciation skills;
- Explore the topic of urbanization and sustainable growth;
- Plan non-formal educational activities;
- Strengthen cultural knowledge among young individuals and youth trainers.

Tentative schedule

Day 1 - Introduction to cultural awareness

- Introduction to the course, the school, and the external activities;
- Icebreaker activities;
- Presentations of the participants' schools;
- Understanding culture and cultural awareness;
- The significance of European shared values.

Day 2 - UNESCO heritage city of Paphos

- Virtual tour of Cyprus with Cy-Around;
- Exploration of Paphos' historical landmarks;



- Immersion in the Akamas National Park, understanding its unique ecosystem and conservation efforts.

Day 3 - The traditional wine routes of Cyprus

- In-depth exploration of Limassol, uncovering its historical roots, cultural significance, and contemporary influences;
- Journey through the wine routes, tracing the rich heritage of winemaking;
- Visit Omodos village, exploring its historic sites and savoring local delicacies.

Day 4 - Troodos Mountains and their traditions

- Trek through the Troodos mountains, engaging in traditional customs that bridge generations;
- Activities and games highlight the region's rich heritage;
- Explore the natural wonders of the Troodos region.

Day 5 - The last divided city of Europe - Nicosia

- Guided tour of Nicosia, discovering its rich history and contemporary challenges;
- Hands-on experience of Cypriot gastronomy through outdoor culinary activities;
- Workshop conclusion and future steps.

Day 6 - Course closure and cultural activities

- Course evaluation: round-up of acquired competencies, feedback, and discussion;
- Awarding of the course Certificate of Attendance;
- Excursion and other external cultural activities.

About the provider

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